Podleski Sisters Janet & Greta chat about their *Looneyspoons Collection* of natural health cookbooks P20

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Truly Alive
JAN / FEB 2014

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Read more articles online: www.trulyalive.net
classes & workshops

**EVENTS OFFERED BY:**
Jim Verghis • Behavioral Iridology
505-603-8429 • www.behavioraliridology.com
Held at: The Source, 1111 Carlisle Blvd SE, 87106

Space is limited. RSVP today!

**Introduction to Behavioral Iridology Workshop**
Jan 17-18, 6:30-8:30pm, 10-5pm • $100
Photograph your eyes for a mini interpretation; learn the basic structural components of the eye and how it influences personality and behavior.

**Level One Behavioral Iridology**
Jan 24-26 • $200
Fri 6:30-8:30pm, Sat-Sun 10-5pm
Eyes photographed, extensive interpretation. Learn the basics of how to read eyes. Get practice.

**Valentine’s Day Weekend Couples Workshop Behavioral Iridology**
February 7-9 • $375 per couple
Fri 6:30-8:30pm, Sat-Sun 10-5pm
Couples receive iris photographs plus a mini interpretation of their relationship dynamic. Exercise and practice: the language of feeling communication. Just deep enough to move you, not too deep to affect privacy.

**Birth Order and Family Tree**
Feb 21-23 • $200
Fri 6:30-8:30pm, Sat-Sun 10-5pm
Chart your family tree, identify influences shaping your life. Learn how your specific birth order affects your life, social skills, relationship dynamics.

**High Desert Center cont’d**

**Science of Mind Foundations Class**
Jan 16–Mar 20, 6:30–9pm • $215
Take a sweet journey from your head to your heart by deepening your spiritual practices. Learn spiritual mind treatment & celebrate your perfection while celebrating your divinity. This class is the prerequisite for all accredited Science of Mind classes. Open to all.

**Mind/Body Connections: Realizing Wholeness**
Jan 16–Mar 6, time to time? • $185
This 8-week course addresses how your consciousness is expressed in the profound, dynamic connections between what we call “mind” and “body.” The primary focus will be on how to achieve “Wholeness” through balancing the mental, emotional, and physical Self. Instructors are Don Wismer, RScP and Sue Hoadley, RScP.

**Music Lessons by Appointment Negotiable Fee**
Lessons from a degree professional musician, studio player, and teacher, Ken Johnson. 30 years experience teaching others to play and love their instruments-Sax/woodwinds, Brass/Percussion/Guitar. All ages welcome. Call today to schedule your private lesson time.
Ken Johnson: 505 363-4430 or casadejohnson@hotmail.com

**CRystal DOVe**

**Meditation I Classes with Inga**
Jan 5–Jan 26, 5–6:30pm • $65
Learn simple techniques with Inga that will change your life by devoting 10-15 min. a day to meditation. Every Sunday (for 4 Sundays).

**Reiki I & II Class**
Jan 25–26, 9–12:30pm
$289
Class includes: Reiki symbols, official Reiki manual, snacks, water. Use your innate gifts of healing and become a Reiki I & II practitioner. Start your own practice with very little expense. Learn how to practice Reiki on yourself/loved ones, balancing your chakras and how to market your business. Convenient NE Heights Location.
Details with RSVP: 505-933-2938 or charlene@timetohealnm.com
www.timetohealnm.com

**New Lemurian Healing Chamber Group**
Jan 23-27 at Truchas Peaks Place in Taos, NM
Tuition: $300
Room and Board: $550
You are warmly welcomed to retreat with us and dwell in the wondrous company of Ascended Master Presence through Phaeryn. Being engaged in daily divine dialogues with Ascended Presence will empower you to shift your experience of living life only in hope and survival to ‘LIVING LIFE IN THE STATE OF GRACE.’
Contact: Marshall Estner at 505-850-2132 Register online at: www.ascendedmastersfoundation.org

**Reincarnation, Hypnosis, Power of Mind**
March 8, 9:30-4:30pm
(Reg. 8:30am)
Member/Senior Pre-Reg: $69
Accelerate physical/spiritual healing, heal “soul bruises”, transform mind, body, heart, life, & soul to higher levels of awareness. Create real & lasting change.
Association for Research & Enlightenment Registration: 800-333-4499
Local Info: Wanda Barrows, 505-890-0878 www.edgarcayceabq.org www.edgarcayce.org

**Additional events added in between issues! Check the website often: www.trulyalive.net**
Carol Joyce Channelings
Jan 5 & Feb 16, 6:30-8pm
$20 Donation
Do you seek a message from a loved one or want to hear a message that will help you during these challenging times? Carol brings with her, her heart, spirit, and 40 years experience. Carol’s messages offer advice for our highest good. 505-884-4533

Self-Hypnosis Class
Jan 16 & Feb 20, 6-7pm • FREE
David B Fisher, Clinical Hypnotherapist provides an overview of Hypnosis and a discussion/demonstration of Self-Hypnosis Techniques. Class will include Q & A. Space is limited. RSVP: 505-463-7392

Sound Healing Meditation
Feb 9, 6-7:30pm • $10 Donation
Trudy Charlton, Sound Alchemist leads meditation using selected crystal bowls, color frequencies and other tools. Non-experienced meditators welcomed. Each meditation experience is unique. 505-565-0620

Moving Forward to a Bright Beautiful YOU!
Jan 15, Feb 12, Mar 12, Apr 9, 6:30pm
First session free
Learn the 7 secrets (physical, mental, emotional and spiritual and FIELD) to a bright beautiful YOU! Let go of the “stuff” that doesn’t serve you. Release the past and move forward into your “new skin.” Sign up @ http://www.abqnaturalhealthcenter.com

GMO Mystery Exposed – Healing
Leaky Gut • February 15, 10am
Learn the 7 steps to optimal digestion and how Genetically Modified Foods affect your health. Understand food connections to allergies/asthma, gluten sensitivity, Crohn’s, irritable bowel, acid reflux (GERD). Learn where/how to shop for GMO-Free products. Held at: Natural Grocers Vitamin Cottage Wyoming Blvd. NE @ Montgomery NE

Journey with Drum and Voice
January 17, 7-8:30pm
Donation
Join Walter Snyder for this unique event. Based on ancient principals fond in shamanic arts, experience a deep state of relaxation, opening doors deep within the psyche, “Unreasoned” perceptions form the basis for revelation, provide inspiration, a sense of clarity regarding life path. waltjohnn@gmail.com

Psychic Mediumship Development Circle
Jan 7, 21, 28 & Feb 4, 18, 25, 6-8pm
$10/each (ask about discounts)
Expand your psychic and mediumship abilities through consistent practice in a safe and sacred environment. Start with this basic-level development circle. Your skill level, psychic and mediumship abilities will increase the more that you attend the circle.
Info: Candice Thomas, 505-234-6835
candice.intuitive@gmail.com

Singing Bowl Meditation
Saturdays, 7:30-9:30pm
(doors close 8pm)
Free
Meditation with crystal bowls to resonate with Divine Energy. The bowls harmonize our energy and provide greater balance. Bring your wishes, hopes, and dreams to the circle which increases their manifestation. Our combined energies empower and strengthen everyone in love.

Be A Heart Smart Woman
February 17 • Professional Speaker
List Below
Lower your risk of heart disease, heart attack and stroke. Insure optimal heart health by making the right choices. Kathleen Allen M.D., Chris Gabaldon PAC, Catherine Hooper PAC.

Find Your Love (Opposite Sex Event)
January 29, 6-8p
$8/Advance, $10/Door
Find Your Love (Same Sex Event)
January 30, 6-8p
$8/Advance, $10/Door
Single? Mix and mingle to find your love! Free drink and h’orderves. Intro to Melissa Frei’s Matchmaking and Online Dating Service. Using her gifts as a psychic/intuitive, Melissa can help you find the love of your life… perhaps at this unique event! Advance Tickets: www.melissafreimatchmaker.com

Presbyterian Women’s Midlife cont’d
nutrient diversity and treatment of anxiety, insomnia, weight gain, cold flu, cough, sinus congestion, more.

EXCLUSIVE NEW MEXICO SINGLES/ MATCHMAKING EVENTS
OFFERED BY:
Psychic/Intuitive Melissa Frei
505-610-7917 • www.melissafrei.com
www.melissafreimatchmaker.com
300 Menaul Blvd. NW, Suite 200, 87107

Free “Sampler” Group Healing Session
Jan 12 & Feb 16, 1pm
Begin the New Year with a free mini-sample of the New Lemurian Healing Chamber. Healing and spiritual growth by SanRa and a Whale meditation for tranquility and flow of life by Daywaui. Nice way to get a free “taste” of these new healing modalities.

Find Your Love
(Same Sex Event)
January 29, 6-8p
$8/Advance, $10/Door
Find Your Love
(Opposite Sex Event)
January 30, 6-8p
$8/Advance, $10/Door
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Leaky Gut • February 15, 10am
Learn the 7 steps to optimal digestion and how Genetically Modified Foods affect your health. Understand food connections to allergies/asthma, gluten sensitivity, Crohn’s, irritable bowel, acid reflux (GERD). Learn where/how to shop for GMO-Free products. Held at: Natural Grocers Vitamin Cottage Wyoming Blvd. NE @ Montgomery NE

Additional events added in between issues! Check the website often: www.trulyalive.net
Starlight Spiritual Healing cont’d
Living, conscious, etheric chamber that helps with pain relief, improved sleep, emotional peace, spiritual growth and DNA restoration. It was given to us by the Lemurian Priestesses, who come through in each session, channelling energy and valuable information. Amazing experience with concrete results.

Whale Meditation by Daywau
Jan 15 & 29, Feb 12 & 26
6:30pm • $15
Receive gifts of tranquility, flow of life, and acceptance from the Whales during silent meditation. You will experience more peace in your life; you will become more accepting of your true self. The struggle of life will drop away as you move into the flow of your life.
Call: 505-440-5735

Bird Card Healings by Daywau
Jan 26 & Feb 16, 2-4pm
15 min. session, $10 (reg. $15)
Daywau uses special bird card deck to help you experience the power of the Bird Kingdom. Release negative energy, bring in light, and receive the energy of joy and happiness.
Call: 505-440-5735

Weight Release with Guided Imagery and ThetaHealing®
January 10, 2014, 6-8 pm • $15
Learn how to: (1) Test for unknown sabotaging beliefs regarding weight, (2) Replace those beliefs, (3) Experience guided imagery focused on ideal body weight. Come, Learn, Relax, Release! Space is Limited. RSVP today!
Janet Wahl PhD, CHt, ’ThetaHealing’ Master 505-508-5805 • janet@mindbalance.us
www.mindbalance.us

Law Of Attraction Group
Jan 14 & Feb 11, 6:30pm • $5
This is a great place to learn and share your experiences to activate more joy, love, happiness and prosperity in our lives. Facilitated by Jeanine Gabbei, Life Coach and Empathic Reiki Practitioner.
Second Tuesday of every month at the Crystal Dove: 505-816-8616. RSVP:
www.meetup.com/albuquerquelawofattraction

A Common Practice of Reiki
Saturdays, Jan 18 & Feb 8 • $5
Reiki practitioners of any level, any lineage, are invited to give & receive team treatments, following a “common practice” (practitioners use designated hand positions & follow predetermined guidelines). RSVP required: call the day before—leave your name and phone number.
NE Heights Residence
Elizabeth Valsala: 505-299-0011
www.ReikiABQ.com

Ongoing Events

Ev E N T S O F F E R E D B Y :
The Center for Consciousness Education
2825 Broadbent Pkwy. NE, Suite E, ABQ 87107 • 505-850-5529
www.consciouslivingnm.com

Donations Appreciated for All Events
What Does Consciousness Have to do With Your Life?
Mondays, Jan 13–Feb 24, 6:30–9pm
This is an in-depth class to help you increase your capacity to co-create WeWay relationships at home, work and in community organizations.

Growing Together: Relationships for the Long Haul, Not the U-Haul
Thursdays, Jan 16-Feb 27, 6:30–9pm
Learn about four levels of consciousness including exact dates: eft@megcolby.com

E v E N T S O F F E R E D B Y :
Awaken to Wellness:
The Center for Wellbeing
1704 Moon St. NE, Ste. 9 & 10 • ABQ 87112
www.awakentowellnessnm.com

Course in Miracles Discussion Group
Tuesdays ongoing, 12pm
“Nothing real can be threatened. Nothing unreal exists. Herein lays the peace of God.” Join us to share the challenges, deep meaning, and peace of A Course in Miracles. Facilitators: Rev. Tim Lesley and Marcia Lee.

EFT Practice Group
Mondays & Thursdays, 6:30-8pm
$10 Donation
Join others for ABQ TapAlong and tap on your issues in a safe, supportive environment. No experience required. Group facilitated by Meg Colby and others. For information including exact dates: eft@megcolby.com

Evening with Brother Francis
Last Friday of the month, 6:30-8:30pm
$10 Donation
Guided journey and receive spiritual messages from The Angel of Grace and more through Brother Francis.

Hanuman Kirtana
2nd Tuesdays monthly, 7-9pm
$5 donation
Hanuman Kirtana is an informal, non-denominational group who love to chant together! New members welcome. No experience necessary. Check our Hanuman Kirtana monthly postings to RSVP & for more details at:
www.meetup.com/Hanuman-Kirtana
Connie: 505-286-4537

E v E N T S O F F E R E D B Y :
Center for Consciousness Education
2825 Broadbent Pkwy. NE, Suite E, ABQ 87107 • 505-850-5529
www.consciouslivingnm.com

Ev E N T S O F F E R E D B Y :
The Ascended Masters Foundation
223 14th St SW • ABQ, NM 87102
505-401-2527
www.ascendedmastersfoundation.org

Divine Mother Adoration Ceremony
February 16, 1-3pm
Offerings of $20 per person
Begin the New Year enveloped in the endless divine feminine grace of Mother God(d)ess Presence. We invite you to join us inaugurate our Mother Of Light monthly Adorations.
Contact: Marshall at 505-850-2132.

World-Wide Bi-Weekly Prayer Call
Mon & Fri, 7am & 8:35am • FREE
Practice Prayer and Meditation each week and experience the ‘lightening up’ of every area of your life. Conference call #1-626-677-3000 –access code #55565.
Awaken to Wellness cont’d
in the context of eight lines of human development.

The Work of Byron Katie
Fridays, Ongoing, Noon-1:30pm
With Lana Wheeler, this amazing methodology frees you to be who you really are.

Vistart Method Facilitation Class
Saturday, Feb 8, 9:30am-1:30pm
Learn to conduct a meeting where the wisdom of the group could be shared without judgment, criticism, advice-giving, or fixing individual behaviors.

High Desert Center cont’d
Introduction to Science of Mind
4 times a year on 3rd Sunday After Service 11:30am
January-April-July-October • FREE
Learn what Science of Mind is all about in this 1.5 hour class, Overview of concepts and beliefs, explanation of development of Science of Mind thought, and description of its power and spiritual tools. You don’t have to sign up – just show up.

Faster EFT Group
2nd Wednesdays, 7-8:30pm • $8
Gain insight into unknown areas of your mind. Expand confidence, release stress, distressing memories, automatic reactions, unwanted feelings, more. Group practice and live demo. Different than EFT, Faster EFT is a newer, potent blend of Neuro-Linguistic Programming, Be Set Free Fast.

Expanded Heart Meditation and Torus Technique
January 15, 6:30-8pm • Love Offering
Reiki Master/Teacher David Sahyoun: expanded heart meditation using visualization and toning to heal the mental and emotional bodies. Focus on expanding the sacred heart flame to the limits of the universe. Torus Technique teaches us to connect with Ascended Masters of Light and Sound.

Health-Related Movies with Discussions
Ongoing Monthly Event • FREE
Join us for our monthly health-related movie event, followed by lively discussions and Questions & Answers Sessions with Sunil Pai, MD and practitioners from Sanjevani Integrative Medicine Health & Lifestyle Center.
Sanjevani Integrative Health/Lifestyle Ctr.
9001 Holly Avenue NE, 87122
505-821-6300 • www.sanjevani.net

Awesome Chair Massage
Mon-Thu: 1-4pm • Sat: 9am-1pm
$1/minute, $20 for $20 minutes
Shop for your favorite natural foods and supplements and enjoy a relaxing chair massage. Staffed by licensed massage therapists. No appointment necessary!

Vortices and Consciousness
February 14, Noon-1pm • $20
Explore the power of Vortices and Increased Consciousness and how they can be used in our daily life.

Pranic Healing Clinic
1st & 3rd Tuesdays, 6:30–8pm • FREE
Experience no-touch clearing of congested energies, and energizing and balancing of the energy body.
First Unitarian Church
3701 Carlisle Blvd NE, 87110
Contact Rita Herther: 505-298-4823

Meditation for Beginners
Wednesdays, Noon-1pm (Ongoing)
$5 per class
Take a break from your busy day and enjoy a quick and easy guided meditation that you can immediately provide a peaceful state of mind, which you can take with you the rest of your day!

Pranac Healing Clinic
1st & 3rd Tuesdays, 6:30–8pm • FREE
Experience no-touch clearing of congested energies, and energizing and balancing of the energy body.
First Unitarian Church
3701 Carlisle Blvd NE, 87110
Contact Rita Herther: 505-298-4823

Reiki Drumming Journey
2nd Tuesday of the Month, 7pm • $15
Let the beat of the drum take you deep into your super-consciousness to receive answers to what may be blocking you from becoming, having or achieving all that you desire and deserve. Space is limited.
RSVP required: 505-994-0337
Desert Flower Energy Spa
1010 26th Street SW, Rio Rancho 87124
www.desertflowerenergyspa.com

Additional events added in between issues! Check the website often: www.trulyalive.net
Instead of highlighting a new weight loss or fitness book, for this issue I chose to feature a natural health cookbook (one that’s really different and actually fun by the way); one I felt would be very well received.

Sharing food is one of the best ways to connect with others (preparing, cooking, serving, eating…even shopping for food can provide a great opportunity for communion with those we care about).

Looneyspoons is the most fun cookbook (perhaps in the universe). Every other cookbook (I’ve ever seen) is dry, serious, straightforward and to be honest, boring! And food plays such an important role in our daily lives; why not learn to choose, prepare and eat healthy foods that are delicious, beautifully presented and help create radiant health while having a great time doing it?

The other thing I love about this cookbook is that it offers healthy options for every type of dietary preference or requirement. Vegetarians and vegans will love this book; people who need gluten-free options will find many choices. People who follow low fat and low sodium diets will find lots of yummy recipes to try.

Instead of making New Year’s resolutions we won’t keep, how about we start off the New Year having a blast with healthy food, connecting with loved ones (and maybe even releasing a few holiday pounds in the process!). Enjoy the feature and let me know your thoughts: info@trulyalive.net. I LOVE reader feedback!

Many people have been sharing their experiences of the shifting/changing energies that have been coming in for a while now. Most are sharing their journeys through very challenging transitions and some amazing opportunities for healing. I’ve had my own challenges; especially during the second half of 2013. Looking carefully at how my life could be enhanced through the lens of these challenges and how I could make different choices in the future, I am moving into 2014 on much more solid ground, a firmer foundation than before the challenges.

My wish for you is for 2014 to be filled with happiness, joy, ease, grace and abundance…all good things. And if some challenges show up along the way, I hope you find them to be welcome opportunities to evolve to your next level.
An auto accident occurs every two seconds in the United States according to the television program Dateline. In addition to physical injury, many accident victims suffer from post-traumatic stress disorder. This means that if you have been in an motor vehicle accident you can continue to re-experience parts of the accident for a long time after the event. Symptoms following an accident include aches, pains, limited range of motion, sleeplessness, depression and anxiety.

According to Diane Poole Heller, Ph.D., author of Crash Course: A Self-Healing Guide to Auto Accident Trauma & Recovery, “Auto accidents cause people to stay stuck in survival mode due to nervous system destabilization.” This means that the nervous system is out of balance affecting physical, cognitive and emotional function.

Chinese medicine and acupuncture help the body to regain balance and energy, while alleviating pain, anxiety and stress. What many people don’t realize is that acupuncture provides a gentle treatment modality that decreases inflammation and facilitates muscular relaxation which facilitates pain relief.

Although we think of acupuncture treatments as the insertion of needles, at our office we also use micro-current and colored light to re-establish the free flow of energy through the body. This improves circulation and can help to eliminate pain and restore balance.

It’s important to remember that aside from the obvious injuries of pain and bruising, some symptoms don’t surface until days, weeks, or even months after an accident. Traditional Chinese Medicine (TCM) helps restore the body’s innate ability to heal itself both physically and energetically. Most of our patients claim a sense of relaxation and calm during and after treatment.

Most auto insurance companies cover 100% of treatment costs incurred for accident related injuries and there is no out-of-pocket expense. In addition to TCM treatments we can image areas of unexplained pain caused by inflammation with our thermography camera. This helps document soft tissue injuries that cannot be seen by the naked eye or on x-rays and is best done as early after an accident as possible.
It’s Official: The International Mercury Treaty

By Dr. Joe Mercola (Excerpted from his online article October 22, 2013)

On October 10, 2013, a legally binding international treaty to control the use of this toxic metal (mercury) was signed into action – and the treaty gives special attention to amalgam.

It was signed in Minamata, Japan, a city where hundreds of residents have died, and thousands have become ill, due to poisoning from excessive mercury exposure over a more than 50-year period. The treaty, named The United Nations Minamata Convention on Mercury requires the phasing out of many mercury-containing products, including thermometers, and also calls for an end to all mercury mining within 15 years. The treaty is being hailed as marking the beginning of the end for dental amalgam around the world, as it mandates that each nation phase down amalgam use.

Specifically, each country must do at least two phase down steps listed in the treaty:

1. Promoting Mercury-Free Dental Fillings: This measure includes educating dental consumers about the mercury in amalgam and the availability of mercury-free alternatives. Over 75% of consumers choose mercury-free fillings as soon as they find out amalgam is 50% mercury.

2. Training in Mercury-Free Alternatives: Dental schools should phase out amalgam instruction, and nations can require training on mercury-free alternatives for dentists.

3. Adjusting Government Programs and Insurance: Most people end up with amalgams because it is all their insurance will pay for. Therefore, governments should urge insurance companies to fully cover mercury-free alternatives and no longer purchase amalgam for use in government programs (such as for the military).

Do You Have Mercury Fillings?

For those of you who have mercury fillings, I would consider having them removed, but avoid making the mistake I did nearly 20 years ago. I had the procedure done by a non-biological dentist. When you have these fillings removed, you can be exposed to significant amounts of mercury vapors. Replacement of amalgam is a serious medical procedure. Do not go to a dentist who does not fear the toxicity of mercury and who does not use a protocol that limits in every possible way your exposure to mercury.

It’s also for this reason that I strongly suggest you get healthy BEFORE having your fillings removed, as you want your detoxification mechanisms optimized prior to removal. My struggles with my own teeth led me to learn about Biological/Holistic dentistry. Biological dentistry views your teeth and gums as an integrated part of your entire body, and the primary aim of holistic dentistry is to resolve your dental problems while working in harmony with the rest of your body. Biological dentists are well aware of the dangers involved with toxic materials such as mercury fillings (amalgams) and the procedures that need to be done to keep you (and your dentist) safe during amalgam removal.
As a holistic physician, neurological surgeon, and a neuroscientist, additionally trained in biological and energy medicine, I offer a comprehensive healing approach to identify and correct root imbalances in the brain and nervous system. After completing a neurotoxin burden assessment, a customized repair program allows the patient to ‘sculpt’ their best brain/neurological health.

For the New Year, I’d like to offer an option of health restoration to those who want the highest health of their brain and nervous systems, and to those struggling with their health in general. I’ve outlined below a list of questions that is part of my patient evaluation:

1. **Neurotoxin Burden**: Do you have mercury/silver fillings? Do you know the amount of heavy metals, pesticides, solvents, e-smog, radiation, etc, that is acting to prematurely age your brain? Are you aware that a vast amount of retained toxins, acquired while you were in your mother’s womb, and throughout childhood, is adversely affecting your neurological and physical health?

2. **Environmental Exposures**: Are your home and work environments clean of molds, solvents, and other threats to your good brain function? Do your personal hygiene, make up, hair coloring, laundry/household cleaning products contain solvents, heavy metals, or other toxic agents? Electromagnetic fields from electrical lines, lights, computers, cell phones, microwaves, plus infectious opportunists and allergens, also burden our immune and nervous systems.

3. **Dental Health**: As biological dentist Dr. Bill Wolfe says, “Your teeth are a big piece of the health care puzzle.” Are chronic infections, toxic fillings, root canals, implants, or jaw malalignment compromising your best brain health? (See www.drwolfe.com).

4. **Dietary Evaluation**: Eat organically and with the intention of providing your brain with good fuel sources, rather than short term energy fixes. What are your greatest food sensitivities? The immune system and nervous system are inextricably linked. What antagonizes your immune system also affects your brain.

5. **Physical Exercise**: Regular exercise increases endorphins (natural morphine-like substances) and strengthens the heart and cerebral circulation, mobilizing brain damaging toxins, which can be excreted via sweating. A simple daily walk is a gentle, yet effective start. For a more focused program, exercise therapist Sean Plake, CPT, advises to start off with 2-3 days/week with 20 min. of controlled bodyweight exercises followed by 15-20 min. of cardio/walking…gradually progressing to 30 min. each ‘resistance and cardiovascular exercises (splake02@gmail.com).


7. **Proper Elimination**: Keeping the bowels emptied on a regular basis keeps excreted toxins from being reabsorbed, decreasing the level of neuroactive toxins.

8. **Mental Exercise**: Exercise the brain with daily intellectual exercises such as crossword puzzles or reading, strengthening your neural network.

9. **Spiritual/Inspirational Support**: Meditation and prayer raise your consciousness, bringing you a sense of well being and peace. Such practices bring you joy and inspiration. Listening to or creating music, art, speeches, lectures, or seeing plays which inspire you, reinforce the pathways of higher cognitive functioning, supporting the brain’s longevity.

10. **Attitude Towards Life**: Do the challenges of life appear to you as stumbling blocks or stepping stones? Your attitude towards adversity dramatically influences your sense of wellness. Positive thinking strengthens the mind and the immune system.

**NOTE**: If you’d like a comprehensive brain health/neurotoxin burden assessment, please contact my office at 505-503-8325.
Dr. Gregory House was a fictional medical detective on Fox TV for eight seasons. Leading a diagnostic team at Princeton-Plainsboro Teaching Hospital, Dr. House was unconventional, intuitive, and a medical genius who could diagnose the undiagnosable.

Today, I am interviewing William Summers, M.D., whose diagnostic abilities liken him to Dr. House (although his manner is gentle and his sense of humor comforting). In addition to his amazing diagnostic skills, Dr. Summers developed the first treatment for Alzheimer’s and a most amazing natural treatment for memory issues. (www.memoryrevitalizer.com). Dr. Summers also created a breakthrough method for weight reduction. (www.wksummers.com).

Colleen: Dr. Summers, How is your approach different from other physicians?

Dr. Summers: My focus is on discerning the proper diagnoses for each patient. Then by using a firm knowledge of pharmacology and natural health supplements, best treatment is possible. Correct diagnoses frequently result from a comprehensive patient history and a suspicion of rare disorders.

CV: Do you have an example?

Dr. S: A 61 year-old with debilitating Interstitial Cystitis or “Bladder Pain Syndrome” had to painfully urinate about every 15 minutes all day long. The issue was resolved in 10 days with the innovative use of an asthma drug. She was able to return to life and is very grateful.

My approach to brain degenerative diseases (Alzheimer’s, Multiple Sclerosis, Parkinson’s) combines atypical prescription medicines with natural health supplements. This keeps my patients out of nursing homes. Recently, my innovative intravenous supplement infusions have resulted in some dramatic patient improvements.

CV: What about your approach to Weight Control?

Dr. S: There are over 24 chemical signals throughout the body which defeat typical diets. If a person loses weight, only 1/200 will maintain their weight loss. But all 24 body signals originate below the upper brain. Staying thin is best achieved by focusing on the conscious/unconscious mind, while establishing new food habits. Also, each of my patient’s diet plans is custom-created for them.

CV: Have you had success in your Neuroscientific Weight Control Clinic?

Dr. S: Yes. Several patients have enjoyed weight losses of 50+ pounds, and some have lost only 10-20 lbs. The new knowledge about what to eat, disconnecting them from the ‘calories’ concept; is helpful for future attempts to control their weight. Also, obesity often represents food addiction. Like other addictions, the process of transformation involves a process. With each failed attempt, knowledge is gained which will ultimately lead to success.

In our Neuroscientific Weight Control Clinic, we focus on useful knowledge. Most diets insist that people fit the temporary lifestyle of the diet plan forever. Our diet is customized to fit a person’s life and lifestyle.

CV: Are all weight problems then due to bad habits?

Dr. S: No. Post menopausal women (for example), often require bio-identical hormones for long term weight control.

CV: So you prescribe Bio-identical Hormones?

Dr. S: Yes. Hormones allowed me to markedly reduce hip fractures in my Alzheimer’s patients. Likewise, I have found that hormones have to be ‘tuned up’ to be successful in weight control.

Dr. Summers is a 3rd generation physician, trained at the prestigious Washington University School of Medicine (St. Louis) in both Internal Medicine & Neuropsychiatry. He served as a professor at three major Medical Schools. He created eight patents in pharmacology & health supplements & invented & patented the first FDA approved drug for Alzheimer’s disease. His latest patented product is Memory reveTALIZER®. He has practiced in emergency medicine, wound care hospitals, general in-hospital medicine, nursing home medicine, & hospice. He currently has a private medical practice in uptown Albuquerque.
Are you ready to fall in love? There is someone out there for everyone...and it is possible to find a partner who fits “just right”. Read Melissa’s personal story of finding love below. If she can do it, you can too!

Melissa once lived a life of abuse, drug use, rape, stripping, prostitution, and the divorce of her adoptive parents. A runaway at the age of 14, Melissa floundered helplessly before being taken in by a kindhearted uncle in Florida.

Underweight, hair missing, and with a garbage bag full of clothes, she tried to get her life together...but her first two years in a committed relationship were spent dating an emotionally abusive man. She was damaged and afraid and thought that emotional abuse was at least better than physical abuse.

Sad, lonely, depressed, and at a loss, Melissa heard about a seminar on the beach for a book called *The Seven Spiritual Laws of Success* by Deepak Chopra. Desperate and close to suicide, she went. When she arrived, there were no parking spots. Frustrated, she eventually found a space and five dolphins swam up to her car. Feeling the healing energy and pure love of the dolphins, Melissa attended the seminar, swore off relationships and spent the next year working on improving her life.

As time went on, she began to feel stronger and was able to attend a friend’s wedding. The groom’s family was from Albuquerque and one man in particular, Sean, caught her attention immediately. They spoke and then shared long conversations about anything and everything. However, Melissa was guarded and fearful based on her past experiences with men. One day while still in Florida, the two were talking at a seaside channel and dolphins were jumping and playing in the area. Melissa once again felt the healing energy of the dolphins and allowed herself to relax into getting to know this new man.

Sean returned home to Albuquerque and the two stayed in contact...having lots of open and honest conversations. After a few months, she visited him in Albuquerque. One of the best experiences of her life was when they spent 10 magical days in Taos where they told each other that they loved one another. Her communications with him were healthy. They had successfully established rules and boundaries. Sean and Melissa married in May of 2008. They have an amazing daughter (Parker). Ten years later she still gets butterflies!

Melissa’s main advice for relationships is “find someone you can grow with. Everyone has issues and is wounded, so find someone you can be safe with. It is important that your mate be a best friend, sensitive, and a life partner. If I can find a normal, loving, functioning relationship, so can you!”

If you are single and ready to meet someone special, check out [www.intuitivematchmaking.com](http://www.intuitivematchmaking.com). You’ll find two options: Traditional Online Dating or Intuitive Matchmaking®. Sign up for either one or both. For those going the traditional route, the Online Dating part of the site is similar to others you are familiar with... except it is has a loving feel, and is run by Melissa personally, not a corporation. For those who would like a new approach, Melissa’s Intuitive Matchmaking Service is perfect. She will meet with you personally and use her intuitive and psychic abilities to match you with prospective partners. *All information is confidential unless you indicate that you would like her to share certain information with potential matches.*

Newsletters, “chat” time with Melissa, special reduced rates on private sessions and classes as well as private mixers for members are included depending on your membership level. We look forward to helping you meet your relationship dreams!
Happy New Year from your friends at High Desert Center for Spiritual Living. We are starting 2014 with an abundance of classes beginning in mid-January. These classes are designed to deepen your spiritual experience of life. We invite you to read the descriptions below and consider which classes will most benefit you in the coming year.

**Beyond Limits:** Here’s your chance to discover the core concepts of Science of Mind. Topics for exploration include finding your hidden beliefs and discovering how they impact your life. You will also gain valuable insights into your own personal pathway for spiritual growth, stretch your creative process, and discover the power of prayer. In short, this class can change your life! The class books, *How to Change Your Life* and *Creative Ideas*, are available for purchase at the Center. Tilia Giron Whaley, RScP, PhD Education, is the instructor.

**Self Mastery—The Emergence of the True Self:** How much would you love to create healthier relationships, including your relationship with yourself? Are you eager to experience the freedom, certainty and bliss of living within Divine Awareness? These questions and more are addressed by instructor Tessa Madeleine Campbell, RScP, Faster EFT Certified Practitioner (Level II) and author of *Beagle Wisdom: the Potential in Me My Dog Discovered that I Missed.* Tessa invites you to gain mastery in the art of living as a conscious, intentional being. (Prerequisite: *Beyond Limits* class.)

**Mind/Body Connections—Realizing Wholeness:** This class explores how consciousness is expressed in the body through profound and dynamic connections. The class will focus on how each of us can achieve Wholeness through mental, emotional, physical and spiritual balance. Instructors: Ordained Minister Don Wismer, RScP, and Certified Energy Healer and Reiki Master Sue Hoadley, RScP. Texts: Larry Dossey’s *Healing Words* and Ernest Holmes’ *Science of Mind* (Prerequisite: *Beyond Limits* class.)

**Paradise Hills Mercado**
5621 Paradise Blvd N.W.
Albuquerque, NM
(505)922-1200
www.hdcsl.org
Sunday 10:00 – 11:15 am

**High Desert Center for Spiritual Living™**

**RESCHEDULED!**
(Originally scheduled for Dec 7 & 8, 2014)

**A Healing Event for Families**

**Has your family lost a child suddenly?**
Please join us for this Special Event to honor your loved one.

**Group Experience**
with Healers
Sherry Mossavar Rahmani & Ellen Tadd
Saturday, May 3rd
5-6pm

**Workshop**
based on Ellen Tadd’s book
*Death and Letting Go* (book our gift)
Sunday, May 4th
2-5pm

Limited Private Appointments available
on Monday, May 5th with both healers
(based on their usual fees)

Space is Limited for all offerings.
Info/RSVP: 505.850.0257
thelightwithin777@gmail.com
www.amazinghealingevent.com

Donations to VILA (Veteran’s charity) accepted for the Group Event and the Workshop

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“I can’t ever remember feeling as well as I do now.” – S.D., Santa Fe

**Read more articles online:** www.trulyalive.net
The Knee, quite a complicated joint. With skiing and snowboarding season upon us, both young and old will be experiencing some severe falls. When your feet are locked into ski or snowboard bindings and you have a fall, hopefully the bindings will release in time so the knees do not twist or torque. If the bindings fail to release, you can experience severe knee pain, in one or both knees.

After your knee has been examined by a doctor and no ligaments are ruptured, then what do you do? Often, the doctor will refer you to physical therapy which will involve exercises and/or taping the knee to relieve pain. Sometimes, you are diagnosed with a laterally displaced patella (your knee cap has shifted laterally out to the side) and the physical therapist tapes the patella back into correct position.

What we have learned over the years at MyoRehab, is you cannot “force” a joint (in this case, the patella), back into correct position. It is not just the patella that is in a dysfunctional position; it is also the femur and tibia that no longer line up correctly. The tibia is often medially rotated which causes the patella to be positioned laterally, no longer tracking in the center of your knee.

Now, your fascia and muscles are splinting and bracing to hold the knee joint so it will not move any further in dysfunctional position. First, all the fascia and muscles above and below the knee need to be released; then the tibia and femur can be gently tractioned and de-rotated to return to correct position.

After the tibia and femur are in correct neutral position, your knee pain is most often 50% decreased. The next step is to release the fascia and muscles attached to the patella and it will naturally want to return to a neutral position. It does not need to be forced. Now your knee is completely pain-free.

We give you gentle home exercises so you can rehabilitate and strengthen your own knee in correct position. And we help you figure out if there is some position you are doing, (that perhaps you are not aware of), that keeps aggravating the knee pain. We call these positions Perpetuating Factors. It may be the way you have been sitting all your life and now that you have injured your knee, can no longer do. We also review sleeping positions and correct ergonomics at the computer. No tucking your feet under the chair when you sit as that keeps the fascia and muscles in the back of knee shorten and they no longer return to their normal full length when you stand up to walk.

Now, some of you have never skied or snowboarded a day in your life or had any injury and yet are experiencing knee pain also. Usually those are people who “sit funny”. You know who you are. You curl up on the coach with both knees fully bent to one side watching a movie with your honey. Or you sit with the left ankle on the right thigh which torques the left knee. And then when you stand up, you experience left knee pain which may or may not go away when you start walking. Or the patella “pops” or “grinds” with just a little discomfort (which gets worse with time) because it is being pulled out laterally to the side and no longer tracking correctly in the center of your knee.

You keep sitting like that, and eventually you will be a likely candidate for a knee replacement…especially as you get older. We treat folks with this type of knee pain also, as well as teaching you to sit “like a lady” or “gentlemen” (for your knees’ sake).
Reincarnation, Hypnosis, Power of the Mind

Create real and lasting change with this powerful workshop! This program is designed to give you a road map to your subconscious mind and your soul history, as well as transform your current life.

Our past lives further set the tone for this current life, but the conditions and direction of this life are not set in stone. Using personal exercises, guided imagery, insights from the Edgar Cayce readings, group regressions, and self-hypnosis, you will be safely guided on a journey to your unique past. In addition to viewing a segment of your soul’s journey through space and time, you will also have the opportunity to heal any “soul bruises” that remain with you even to this day.

During this experiential program you will:
• Find the source of your motivations and emotional blockages
• Experience how your soul’s history has imprinted your personal present
• Discover past-life clues and enlist your guides to help
• Learn how to tap into the co-creative power of your subconscious mind
• Reframe current life issues to create positive outcomes and behaviors
• Understand how combining hands-on healing with the power of suggestion can help bring about spontaneous healing
• Find out how to write – or rewrite – your own life script and discover the power of your own voice’s vibration

Discover the ease and simplicity of using the powers of your mind to bring miracles into your life. When your desires and expectations are aligned with your highest ideal, you are effortlessly drawn into the actions, circumstances, and “coincidences” necessary for extraordinary accomplishments and breakthroughs.

Barbara Lane, PhD, brings her decades of experience to facilitate an in-depth experience of discovery, integration, and healing.

Suspicious Mammogram?
Dr. Carla Garcia, DOM

The most frequently asked questions at the Thermography Center come from women who have had a “suspicious” mammogram. If this happens to you, it is a nerve-wracking, stomach wrenching, sleepless time where nothing but possible cancer worries occupy your mind.

AND what should you do now? They did a mammogram and it wasn’t pleasant. You were told there is an abnormality or inconclusive result. Not only were you exposed to radiation, but it was uncomfortable and they want to do it again? You are thinking... “Didn’t they get it right? Why do they have to do another one? What is going to change in the week since I had my mammogram?”

According to the American Cancer Society, “About 10% of women who have a mammogram will be called back for more tests, but only 8% to 10% of those women will need a biopsy and 80% of those biopsies turn out benign.” This means that out of 1000 women who have had a mammogram, 2 of them will have a biopsy that results in a cancer diagnosis. http://www.webmd.com/breast-cancer/features/abnormal-mammogram-results

“I have a suspicious mammogram. Should I still have a thermogram?” Absolutely yes. Thermogram results can clarify the other findings in order to help you make better decisions about your health. Also, by establishing a thermographic baseline for future comparisons, you can monitor changes and treatment progress.

Thermography detects infrared body heat and produces a visual heat map. It’s 100% safe and painless. It can be used by all women, all ages and is not limited by breast density, so it is ideal for women with breast reconstruction, dense breasts or large or small breasts.

At the Thermography Center, we use a multi-modal approach to detect breast changes. Clinical examination is done (no extra charge) and instruction in self breast examination is included. A doctor’s referral is not necessary and results are sent directly to you as well as the physician of your choice.

Experience the best in early detection
Mammogram Alternative?

• Breast & Whole Body Screening
• Serving New Mexico for Over 15 Years
• Dr. Carla Garcia is Licensed in New Mexico & Nationally Board Certified
• Physical Breast Exam Included with Imaging

At the Thermography Center, we use a multi-modal approach to detect breast changes. Clinical examination is done (no extra charge) and instruction in self breast examination is included. A doctor’s referral is not necessary and results are sent directly to you as well as the physician of your choice.

Read more articles by both authors online: www.trulyalive.net
My name is Inga. I am an energy worker and the owner of Crystal Dove. So why does an energy worker run a metaphysical shop? Wouldn’t it be easier to just do energy work rather than deal with operating a store? In some aspects, yes. However, I find that one compliments the other. The two work together very nicely and allow me to offer more than I would with only one or the other. (It makes life more interesting and helps me stay grounded, too!)

Navigating through life can be quite a ride and many people appreciate a little help; a little assistance every now and then. People who visit Crystal Dove often find something that inspires them: literature, music CDs, candles, stones, crystals, cards, tokens, Bach flower essences and more, while walking around in a peaceful environment with balanced energy.

Some people have experienced deep hurts in life and need reassurance that they can trust themselves. Just being in the high vibration Crystal Dove environment is often enough to help with a shift. Other people are more daring and often make an appointment for a soul connection or heart healing. The energy that comes through in these individual healing sessions helps people connect to their own guidance, inner wisdom and their personal soul’s message. For some, these sessions can totally position them in alignment with life. Assistance is different and individual for everyone; no two sessions are alike, not even for the same person at a different time, because we are constantly shifting and changing.

Our meditation classes also contain esoteric insights and daily readers are available for amazing readings. Sign up to receive our monthly schedule of upcoming classes, readers, and events: http://bit.ly/18wpGvU.

Thank you for reading about Crystal Dove. I wish you the very best year ahead and look forward to seeing you at the shop and assisting you in achieving your dreams this year.

Kindly, Inga

Read more articles online: www.trulyalive.net
If there were only one supplement that you could take for improving most of your health conditions, would you take it? If you could replace over a dozen other products that you take daily with one product, would you? If you answered yes, then Bosmeric-SR is right for you!

The patented ingredients in Bosmeric-SR have been shown to be the strongest natural anti-inflammatory & anti-oxidant. It also has anti-viral, anti-bacterial, anti-fungal, anti-diabetic, anti-hyperlipidemic, anti-cancer and immune supportive properties. With so many benefits in one supplement, you could replace dozens of products that you may be taking and it is safer and clinically effective. In addition, you will have immediate and lasting benefits. It can be used for prevention, treatment for chronic ailments and acute intervention.

If you suffer from any of the following conditions: arthritis & rheumatoid; PMS, menstrual irregularities, fibroids; headaches & migraines; joint & muscle pain, fibromyalgia; diabetes, ulcerative colitis & Crohn’s disease; psoriasis & acne; asthma, COPD, emphysema; heart disease; Alzheimer’s disease; autoimmune diseases (M.S., Lupus); various types of cancers (brain, breast, colon, thyroid, prostate), then Bosmeric-SR™ is for you. Over 4,000 New Mexicans and hundreds across the U.S. have had amazing results from using Bosmeric-SR™.

Bosmeric-SR™ is the most potent, pure and clinically proven natural product for inflammation support available worldwide. In addition to the highest clinical doses of the patented ingredients of Turmeric Curcumin C3 Complex® (95% curcuminoids) and Ginger Extract (20% ginerols), Sanjevani Nutraceuticals’ is the first worldwide to introduce a breakthrough component of boswellia called Boswellin PS®. A synergistic effect from this patented compound now provides more full spectrum anti-inflammatory activity with an immediate onset of action within 20 minutes and a bilayered sustained-release caplet that lasts over 8 hours.

Unlike most of the products that contain turmeric (curcumin), boswellia and ginger, Bosmeric-SR™ is wild-crafted, non-GMO, non-irradiated, kosher, wheat/gluten free and vegetarian/vegan. Bosmeric-SR™ has over 5,000 studies and 60 clinical studies from the most prestigious universities and research centers using these patented ingredients.

Bosmeric-SR™ will safely and effectively replace your use of NSAIDs. NSAIDs such as ibuprofen (Advil®, Motrin®), naproxen (Aleve®) and prescription medications such as celecoxib (Celebrex®) all have Black Box Warnings from the FDA which means you can have a heart attack, stroke, GI bleed and can be fatal at anytime without warning symptoms! Even acetaminophen (Tylenol®), has recently changed its dosing schedule due to liver toxicity. Over 100,000 people are hospitalized PER YEAR and 20,000 people PER YEAR DIE due to NSAIDs when used as prescribed by their doctors. This does not include over-the-counter use! In addition, NSAIDs have been shown to accelerate cartilage deterioration. This means that if you are taking NSAIDs for arthritic pain, it is actually making your arthritis worse! So before you pick up your next bottle of NSAIDs (which are inexpensive) at the big box stores think about the damage it is causing – increasing joint pain, doctor visits, not to mention the cost of hospitalization due to NSAIDs side effects.

Formulated by Integrative Medicine expert, Sunil Pai, MD, Bosmeric-SR™ is based on Ayurvedic ingredients that have been used for over 4,000 years. Bosmeric-SR™ has no liver, kidney or gastrointestinal side effects. Stop inflammation at is source—naturally. Improve your health in so many ways with just one supplement. Try a bottle and see for yourself how you can replace many other supplements and enjoy optimum health and healing.

Do not settle for generic ingredients, false claims, borrowed or skewed data, imitations or copies. Bosmeric-SR™—Extraordinary Results! Potency and Purity are Guaranteed.

Sunil Pai, MD
Integrative Medicine

Maureen Sutton,
LMT #5221/RYT
Health & Lifestyle Director

Sanjevani Nutraceuticals/Cosmeceuticals’ is the first worldwide proven natural product for inflammation support available worldwide. In addition to the highest clinical doses of the

turmeric (curcumin),

boswellia and ginger,

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Do not settle for generic ingredients, false claims, borrowed or skewed data, imitations or copies. Bosmeric-SR™—Extraordinary Results! Potency and Purity are Guaranteed.
Come to the Center for Consciousness Education on Sundays during January and February for our consciousness book study from 11am to 1pm, where we’ll learn about the recently published book, Co-Creating Good, Healthy Relationships: Living Life “The WeWay” With Everyone, Every Day by (me, myself and I) Wendy Foxworth.

Since 2001, I’ve been asked to write this book about “The WeWay” relational management methodology that was revealed to me in my Masters in Managerial Leadership program at John F. Kennedy University. Thousands of people—couples, churches, ministers, work groups, roommates, business partnerships, and corporate executives have received WeWay training and coaching over the past thirteen years. To date, 100% of the people I’ve trained choose the WeWay over doing things the MeWay in the context of their personal and professional relationships.

It is especially my privilege to teach to this book—for the first time—at the Center for Consciousness Education (previously the Center for Conscious Living). The Center has remained true to its unique WeWay, as a culture of consideration, co-creation and cooperative relationships since June of 2008. The Center’s value-based agreements have resulted in a spiritual community experience that has been 99% conflict free. And the 1%? Those conflicts turned out to be great learning experiences to remind us why doing things the WeWay is a deeply compassionate and effective way to move toward creating a world that works for everyone.

Please join us, Sundays in January and February, when I’ll teach you how to transform competitive relationships of separation (MeWay) into collaborative relationships of connectivity (WeWay), so we can all truly love (our neighbor, our spouse, our family, ourselves, and yes, even our difficult boss)!

Come and learn the steps you can take to co-create personal and professional relationships that are passionate, fulfilling, growth-producing and life-giving!

LEARNING OPPORTUNITIES AT THE CENTER:

View and register for all classes @ www.CenterForConsciousnessEducation.com

Donations are requested for each class session and warmly received. No one turned away for lack of funds.

Mondays, Jan 13–Feb 24, 6:30-9:30pm—“What Does Consciousness Have to Do With Your Life?” with Wendy Foxworth and Carey Rose O’Connell. Consciousness is living in and through your life and all your relationships all of the time but you may not yet be aware of all the ways this is true! Learn about four levels of consciousness in the context of eight lines of human development. This teaching creates new possibilities and great hope for the future of humanity and planet earth.

Thursdays, Jan 16–Feb 27, 6:30-9:30pm—“Growing Together: Relationships for the Long Haul Not the U-Haul” with Wendy Foxworth. This is an in-depth class to help you increase your capacity to co-create WeWay relationships at home, work and in community organizations. Invite your relationship partners to attend with you so you can have the same information with which to begin. This class is more intimate than is possible in our Sunday book study, with time for individual attention given to particular relationships.

Fridays, ongoing, Noon-1:30pm—“The Work of Byron Katie” with Lana Wheeler. Spend your lunchtime learning about who you are without your thoughts. This amazing methodology frees you to be who you really are.

Saturday, February 8, 9:30-1:30pm—“The Vistar Method Facilitation Training” with Carey Rose O’Connell and Karina Guzzi. Have you ever wanted to conduct a meeting where the wisdom of the group could be shared without judgment, criticism, advice-giving, or fixing individual behaviors? If so, this class is for you. This compassionate method of communication creates a peaceful, unconditionally loving, and co-creative community experience that values the individual contribution of all group members.
From credit unions and housing co-ops to food co-ops like La Montañita, cooperatives are all around you. With over one billion members worldwide, the cooperative sector is an invaluable group of organizations.

For the New Year, I’d like to offer an option of health restoration to those who want to ensure the highest health of their brain and nervous systems, and to those struggling with their health in general. I’ve outlined below a list of questions that is part of my patient evaluation approach:

DID YOU KNOW?

- Americans hold more than 350 million co-op memberships at more than 29,000 co-ops, providing 850,000 jobs.
- Farmer-owned cooperatives provide over 250 thousand jobs and annual wages of over $8 billion—not to mention great food!
- At least 100 million people around the world are employed by cooperatives, which is 20% more people than those employed by multinational corporations.

Today, over 15,000 families own and support La Montañita Co-op and its six retail locations around New Mexico. The Co-op employs over 200 full and part-time staff with an emphasis on team management within each department.

La Montañita Co-op was incorporated in September 1976 and has always relied on the vision, involvement and support of its members for its success. Our second location in Albuquerque’s North Valley opened in 1999, and in early 2005, La Montañita acquired the Wild Sage Food Co-op in Gallup as well as a privately owned natural foods store called the “Marketplace” in Santa Fe. In 2011, La Montañita opened the “Co-op Grab-n-Go” on the UNM campus. This small store provides fresh local and organic foods and snacks to students, faculty, and staff on the UNM campus. Our sixth and newest store on the Westside opened in October of 2013 (on Old Airport Rd., off of Coors and 7 Bar Ranch Rd.).

COMMUNITY OWNED:

As a community-owned organization, La Montañita Co-op partners with a variety of organizations to create a resilient future for us all. We place numerous Co-op volunteers in a wide variety of community based non-profits including peace, social justice and environmental organizations.

La Montañita’s commitment to the cooperative principle of “Continuous Education” inspires us to partner with public schools in communities near our Co-op locations. Co-op volunteers help educators by helping in school libraries, tutoring, and in school garden projects.

LOCAL POWER – STRONGER TOGETHER…

In January 2006, La Montañita opened its Cooperative Distribution Center in Albuquerque. This facility and its staff provided the foundation for our work with regional growers and producers to build a more sustainable foodshed in our region.

La Montañita understands that our regional farmers and producers must prosper to sustain their efforts. The Co-op Distribution Center operates two truck routes five days a week, around the state with over 150 customers including retailers, restaurants and institutional food service buyers.

WEEKLY MEMBER-ONLY SPECIALS:

Get deep savings on specially selected items. These dozen or more items change every week, and run from Wednesday through Tuesday each week. These savings alone equal or exceed a member’s annual membership fee. In other words, if a member purchases all the items on the Weekly Sales flyer that member recoups their total annual membership fee in just one week.

All locations are open to the public. You do not have to be a member to shop. There are specials weekly that apply to everyone and please check out the benefits of membership.
As we start the New Year, many people set New Year’s Resolutions to eat healthier. Eating healthier today may be harder than you think. GMOs or genetically modified foods are everywhere. Even buying organic food doesn’t guarantee that it is free from GMOs. GMOs are having a profound effect on overall health for people worldwide causing tumors, leaky gut, intestinal damage, gluten sensitivity and even cancer.

Genetically modified foods are grown with DNA from bacteria to give the food new properties—specifically the ability to resist pests. Right now there are nine crops being grown GMO: corn, soy, cotton, canola, alfalfa, sugar beets, US papaya, zucchini and yellow squash. The chemical composition of the food is altered starting with the seeds, creating two problems. The seeds contain insecticides and the farmers have to use more pesticides on their fields.

According to Jeffrey M. Smith, executive director for the Institute for Responsible Technology, most GM crops were produced to tolerate Round-Up and its active ingredient glyphosate. In turn, these crops accumulate glyphosate which stays in the food and makes it to your dinner table. Glyphosate is agriculture's largest selling herbicide and has been linked to non-Hodgkin's lymphoma, miscarriages and attention deficit disorder.

Two crops, corn and cotton, are modified to create their own insecticide, Bt-toxin, which is produced in every cell. Any corn product that is GM can contain these toxins, including corn chips, tortillas, corn oil products, corn starch and anything sweetened with high fructose corn syrup—most processed snacks, cookies, sweeteners and condiments.

I have treated many folks for the allergy to pesticides and herbicides. Coupled with diet changes, their health improves and leaky gut is repaired. I work with clients on the emotional cause of digestive issues as well and this unique combination approach gets results!

To find out more about GMO foods and healing digestion, join me for an informative and inspiring workshop, GMO Mystery Explained: Healing Leaky Gut, at Vitamin Cottage on Wyoming and Montgomery on February 15, 10am. Learn how you can improve your digestion, energy and life!

Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Certified Natural Health Professional and health educator. Our team offers Biofeedback, naturopathy, hypnotherapy, Geotran integrations, naturopathy, life coaching, trauma release work, homeopathy, herbs, kinesiology and ionic cleanse footbaths. We work with YOU to accomplish your health goals and correct imbalances in the least number of sessions possible. Call today for your appointment: 505-797-0540 or visit us at www.abqnaturalhealthcenter.com.
Authors of 4 bestselling cookbooks, *The Looneyspoons Collection*—featured on the cover of this issue includes the best of their prior 3 works and more! Janet and Greta are having the time of their lives. The fun-filled cookbooks are best known for their unique combination of great-tasting, healthy recipes, useful nutrition tips and corny humor.

Over the years, the dynamic duo has hosted a popular cooking show on Food Network Canada, developed a line of healthy prepared foods, produced monthly columns for Reader’s Digest and Taste of Home magazines and created a series of “grEATing” cards for Hallmark.

Their inspirational, self-publishing success story and mouthwatering recipes have been featured in countless newspapers and magazines, and on hundreds of North American radio and TV broadcasts, including the Today show, CNN, NPR and QVC. The youngest siblings in a family of six girls, Janet & Greta live in Ontario, Canada.

The *Looneyspoons Collection* is the sisters’ biggest, best and most-favorite cookbook. The blockbuster #1 national bestseller and Canada’s top-selling cookbook of 2012 is now available in the US via Hay House Publishing.

Jam-packed with “the best of the best” Janet & Greta recipes (all revised and updated), *The Looneyspoons Collection* makes healthy eating delicious and fun for everyone! It contains 325 scrumptious, “I can’t believe these are healthy” recipes in total, including 150 gluten-free recipes and 100 new, must-try recipes.

And talk about a feast for your eyes! *The Looneyspoons Collection* is overflowing with gorgeous, full-color food photos, plus hundreds of practical weight-loss, anti-aging and healthy-living tips (in addition to a heaping helping of Janet & Greta’s trademark corny jokes and punny recipe titles) … plus yummy recipes for diabetics, vegetarians, those counting points (Weight Watcher’s or similar program) and even for finicky kids.

**Truly Alive Question for Janet & Greta:**

In early 1995, inspired by Greta’s love of cooking, Janet’s knack for writing, and both of your corny senses of humor, you came up with the idea to create a zany, one-of-a-kind, low-fat cookbook (*Looneyspoons*). That was your first cookbook, right? Please tell us a bit about how that came into being and what you went through to get that first book self-published.

**Greta:** Here’s the Reader’s Digest Condensed Version…We were sitting around the dinner table when the idea came to be. I moved into Janet’s house (basement apartment) about a week after Janet got married. I started doing all the cooking (since Janet and her husband were both domestically challenged—Janet always says it takes her an hour to make Minute Rice). Janet’s husband, a meat-and-potatoes guy, declared my meals “the best he has ever tasted,” never realizing everything I cooked was super-healthy. He lost weight devouring this amazing food. I told him all the meals were healthy and he said, “If this is healthy food, you should write a cookbook! The world needs to know about your recipes!” So Janet and I went to the bookstores and stared at all the cookbooks. We wondered why the topic of healthy eating and nutrition seemed to be so bland and boring. None of the cookbooks stood out to us. Plus the recipes were for meals like marinated artichoke salad and tofu-bean-sprout stir-fries. Not exactly exciting or mouthwatering! We figured everyone loves to eat and everyone loves to laugh. Why can’t we combine these two elements in a unique cookbook that will get people laughing their way to good health? Let’s make healthy eating FUN and DELICIOUS! So we quit our jobs on the same day and our “secret basement project” began! We didn’t tell anyone what we were doing because we thought they’d call us nuts. We worked 14 months without any income and fell hugely into debt. We cashed in all our retirement savings and spent every penny we had. We ran our credits cards to the max. We held yard sales to pay our bills. Yet somehow we weren’t stressed out! We just kept envisioning our cookbook being a huge bestseller. The publisher’s didn’t agree. We mailed our manuscript to the largest North American publishers and we were rejected by all of them. Many told us not to quit our day jobs. Too late! It was at this point that self-publishing was our only option. We managed to get a meeting with David Chilton, author of...
Now book 4 (Looneyspoons Collection book three, a TV show, food products, and rest is history. Book one led to book two, we always believed in ourselves…and the worked our butts off, we never gave up, and everyone loves to laugh, so why not earlier, we figured everyone loves to eat books’ humor goes, as Greta mentioned diet of bad, 70’s sitcoms. As far as the enough to give anyone a twisted sense of six girls…with only one bathroom. That’s JP: it throughout your cookbooks? brand of wit and how did you decide to use lives helped you develop your particular your cookbooks really adds a lot of fun to throughout your cookbooks? TA: Your unique humor, used throughout your cookbooks really adds a lot of fun to your lives helped you develop your particular brand of wit and how did you decide to use it throughout your cookbooks? JP: Greta and I grew up in a family of six girls…with only one bathroom. That’s enough to give anyone a twisted sense of humor! And we also grew up on a steady diet of bad, 70’s sitcoms. As far as the books’ humor goes, as Greta mentioned earlier, we figured everyone loves to eat and everyone loves to laugh, so why not combine those two things to help coax millions into making better food choices? We figured if we made healthy eating so delicious and so much fun, people would almost get healthy by accident! Besides, laughing actually burns calories. We like to say that more giggling leads to less jiggling! TA: Were your creations always healthy or did that evolve? GP: I have always been interested in “healthifying” recipes, for lack of a better term. I’ve been doing recipe makeovers for a long, long time. My friends would give me their grandmas famous casserole recipe and ask me how to reduce the cream, butter, and cheese while still keeping the great taste. It was a challenge that I loved. Plus Janet and I both played sports growing up and have always been health conscious. That being said, what was considered healthy in 1995 isn’t necessarily considered healthy today. Two decades ago, there wasn’t a gluten-free craze, everyone believed that fat was evil (including the fat from avocados and salmon), and there really wasn’t talk about good carbs vs. bad carbs. Today, our recipes reflect the current research and trends in nutrition. TA: How to do you feel about GMOs/organic foods? (I didn’t notice any specific info about this in Looneyspoons or any of your materials.) JP & GP: Both of us are ardent supporters of non-GMO foods and organic foods. I (Janet) am a Registered Holistic Nutritionist and in many of the nutrition nuggets that appear in the margins of The Looneyspoons Collection encourage people to choose organic foods as much as they can. Our mission is to get people to prepare their own foods more often using fresh, whole, natural, nutritious foods (preferably organic) versus constantly eating out of packages, boxes and bags. If people could “take platters into their own hands” they’d live much healthier lives! TA: What are a few of your favorite recipes and why? JP & GP: Dilly Whoppers, page 192. These salmon burgers are to die for! They’re made in a skillet so you don’t need to drag out the BBQ. The lemon, feta and dill make them outrageously tasty. No bun needed. You can eat these with a knife and fork! Moroccan and Rollin’ Quinoa Salad, page 38. It’s so fresh-tasting and flavorful and everyone seems to love it. It’s a guaranteed potluck winner! Plus, quinoa is a very popular ingredient right now and people are looking for interesting ways to prepare it. Who needs meat? Yum! Peanut-BETTER Gingersnap Cookies, page 288: We took our two favorite cookies, peanut butter and gingersnaps, and spliced them together. Amazing! Starvin’ Guy Chicken Pie, page 161. With a scrumptious sweet-potato biscuit crust, these individual chicken potpies are a must-try recipe. TA: In your story on the website, you share with readers that “when you dream big, set goals, work hard, refuse to quit, and let passion be your guide, just about anything is continued on p22

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Janet & Greta Chat cont’d from p21

possible.” Where did this philosophy come from?

JP & GP: We were just so crazy-passionate about our cookbook venture back in 1996 that we felt like nothing could stop us. We JUST KNEW that if we got our book on store shelves somehow, it would help millions of North Americans to live healthier lives. It was like the Kevin Costner Field of Dreams movie where the voice said, “If you build it, they will come.” We really listened to the “voices in our heads,” which was really our intuition and gut instinct, and just believed it was possible and started acting like it was already happening to us. (i.e. Making a fake bestseller list with our book at the #1 spot, imagining ourselves doing TV interviews, etc.) We just knew it!

TA: What’s in store for future projects?

JP & GP: We just finished taping a new web series called Health Nuts! Exciting! The “webisodes” are about 6 to 7 minutes long and contain a feature recipe, cooking tips by Greta (called Kitchen Whizdom) and Nutrition Nuggets by Janet…PLUS lots of silly antics and entertainment. You’ll find them on YouTube and on our website.

TA: Is there anything else you would like my readers to know about?

JP & GP: The most satisfying thing, without a doubt, about this whole entrepreneurial effort—even better than being #1 on the bestseller list or selling two million cookbooks—is the incredible feedback and testimonials that we get every day. We’ve received thousands and thousands of emails and notes from people from all over North America. All ages and sizes: men, women, Moms, teenagers, seniors, you name it. They pour their hearts out to us, telling us about how our books have impacted their lives. Greta and I read them and we often cry! We answer every single email personally! We’ve heard from people who’ve lost 30, 40, 50 pounds…even 150 pounds…simply from cooking from our books regularly. Many people have written who’ve lowered their cholesterol and blood pressure and even managed diabetes. Or someone who’s had a heart attack, and their entire family had to change the way they were eating. That’s pretty daunting! They said that our books, with the humorous approach and healthy comfort foods, have brightened their days pretty daunting! They said that our books, with the humorous approach and healthy comfort foods, have brightened their days even when they most needed it. The most common feedback comes from mothers who say, “Finally, I don’t have to make two meals every night—one for myself that’s healthy and one for my finicky kids and meat-and-potatoes husband who won’t eat what I’m eating. Now it’s all one big, family-friendly meal.” Some “interesting” feedback came from an older gentleman who called our office. He said to me, in quite a serious tone, “I don’t cook, I don’t think I’ll ever cook, but I bought your book to keep in the bathroom, I think it’s so funny!” We’ll take that as a compliment! I told him that’s where all the fiber ends up anyway :)

Look for our newest bestselling cookbook The Looneyspoons Collection on Amazon, www.amazon.com and in stores! “Like” us on Facebook www.facebook.com/janetandgreta. Sign up for our monthly recipe newsletter at www.janetandgreta.com and follow us on Twitter @janetpodleski and @gretapodleski.

Beautiful, All-Natural Body Contouring

By Laura Witzel

As a new resident of Albuquerque interested in finding the best source for body contouring, I am excited to recommend Stephanie O’Connell, of Cloud Nine Therapeutics as the standout. My extensive research included experiencing VelaShape, Ultrasonic Cavitation, Laser Body Contouring and Micro Current with the NeurotriS SX Body Sculpting Machine.

Here’s an overview of the options:

VelaShape is a great option for those primarily interested in skin-tightening as opposed to fat reduction or inch loss. Ultrasonic Cavitation aids in both inch loss and skin tightening and the contraindications are important to be aware of. Ask for details about this treatment before making your final choice. Laser Body Contouring or Low-level laser (LLLT) therapy takes about 30-60 minutes/session. My average reduction/session was about .5cm to 1cm, so it takes a bit of time to see dramatic results. 20-40 minutes of cardio required after each session, in order to not re-absorb the fat.

The best results for me by far were with the NeurotriS SX Micro Current “miracle machine”, as it is well nicknamed by the editor of Vogue Magazine. I lost three inches from my waist and abdomen in just one painless session while relaxing on a massage table! I think it’s the best overall contouring option for the busy person who wants to see quick and dramatic results. This treatment burns fat through a combination of muscle stimulation and lymphatic detoxification, leaving the body toned and tightened. My results have lasted several weeks and get better with each session. Moreover, the muscle toning effects help to prevent loose skin from developing as fat is lost. Because of my great results, I highly recommend the NeurotriS SX treatments for inch loss, tighter skin and a more toned figure.

Stephanie O’Connell is Certified in Microcurrent Physiology; is a licensed & certified New Mexico Massage Therapist (LMT #5934), a Certified Continuing Education provider (NCBTMB) & a Certified: Lypoassage Master Trainer, NeurotriS SX Therapist & Aesthetic Laser Technician.

505-298-9000. www.cloudninetherapeutics.com

Look for our newest bestselling cookbook The Looneyspoons Collection on Amazon, www.amazon.com and in stores! “Like” us on Facebook www.facebook.com/janetandgreta. Sign up for our monthly recipe newsletter at www.janetandgreta.com and follow us on Twitter @janetpodleski and @gretapodleski.

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Oxi Fresh makes a lot of claims, saying we’re eco-friendly, that we’re the most incredibly convenient...even that we’re the best carpet cleaning company out there. What is it about Oxi Fresh that makes us confident enough to say that we’re the best carpet cleaner?

PRODUCTS: Oxi Fresh products are carefully designed and professionally tested to ensure not only their effectiveness, but their environmental friendliness. One of our core products has even earned the EPA’s Design for the Environment Certification.

WATER: Many carpet cleaners use 40-60 gallons of water to clean a home – water that ends up being contaminated with waste and chemicals. We use a method that only requires about 2 gallons of water, which naturally evaporate.

FAST DRYING: Rather than soaking the carpet, our best carpet cleaners only need about 2 gallons of water to get a carpet looking and feeling fresh.

ENERGY: Rather than relying on a vehicle to power our system, all Oxi Fresh needs is a wall outlet. We also don’t need windows and doors to be left open for our cleaning, meaning any warm or cool air in your home stays there. Since our equipment doesn’t use tubes or hoses that go from a truck into your home, winter carpet cleaning means your heat stays in while we clean!

METHOD: In addition to great products and machines, our technicians are trained to go over the carpet from multiple angles, to pre-spray difficult areas, and to do a hundred other tricks to help get your carpets truly clean.

PILE LIFTING: Our cleaning machine does the exact opposite of most systems; it doesn’t compress but instead lifts the carpet pile so that it can be fully cleaned. This ensures not only that the entire pile is thoroughly scrubbed, but also that the carpet dries upright and soft.

We’re safe for your family, your pets, your home, and the environment. Your carpets get scrubbed from pile to tip to ensure that dirt and spots are thoroughly removed. Given all this, is it any wonder we know Oxi Fresh is the best carpet cleaner out there? Schedule your cleaning today (and don’t forget to use the coupon code from the ad on this page)!

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I n tro by Bill Haggard: Gwen was a client who was passionate about healing. She is a bundle of joyful enthusiasm and is endlessly curious about how the body heals. Gwen asked me to mentor her as she trained to do this work. After her certification, I was pleased to have her join our staff in October of 2012.

Q u estion: When did you start at AAH?

Gwen: After 20 years of being a colonic patient in many cities, I was inspired to learn more about them and to become a practitioner; particularly because I was SO inspired by Bill Haggard’s work. He seemed to take colonic to a deeper level than I had ever experienced and I felt it could be the modality that would fit me and my gifts. My clients keep coming back to me so it was a wonderful choice. I love helping people heal.

Q: What was your background?

A. I attended a seminary school in New York for two years and became an Interfaith Minister specializing in Spiritual Counseling. Prior to that, I was an Inspirational Workshop Leader. Using those skills during a colonic helps my clients achieve a very deep session of emotional, spiritual and physical release. It’s more than just cleaning out your colon. Also, I have a great passion for healthy, local food, cooking and nutrition, so I coach my clients about their current food choices and help them make adjustments to maximize their healing.

Q. What is your main message?

A. Eat Live Food. Raw fruits and vegetables contain water, so they not only nourish, but also hydrate you, which is especially important here in the desert. Most Americans suffer with constipation due to a diet without enough vegetable fiber. Their colons don't absorb nutrients properly so they end up undernourished yet overweight. You need a clean, healthy colon to eliminate well and to absorb the benefits of nutrition. Don't waste money on supplements if you can't absorb them. Get colonics first.

Q. Anything else?

A. Yes! Many people are juicing and fasting in order to detox. However, if you have any elimination issues, chances are your colon isn't functioning well, and that means you will end up reabsorbing the toxins your juice fast releases from your organs. Imagine! You go to all that time, expense and effort to clean yourself out, and you end up shaking the toxins up but are not able to fully release them. This is why colonics are essential to any detox regimen. I can't say enough good things about them.

Q. Final words?

A. Colonics are great for your skin. Your eyes will sparkle. They help you stay on a diet by reducing cravings; they repair brain fog from Candida and toxins; they relieve allergies by improving your immune system; and they reduce PMS symptoms!
Healing Different
By Ellen Santistevan, LMT #6535, RMTI #I-0513, APP

Please put aside all the well-intentioned “new starts” and resolutions that you plague you at nearly every turn of the calendar. When will you recognize the beauty of who you are? Truth, love and enlightenment do not come from exercise, diets, or books (although they may be useful for feeling better internally). Every person has their own story...how they view and judge themselves. The longer we tell our stories, the more entrenched they can become until all we know of ourselves are those imagined stories.

Open your eyes, wake up, slow down, notice, pay attention, look, listen, and feel.

I am a facilitator, not a mechanic. The body is not a machine with replaceable parts, and I cannot “fix” what’s wrong. What I can do is help you become aware of yourself inside, which then gives you power over your life, state of being and state of consciousness, if you so choose. It is a process of communication, trust, and vulnerability. A client on my table is vulnerable and must trust me as well. My open heart serves as a channel for helping each person do their own work.

In listening attentively—not only to what you say, but how you say it. I hear not only words, but often what’s behind the words. I also listen to what your body says. Everything that you think, feel and know manifests in your body. I look into your eyes and share with you your human experience. Illness, pain, and loss are inevitable truths of everyone’s lives. Happiness, joy, freedom, and love may not be as inevitable, but they are certainly possible for everyone.

Ellen naturally integrates the physical technique with her own non-judgmental awareness, compassion, and intuitive guidance to assist her clients. Her energy is grounded and warm, and she has this way of helping people to feel safe in the journey through whatever physical or non-physical process that may occur on the table. She is present with you, assisting and supporting, yet non-interfering.

As I welcome you to my practice, I offer you my neutral presence...a place free from judgment, where you are allowed to release notions about your limitations. You will have a compassionate witness who gives you space to fully exist. My philosophy is to empower you to have your own authentic experience (which may not be the one you think you “should” have when seeing a bodywork therapist). I encourage you to notice what happens to your body, and to acknowledge your thoughts and emotions as they arise. By learning to relax and become aware of yourself and your responses, you then become empowered to authentically heal yourself.

With Ellen you are receiving not just a massage; you are receiving an insightful, thoughtfully intuitive and effective treatment.

C.O., ABQ

What are sessions like? I integrate all the knowledge that I have —anatomical, methodological, herbal, spiritual, emotional, mental, intuitive, creative—for your best and highest good. If you need to sing through your release, I will sing with you. If you need to laugh, cry or scream, I am right there with you as your witness. We begin by knowing that “this too shall pass.”

The session with Ellen was one of the most profound and extraordinary experiences in my life. I experienced a deep, deep transformative healing, especially on a spiritual level. My deep thanks, to you, Ellen, for the beautiful healing you affect.

C.M., ABQ

What does this mean for you, and for me? It means that together, we can facilitate change. You get to own your own process, your journey, your empowerment, and it is my honor to accompany you on this leg of your passage through life.

Ellen Santistevan, LMT #6535, APP • www.thirdgoddess.com
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This New Year, Living By Grace
By Phaeryn Sheehan, Ascended Masters Foundation

Probably the most difficult thing in most people’s minds to really, sincerely believe in—is Grace. It seems to be so illusive and blesses us with Its Presence so randomly.

We have heard many times from religious and spiritual teachers how to obtain grace and how to keep It. We also have turned to crying out for It; especially when we haven’t felt like we have much to hope for...as, sometimes we experience It, and sometimes we don’t.

Although most people experience Grace coming to them unexpectedly, we also have heard of those who Live In and By Grace...that it has become their way of life or a perpetual state of being for them. These people tend to share similar attitudes, beliefs and ways of being in life. They seem to have tapped into a gold mine of a consciousness much of the time. They report a common sensation of “falling” into this rare state.

What exactly is Grace? Well, for most of us, it shows up as being suddenly or constantly miraculously blessed without seemingly having to do hard work to earn it. Perhaps the following true story will crystallize for us how it sometimes happens.

There was a large family living in a middle income neighborhood. The father and mother were good people...devoted to faith in their God. The father earned his salary by being a traveling salesman and, after a very long sales trip throughout the southwest, he returned home feeling “under the weather”. Little did he know that within a day or so he would find himself paralyzed from his neck down with Polio.

He spent a good amount of time hospitalized until he was able to return home. His family, though greatly saddened and burdened, gladly welcomed him home and settled into a routine of taking turns taking care of him. As a year passed, everyone who knew him observed that his cheerful, playful and loving way had changed...that he had become angry, disrespectful and mean-spirited. He was enraged with God and ended up projecting it on whoever came near.

Then one morning his wife decided he needed to see his new son who was born while he was first hospitalized. Gazing into his young son’s innocence and sweetness suddenly just broke his angry heart wide open and he wept. It was in that timeless moment that Grace slipped in and embraced him.

From that day on, this paralyzed father began to say prayers of gratitude out loud to God for giving him each struggling breath so that he could still be alive to love his family and his friends. Grace seeped in and melted through him. It didn't miraculously heal him physically, but indeed it did so heartfully.

This mysterious and magical state of consciousness seems to be the only consciousness that will uplift, transform and/or transfigure what no other state of everyday consciousness can.

We, of the Ascended Masters Foundation Community are looking forward to getting a very strong ‘grip’ on this nebulous experience of Receiving and Living in a State Of Grace. The channeled Ascended Presence engaging with us at our upcoming Spiritual Warrior Of Deep Heart Retreat will provide the perfect opportunity. The Retreats will begin Thursday, January 23rd and complete Monday morning, January 27th. The response to the January Retreat has been so overwhelming, that a second Retreat opportunity is being offered March 20-24. May these offerings to Retreat with us in January and March 2014 be your access to LIVING, FROM NOW ON, ‘IN GRACE’.

For more information, contact: Phaeryn Sheehan 505-206-2139 or email phaerynsheehan@comcast.net.
It is easy to forget that our job is love. When I forget this, I’m always drawn back to a quote from the Course in Miracles that says that “absolutely everything is either an expression of love or a call to love.” Everything. So either we are able to express the love that we are, the love that we’ve come to be, or we are calling for the remembrance of that. I sometimes forget that my calls for love will be answered, and I will sometimes get angry with circumstances and situations designed to realign me with the truth of who I’ve come here to be…calling me into the remembering of love is my job. I actually tend to resist these things and in fact, I call them, “things that have gone wrong,” “people I don’t like,” and “situations that I’d rather not experience.”

I picture the job offer coming about like this: the consciousness of all-good, which is the divine knowing, put out a craigslist ad of a job opportunity that was opening up here on earth. The position coming available was for love to arrive on this planet in a way that only you could bring it. And so you saw this job description listing that included all kinds of things, such as what you would look like, what you were going to be insecure about, and all the challenges you would need to overcome. And knowing all of this, having seen this very honest job description, you decided, not in spite of it, but because of it that you were going to accept the position. You recognized that you could be an expression of love in a unique way which had never existed before and you were willing to be just that. And so you took the job, and before you started, you got everyone you would ever know together in consciousness and planned to meet up at your new job. You all knew that you wanted to come together on this planet to support one another, to remind each other that no matter what appearances looked like, that your job was love. So you gathered together and agreed that through all of space and time, in all of the amazing places that you could have incarnated, you were going to choose here and now. So this job you have accepted is the opportunity to remember that you came here because you have a unique way to express love that needs to be present on this planet at this time.

There are millions of ways for us to express our love. In fact, everything we do can be an expression of love if we allow it to be. We must allow ourselves the space to remember that love is our job no matter what we’re doing and see what happens. Maybe we’ll be transformed just by creating the space. There is room for this love to grow in all of us, and this is one of those jobs you don’t retire from. It just keeps employing us as we become bigger and bolder and more powerful expressions of that love. We are the only ones that can do it; each of us uniquely. It’s high time we let go of all the excuses, our sense of smallness, of all the ways we think we are broken, and become that expression of love that we are and allow it to grow.

Rev. Kylie Renner is the Senior Minister at the Albuquerque Center for Spiritual Living, located at 2801 Louisiana NE, between Menaul & Candelaria. Call 505-881-4311 or visit online: www.abqcsl.org Sunday services are at 9:15 and 11a.m. The Open Mind Book and Gift Store, open 10am to 3pm weekdays, carries a wide selection of metaphysical and inspirational books, music, jewelry and gifts. This is truly a great place to choose a unique gift for someone special.
What are your New Year’s resolutions? According to www.usa.gov the most common ones are to lose weight, eat healthy food, get fit, drink less alcohol, quit smoking, get a better education, get a better job, manage debt, manage stress, save money, take a trip, volunteer to help others, and recycle. I hope you are on your way to achieving your New Year’s resolutions. If you are like most people however, you may be well on your way to breaking them. Why?

We sit down, reflect and think about how we want to better ourselves in the coming year. Then we get excited and start taking action to achieve our new goals. So, why do we tend to fail? One reason is that we want results and success immediately. If we don’t see quick results, we lose interest and stop working toward them. Another reason is that sometimes we start seeing quick results, but our actions are not sustainable long-term. For example, you may be having great success in losing weight but the means to achieving your weight loss are too extreme or are just not sustainable.

You may be wondering, “So how do I achieve my New Year’s resolutions?” I look at New Year’s resolutions a little differently. Instead of focusing on what’s wrong in my life or what needs to be fixed, I like to look at what will enhance my life. Then I set intentions and start making lifestyle changes to help make those intentions a reality. Using the weight loss example, instead of setting a New Year’s resolution to lose weight, I’ll set an intention to be healthy. I will then look at what dietary changes I can make that will support my intention. The key to making a lifestyle change is to have patience and make small manageable changes over time. For instance, I may start with drinking more water. After a couple of weeks of getting used to drinking more water, I’ll make another small change. I’ll continue this pattern of making small lifestyle changes to be healthy—indeinitely—until I reach my final goal (and beyond if the changes have bettered my life). To be successful, it’s imperative to remember that (especially with the goal of ‘losing weight’) that it’s a lifestyle change and not a goal that once you achieve, you’re done.

Talking with people who will support you and continuously educating yourself by reading articles and books on the topic are also great techniques that support long-term success. If your intentions/resolutions include being healthy and/or fit, keep it local. Avoid the big box gyms and look for a smaller, locally owned gym or fitness studio. Not only will you be supporting the local economy, you’ll get more personalized attention and be more likely to stay on track with your fitness goals. The big box gyms are more concerned about their bottom line while the smaller, local gyms are more focused on you.

Along with your intention to be healthy, an easy way to get on the right path with good nutrition and get more fruits and veggies into your regular diet immediately is by taking Juice Plus+—a whole food nutritional supplement made from vine-ripened fruits, vegetables, grapes and berries. It’s like a salad bar in a capsule! Not only does it help improve your immune system, it decreases inflammation, supports heart health, and offers many other health benefits. Over 30 independent studies on the health benefits of Juice Plus+ have been published in prestigious medical and scientific journals around the world. For more information on Juice Plus+, visit www.morath.juiceplus.com.

Regular Personal Training rates start at just $75 per month. Take a first step with a FREE CONSULTATION. To get support and guidance in achieving your New Year’s resolutions or intentions, contact Michelle Morath, JourneyFit (formerly New Mexico Fit): 505-550-8322, mmorath@journey-fit.com. www.journey-fit.com

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When Used with Wisdom, Money is the Energy of Love...and Can Bring Balance in Receiving and Giving. In working with me, you can learn to create: (1) a new way of being around money and change your lifestyle, (2) a financial budget to bring order to your daily life, (3) a financial plan for yourself and your family, (4) a system to organize your financial and tax records. Call for more info or to schedule your tax return appointment today: Marshall Estner, 505-850-2132, www.MarshallEstner.com

As you embark on another tax season, do you have an ally that will listen to your needs with compassion and work with you to ease the burden of preparing your tax return(s)? Last year at this time, I shared with you some of my experiences of how the stress and anxiety of preparing tax return(s) can shift from being a burden to an adventure in self-empowerment and creativity. I can help you tap into your own inner knowingness in order to co-create financial and personal abundance along with Earth Mother; as well as a sense of freedom that occurs when one surrenders to their calling.

By asking the right questions, and listening with care and consideration about how my clients’ life experiences have impacted their decision making enables me to understand how they are running their personal and business affairs and compile the data necessary to assist in the preparation of their tax returns and their financial needs.

As you share with me your financial and tax specifics, I will share with you tax planning techniques and strategies that can empower you in your tax preparation efforts; in 2013 and/or in to future years.

Choose someone to assist you with your 2013 tax preparation with loving care. And if consideration of future financial planning in alignment with conscious principles and Earth Mother energy is appealing to you, call me!

It is said that “Your Eyes Are The Windows To Your Soul.” Behavioral Iridology is a powerful tool which pierces through the layers of physical, mental and emotional bodies, right through to your soul level. It provides knowledge that supports advanced skills for loving “self” and “others”. Through BI, you can develop skills to instantly accept all outcomes.

The structural patterns in your eyes reveal what you have inherited from your parents. Your eyes also reveal your gifts, lessons, and needs. They even identify the kind of mate you will attract for a long-term, intimate relationship. Your body type reveals how past generations and your childhood are affecting you today.

Behavioral Iridology helps you transform influences contributing to your pain: physical, emotional, mental, or spiritual. Your pain did not begin with you. It has been going on for generations. By identifying and breaking trans-generational patterns, you access your gifts; thereby living a new-found creative expression and passing it on to future generations.

The primary goal of Behavioral Iridology is to awaken participants to their genuine feelings, paving the way to their true inner needs (deeply beneath the superficial). This frees one to truly express their needs consciously, in an honest, kind, and articulate manner. These skills for growth and Self Love provide a strong foundation and a delicious recipe for a fulfilled life.

Jim Verghis is the founder of the Behavioral Iridology Model. It is the synthesis of four profound systems combined with 30 years of exploration & meditation. Jim has taught & lectured nationally & internationally. He is finishing his second book on intimate relationship dynamics & iris patterns. He runs the school of Behavioral Iridology, certifying teachers & practitioners. Jim’s new office is located at The Source 1111 Carlisle Ave. See the Classes/Workshops & Community Events section of this issue for event offerings. Jim Verghis, 505-603-8429. Visit the website & blog for a schedule of dates & topics: www.behavioraliridology.com

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A Better New Year with Brainwave Optimization  By Regina Coffman

Every year we resolve to be better, do better, and have better. We commit to take better care of ourselves through diet, exercise, meditation, spirituality, sleep, etc. We try many new things in order to be healthy and happy; yet we rarely consider the massive role our brain plays in all these areas of our lives.

Everything we think, feel, say, and do is a direct result of the brain in operation. The more optimal the brain is, the better our lives will be. If we do not have harmony within and balance between the left and right hemispheres of the brain, we will be exerting maximum effort with little return. We have to work extra hard to compensate for mental imbalances which can result in fatigue, feeling emotionally drained, sleepless nights, depression, anxiety, and even hopelessness…then comes the need to self-medicate in order to get through the day or night.

Achieving homeostasis is the first step to a state of wellness, optimum performance, and freedom.

Brainwave Optimization is a process of relaxation and auto-calibration where we ask the client to relax and “step aside,” allowing the brain to make its own corrections. With the latest advances in technology and continued learning in the fields of Quantum Physics and Neuroscience, we are able to do, in a very short time, what would have been considered miraculous just a few years ago.

Brain activity is manifested in electromagnetic energy—which can be measured. In an Assessment, data is collected from the brain and analyzed to see where brainwave functioning is out of balance. During this process, a blueprint for an Intensive Balancing Plan is also produced.

Why not schedule an Assessment today in order to see what your brain patterns reveal? This two-hour process is available for the SPECIAL rate of $49. Let’s move towards the better lives we all deserve this New Year. Check out my website for more information: www.brainwavebalancing.com

When You’re Smiling, the Whole World Smiles With You  By Sandi Ganshaw, RDH, BS

A smile is something that everyone understands regardless of race, religion, or culture. It is universally known. And it’s contagious. When you smile at someone, their response is usually to smile back at you. There is evidence that smiling causes happiness. Recent studies suggest that smiling has stress-reducing capabilities and helps to generate positive emotions within you.

Children on average smile around 400 times a day; while adults on average smile only 20 times a day. Research has hypothesized that our brains receive feedback from our muscles to help discern how we feel, and that when we feel happier, we are more approachable, and people tend to believe we are more trustworthy. Great reasons to “turn our frown upside down”!

How about you? Are you still hiding your smile behind your hand? Are you unhappy with your teeth? Great oral health is the first step in gaining the confidence to smile more. Clean teeth and fresh breath are essential for optimal oral health. At Sandi’s Smiles, the emphasis is on total preventative care for our patients. Total care begins with regular hygiene appointments, regular checkups and continued oral health practices at home.

If you haven’t visited us yet, let me introduce our practice to you. I’m Sandi Ganshaw, owner of Sandi’s Smiles, a registered hygienist with a BS in Dental Hygiene and MS Degree coming in April, 2014. Dr. Prakash, a graduate of University of Pacific School of Dentistry in San Francisco is now on board at Sandi’s Smiles, along with April Coy, Certified Dental Assistant. We are a small practice in a quaint office south of Old Town, offering a different experience including relaxing music, soy lavender candles, heated blankets, and awesome aromatherapy scalp massage following hygiene appointments. Our products contain no fluoride, no dyes, no gluten. We use a turmeric pre-procedural mouthwash, BPA-free sealants and fillings and strive to serve our patients in the most Holistic way possible!
Your New Year’s Resolution: Take Action with Essentials for Radiant Health!

By Janet L. Hall, ND, CMI, CKP

Essential #1, Let Food Be Your Medicine: Food is the very foundation of our well-being and accounts for 80% of our current state of health. It provides the nutrition, energy and fuel for our cells and organs. If we ingest toxic, dead food, we can expect toxic bodies. Persistent weight issues can come from a lack of knowledge about food and lack of balanced eating. Discover what foods create problems for your brain, body and emotions. Focus on foods that feed, alkalize, energize and enhance your health.

Essential #2, Repair Your Body Utilizing Kinesiology, Biofeedback, Supplementation & Other Healing Modalities: Kinesiology and biofeedback can define exactly what your body requires for any given symptom, problem, disease or behavior and its cause. It takes all the guesswork out of it! Utilizing these methods results in quick change and healing—with low supplementation! Use natural substances and various modalities to nourish, balance, strengthen, and detoxify.

Essential #3, Reduce Toxic Exposure and Detox: Astoundingly enough, many studies, including one from the University Of Columbia School Of Public Health show “95% of all cancer is due to diet and the accumulation of toxins.” Preservatives in food and chemicals used for cleaning, scented air fresheners, even electromagnetic stress are toxins. Detoxification of your liver and colon is paramount.

Essential #4, Heal Emotions/Change Negative Patterns: When you feel stressed, your stomach, neck and shoulders may feel really tight. This is an example of how your “e-motions” or “energy in motion” get “stuck” in the body, creating dis-ease. Emotional clearing and Integrative techniques clear out negative beliefs, behaviors and patterns and can effectively manage stress!

Essential #5, Balance Your Energy/Lower Your Stress: Everything is energy. According to Nobel Prize Laureate Carlo Rubbia, we are only 1 billionth physical matter…the rest is ALL energy. Research shows that your body’s health is dependent on your stress load. Hence, “stress kills.” Remaining in a flight or fight stress response creates major health and behavioral issues.

Essential #6, Gain Knowledge and Take Action Yourself: We promote knowledge and provide coaching to help you take action. Establish positive structures and continue on your own. Be in control of your own health and well-being.

Janet L. Hall is a Certified Naturopathic Doctor, Medical Intuitive, Clinical Hypnotherapist, Kinesiologist and Biofeedback Specialist. Her center is dedicated to healing, preventative health, life change and empowerment…helping people to “Rise Above!” www.alternativewellnesscenter.org (505) 294-WELL (9355). FREE Consultation, call today!
What is religion? Let us begin by putting aside all the Doctrine and Dogma we have assimilated from the teachings of modern religion, and become seekers of Wisdom.

In the 60’s, the great wave of the Peace Movement swept across the land. Many pow-wows took place across the country counseled by wise men with great ideas; teachers, philosophers, and healers who cut across all demographics. Someone asked a great Indian Chief (whom I believe was from the Sioux Nation; present at one of these events) this question, “What is religion?” (I’m sorry I can’t remember this great chief’s name. Who he was is not important; his answer is what matters.) This great man simply replied, “Religion is a way of life.”

What does this mean, “Religion is a way of life?” For me, it means this: There is no right or wrong, way, but rather one should live their life with impeccability and integrity… always expressing the highest level of Divinity under all circumstances in all ways, and to be honest with oneself as well as those around them.

Across the eons there have always been great men of old, sages, wise men, teachers and healers present in this world. In my meek and humble opinion, there has never been a person who has walked upon Mother Earth equal to the One we know as Jesus the Christ. HE said, “The Sabbath is made for the man; not the man for the Sabbath.”

I find it very paradoxical that the religious world (that Jesus came into) is very much like the one we live in today. And, HE rebuked that Religious heresy soundly! It was and is a world in which religious leaders made the people subservient to the prevailing doctrine and dogma; making them believe it was necessary for the salvation of their Souls.

Christ left us with the greatest teaching of all time: “Love God with all your heart and mind, and likewise but not least love thy neighbor as thy self.” For me, this is True Religion, and how I do my best to live my life. That is all the work one needs do.

I think that Jesus believed each person has the right to “grow” their own relationship with the Divine without an outside go-between. I know I do! Can I hear an Amen?
If the water is rough, you can’t see through it. When it is calm, you will be able to see through it. When your mind and emotions are still, you will see your true nature. ~ Grandmaster Choa Kok Sui, founder of Pranic Healing.

Dear friends…I’m sure all of us, at some time in our lives, have experienced confusion, excessive stress, and for some, a desire to give up because there seems to be no way out of a traumatic situation. When confusion takes over, it is difficult to see clearly—emotionally and mentally. Stress and negative thought forms from one’s self and from others get stuck in the auric field and various chakras.

There is hope. There is help for confusing, stressful situations (minor to major). A skilled Pranic Healer removes the congestion and negative thought forms and then infuses the chakras with appropriate energies. Removing the congestion first allows one to begin to see clearly. When one sees clearly, he is in a better position to make wise decisions. As Master Choa says, “When your mind and emotions are still, you will see your true nature.” You can begin to attract wonderful things into your life, such as better professional and personal relationships, healing, and prosperity…whatever you choose.

Pranic Healing addresses the physical, emotional, mental, and spiritual bodies, bringing balance to the entire system. When congestion has been longstanding, its removal sometimes feels like a miracle, regardless of how many (or few) sessions are needed. If you choose to try it, I know you will be pleased!

A retired Mental Health Counselor and Hypnotherapist, Rita Herther is a Certified Associate Pranic Healer. She has been an instructor of various classes at UNM Department of Continuing Education for 19 years. Rita facilitates an Albuquerque Pranic Healing Clinic, and coordinates workshops & classes for Certified Pranic Healing Instructor Greg Toews. Info: sessions, clinic, classes: 505-298-4823, RMHerther@aol.com.

HAPPY 2014 MY FRIENDS!
The single most topic of discussion with my food clients who are redesigning their diets is FLAVOR. Change in and of itself brings about a lot of resistance; but change in a person’s diet, seems to bring about feelings of terror…fear that they will never eat another food that tastes good to them again. When I talk with my clients about lowering the fat content in the food I am preparing for them or taking out gluten or dairy or reducing carbs, the fear of bland, tasteless food always enters the conversation.

So how do I create fresh tasty meals, incorporating special diet needs that taste good? The answer is fresh and dried herbs and spices.

Herbs with mild flavors such as basil and parsley work well in most any dish. Strong-flavored herbs such as bay leaves and sage are great for hearty, warm-your-tummy recipes. Another way I add flavor is by toasting seeds and certain spices (like cumin) in a dry skillet to enhance flavors and aromas and adding heat with red or green chili or cayenne.

Having a small gathering? A tea? An office luncheon? Want to give someone a special gift? Is there a wedding coming up? An Anniversary, Birthday, or just want some help with a family meal or two? Order a pan of green chili chicken enchiladas, gumbo, corn crab and shrimp bisque or chicken alfredo, homemade beans, soups, chili con carne, roasted BBQ pulled pork or chicken. Or maybe you might like to try my infamous twice baked mashed potatoes. We specialize in raw foods, cut and packaged for your needs, Atkins and HCG meals weighed and measured…you get the idea! Call Joyous Creations to create a customized menu just for you.

Wishing for you and yours a 2014 filled with all your dreams come true!

Joy Lynn is a Spiritual Practitioner with the Rio Grande Center for Spiritual Living.
Fighting For Your Limitations?

By Jini Wimmer

One thing that we all seem to have in common is that we fight for our limitations to some degree. We whine and complain that our lives aren't working and talk incessantly about what's wrong and what's missing. Yet that very conversation keeps everything in place. Yes, we get what we focus on. So what are you focused on? Another way to say this is; where your attention goes, energy flows.

You will NEVER, let me repeat this... You will NEVER get to where you want to be as long as you ARE beating the drum of what's wrong and what's not working. That includes self-flagellation, judging, and my personal favorite, justifying why you're right. You can be right all day long about what someone did or didn't do, but that is NEVER going to change the situation or get you to where you want to be. Period. End of Story.

So why do we do this? We have programs running in the subconscious—stories we've made up about situations... habitual, negative self-talk and negative thinking, etc. Do you think it's time for a new story—one that is supportive, motivating, empowering, and gives you a feeling of hope and ultimately excitement? Oh my, what would life look like if you felt excited about your life?! Really, what would it look like? Go ahead—Imagine it. Write it. Draw it. Speak it.

That alone will get you unstuck and starting to move in the direction of your dreams, desires, and aspirations. Start your New Year with a fresh outlook and new conversations.

I can definitely help you get started in the right direction and develop a new perspective and empowering conversations. Also look for my upcoming workshop, February 1, 2014.


Visit Dr. Carla Garcia of Acupuncture Specialists invites you to experience Energy Light Facial Rejuvenation.

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- Restores healthier, more youthful facial coloration
- Helps tighten sagging facial muscles
- Cost effective compared to most face-lifts & anti-aging procedures.
- Completely non-invasive with no surgery, radiation or burning.

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Did You Know That Your Subconscious Mind Is Running Your Life?

By Charlene Lewis, CHt, CWK, CQTP

Do you wonder why, when you make a decision to make healthy choices (such as diet, exercise, let go of addictions, meditate, etc.), that after a short period of time, you lose your momentum? You were so determined… so sure you would stick to it. According to Dr. Bruce Lipton, (featured in the September/October 2013 issue of Truly Alive), we are operating from our conscious minds (at best) about 5% of the time and from our subconscious minds about 95%.

The subconscious mind has stored all kinds of memories, experiences, feelings and beliefs from before we were born up to the present moment. As children we take in everything we see, hear, feel and experience. In trying to understand our world, we come to certain conclusions about ourselves based on these experiences. If we didn’t get the love and support we needed as children; if we suffered emotional, physical or sexual abuse… we may conclude (in our little child minds) that perhaps we deserve this treatment. Perhaps there is something wrong with us. Perhaps we are not lovable or don’t measure up. We will eventually bury these “false beliefs” in our subconscious minds. Then as adults, there they are, alive and well—living in the subconscious and attracting all kinds of negative situations, relationships and more into our lives in spite of what our conscious mind wants. Perhaps our parents were supportive, but these beliefs were given to them and they passed them on without being aware of it.

What can you do about this? The first step is acknowledging what I just said is true. You have some rather unhealthy and limiting beliefs from the past that are running your life. We all do. Some of them were laid on you by parents, friends, teachers, society, etc., and some of them you made up yourself. Many of these beliefs are incorrect and yet to this day, you are following them without realizing it.

How do we breathe love and light back into our lives and let go of limiting beliefs in order to live a more joyful and peaceful existence? How do we stop the self-sabotage? Dr. Lipton recommends hypnosis and energy psychology such as Emotional Freedom Technique (EFT). Both of these are perfect for re-training the subconscious mind to let go of old, limiting beliefs, habits, patterns and fears. They are also perfect for helping us to accept the truth. We do deserve love, joy, good health and abundance. We do measure up. We are worthy and knowing that can change your life!

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ARIES (3/21-4/19) In JANUARY, the Rams are quite happy about the New Year which is like new beginnings to your Sign. The excitement is there the whole year, with all its adventures and new trails to places filled with the awe of possibilities that make life good. The 14th is not so lucky, but resolutions can come from past mistakes. The full Moon of the 15th is best for preparing the home for romance during the last two weeks of January. The 16th shows that a former romance has no flicker of life left. The 24th brings good news from a friend. Friends dominate after the 30th. FEBRUARY could be very sedate except for an occasional surprise. The 14th is your style of energy. This full Moon and the romantic fun, plus a favorable angle from the Sun to your Mars, is simply ecstatic for everyone. Lead the way, ole’ horned one. Mercury goes retrograde on the 6th. The following 3 weeks can affect your health and driving. Friends return with talks of old times. It’s a good time to re-tweak anything that needs it before your projects, next month. Life can get kinda crazy after the 18th. The 25th is big. The 28th has a happy ending to the month.

TAURUS (4/20-5/20) JANUARY/New Year’s Day is truly a new beginning with the new Moon in your solar house of career with a power-packed start to relationships as well. The 7th brings interesting secrets during, or around, your lunch hour. The 8th can bring health issues if you don’t control your impulses. The 11th is good for planning and finalizing objectives. Watch your mouth on the 15th. It could bring retaliation the next day. Finally, Venus ends its 40-day retrograde phase on the last day of the month. Power and self-esteem return because you have persevered and overcome much. FEBRUARY sees you awakening after 40-day hibernation. You are just in time for the joy of Valentine’s Day. Might as well go for the romance since work is just screwed-up this month. The full Moon on the 14th combines with a spark of genius on the 15th to launch you into a high orbit. The world you see is the one inside your head. The 25th is intellectually fascinating to us all, and fulfilling to you. Outer progress returns on the 28th.

LEO (7/23-8/22) JANUARY usually gets boring after New Year’s Eve for the Cats. Your Sign is ready to dive into the issues that can bring change to a damaged past. You are aware of those shortcomings in others, which exist within most of us as fear or real...except for you, of course. As your light shines warmth on frozen snow this month, at least your light still shines. Only parts of the truth can be destroyed, but your truth is locked in place and ready to be died for. This month your health improves and social friendships blossom in that snow. FEBRUARY can be socially active for the Lions. While others are feeling pessimistic, you are able to dispel nattering nabobs of negativity. The full Moon shines only to light your beauty as you stand in the spotlight of others on the 14th. You are the image of romance for this special Valentine’s Day. Someone talks you into running away with them, but you quickly calculate the chances for success and return to your security. Love is a risk, but so is breathing. You like happy endings and this month has one. Great drama is at hand.

GEMINI (5/21-6/21) JANUARY/New Year’s Eve is designed for fun and frivolity, but part of you is very deep with thoughts of work and health. You could start your year with anything which can benefit your physical and emotional health. Changes disrupt the world, but that’s only a mental feast for you. You will see how you can benefit from the year ahead. Make these plans concrete on the 6th and 7th. Your mind opens to a world of possibilities on and after the 11th. Higher-mindedness now looks good on you. The 24th is as athletic as it gets. The job is calling as the month ends. As FEBRUARY begins, you may finish up work projects before Mercury goes retrograde on the 6th. After that, you may be missing in action at work. You can plan for long journeys if you are returning to a former destination. Otherwise, wait until next month. Your mind is very active this month. The full Moon on the 14th combines with a spark of genius on the 15th to launch you into a high orbit. The world you see is the one inside your head. The 25th is intellectually fascinating to us all, and fulfilling to you. Outer progress returns on the 28th.

CANCER (6/22-7/22) January says “come with me” as people, or a person, wants to start a new regimen with you. Look at what is truly logical. Jupiter causes, or reflects, a serious examination of spiritual truths. This beneficial restraint is like a sling-shot to your life near the 15th. You are preparing for upcoming changes which can have no logical motivation. Such is the fate of the Crab. The ocean of life brings strange and unexpected endings. Your ability to detach emotionally to endings is a saving grace for the sensitive Moon-Children. FEBRUARY has its little problems like violence and social unrest, but it’s also a time of opportunities where the Crustaceans can affect social, and core changes. These are changes within you which reflect conditions in your environment and country. Change begins within each of us as the truth sinks in. It’s a process that requires perseverance during this month of deep revelations. The 14th is great for finances and baring your soul to the full Moon. The drama builds to the final week when others drag you out of your cave. Speak up on the 28th.

VIRGO (8/23-9/22) JANUARY is a winter month where the “Virgins” set their love traps for the slow-moving frozen ones in need of their hot cocoa. It’s a month of romantic adventure which ends with a serious effort to catch up on work obligations. It always comes down to some work, health, or service issue for your Sign. Focus on developing strong friendships this month. New information can change a health routine you have. Work becomes a panacea for Virgos. You end the month by being drawn into a relationship socially or intimately. Love is the perfection you seek. FEBRUARY has Mercury setting up a social and/or partnership withdrawal on your part. Maybe,
it's a health issue that needs further healing methods. For other Virgoans, it could be a month doing unfinished work. You are being drawn to seek perfect understanding of an illogical world. The emotional first two weeks turns into a deep understanding of what it means to serve during the final two weeks. Trouble with a partner needs a revamping and new beginning, which is likely by the 28th. The 25th is too much to analyze.

**LIBRA (9/23-10/22)** JANUARY has the rare occurrence of a retrograde Venus all month. By the 31st, Venus will have brought 40 days and nights of domestic and emotional setbacks. Home seems to be the focus, but it's also a time of deep core introspection. The 5th is a big part of this process. Balancing home and work is a real juggling act. Your brain is open to receive down-to-earth logic on the 7th. The 11th is good to rebuild. Be careful at work on the full Moon of the 15th. Old conflicts arise the next day. A partner comes to your rescue. Things improve near month's end. FEBRUARY sees Venus finally turning forward in motion. It was 40 days and 40 nights of an emotional deluge. Peace was hard to find in relationships. Now you can march forward with a persistence seldom seen in these parts. Start with organizing your home. That has to be done before romance knocks at your door. The 14th is always very romantic for the Librans. It will be doubled this month by the full Moon influence. The right one will be there. The 23rd and 24th are good for your health as idealism in love heals all wounds. Work is the only problem this month.

**SCORPIO (10/23-11/21)** JANUARY fits the frozen liquid nature of your Sign, only now, the ground is frozen too. Just as ice can break boulders, so too, do you work to destroy those structures which no longer serve your sense of correctness. Former lovers come close to you to soften your bulldozing efforts. The 8th will push you into finding the truth. Your subconscious is stirred by the full Moon of the 15th. Good for meditation. A new home, or home project, is advantageous to begin on the 30th. This month is about your mind. Observe yourself. SCORPIO finds you spending time alone, working behind the scenes, and possibly visiting a hospital for minor adjustments. Mercury is trying to turn a romance into a friendship. Let it happen. There is much passion ahead. Take care with electrical products after the 12th. Your mind is strong these days. Creativity will add to your fun times. The world stresses you with upsetting judgments. New rulings can cause rioting, but it really only delays your travel plans. The new Moon on the 28th promises happy times ahead. Love will save you.

**SAGITTARIUS (11/22-12/21)** JANUARY covers the hills with snow and there you are out in it. Hiking is just another winter adventure for you. Of course, some Archers prefer the indoor archery ranges. It's a time to be careful while Jupiter remains retrograde. Deep studies in the occult can be like a search for God to you. The 5th is annoying as you feel restricted by someone. A friend could get angry on the 8th. The full Moon of the 15th lights the darkness and stirs your passions. Enjoy nature in the last two weeks, seek happiness and joy. There can be an elimination process of old attachments. This can actually be key to your future happiness. Valentine's Day with friends is ok, like left over pizza. It's not hot and steamy, but it still nurtures. The 12th, 'till month's end, will activate your psychic abilities. Money begins to trickle down and fill your coffers with wealth by month's end. Invest wisely on the 24th and watch out for "delusional" partners who can cost you greatly on the 25th. Stay home, more, after the 18th.

**CAPRICORN (12/22-1/19)** JANUARY has you just barreling along in a "seek and destroy" mode as you want to replace former dreams with constructive realities. Your dedication to persevere in all things is bringing gradual success to new goals and ideals. Your patience is your virtue. You are living up to your New Year's Resolution as 2014 begins. A partner could feel ignored on the 5th. This year certainly seems aimed at shaking your career and image. Take a chance on the 29th. Friends have good financial advice. Invest on the 30th for good results. FEBRUARY is a time to be with friends as you make ample strides to fulfill your dreams. You would do well to put money into home projects. There should be extra income to do that kind of investment. You may go through some philosophical changes this month. It's somehow tied into your finances. The 11th could be a difficult month with friends. The 14th could be romantic, but more likely is a chance to make money with a new idea. The 18th begins 30 days of active communications, travel, and sibling stuff. Solutions to these issues arise on the 28th.

**AQUARIUS (1/20-2/18)** JANUARY is usually a good time for the active Aquarians to relax rest, wax the skis, or read until the 19th when the Sun shines to light your Sign. You are urged by the new Moon, on the 1st, to slow long enough to look within as you are soon to begin a new yearly cycle. While conflicts erupt in the world and peace is difficult to negotiate, you would do best to stay out of it and just read about it in the paper. As the 20th builds your inner resolve, you are undaunted by negative talk, and destined to speak your truth on the night of the 28th. The month ends with this tidal wave. FEBRUARY opens with the unbridled Aquarians riding free and unimpeded on a horse called joy. You seem to get away with things that others get arrested for. Did you know that there are fewer Aquarians in mental institutions than any other Sign? That's because it's normal for your Sign to be a little crazy. They can't lock you up for acting normal, but there is a caution of justice from the past, near month's end. A friend could have some misfortune, but generally, it's a month to celebrate your birthday and rake in a few bucks.

**PISCES (2/19-3/20)** JANUARY starts the year with your resolutions to attain your goals. Goals are fixed ideas which are best unaltered. They are sometimes diluted by the changing needs of the Fish. Goals can be the sand in the sleeping bag to the utopian-minded Pisceans. Yet, to have a goal is to refine your nature. Goals work like the bubbles in champagne to stimulate and inspire your mind. Your life is like a cruise where there is always another port ahead. Not much to negotiate, you would do best to stay out of it and just read about it in the paper. As the 20th builds your inner resolve, you are undaunted by negative talk, and destined to speak your truth on the night of the 28th. The month ends with this tidal wave. FEBRUARY is usually a time for the Fish to swim alone to avoid the chaos of the Aquarian month. Those of you born from the 18th-28th will feel the oneness of another beautiful year unfolding around your birthday. You can use your seclusion to plan for the year ahead, write poetry, and explore the subconscious. Your psychic abilities will help you earn extra income if you try new and unusual approaches. The 25th is a heavy day, but for you it's about what is fair and it's all just part of the great cosmic plan. The last day of the month is the first day of a new year for you.

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