An interview with Mielle-Chenier-Cowan Rose on her newest book *Veganish*

*The Omnivore’s Guide to Plant-Based Cooking* p24
What Is Matrix Energetics®?

Matrix Energetics® merges the science of subtle energy and quantum physics with the incredible power of active imagination and focused intent to produce instantaneous and lifelong transformation at the physical, mental, emotional, and spiritual levels. Matrix Energetics® offers easy-to-learn techniques and strategies for enhancing all areas of life, such as health, family, career, relationships, and finances.

Learn how to access the field of the heart, expand beyond limiting belief systems, and how to get out of your own way by tapping into the powerful morphic field of Matrix Energetics®. In our advanced courses you will engage in the process of reality creation, realization, and manifestation; intensify your intuitive abilities; apply spatial clairvoyance; advanced time travel, remote accessing, and more.

Seminars are open to students of any background, whether you are an experienced healing practitioner or have little or no medical or wellness training. Certified practitioner programs available.

ALBUQUERQUE

Matrix Energetics Experience Course
Friday, January 23, 2015
7:00 pm - 9:00 pm
FREE & Open to the Public

ME Fundamentals Intensive +
ME Uplugged: Spatial Clairvoyance
January 23-26, 2015

DoubleTree by Hilton Albuquerque
201 Marquette Avenue NW
Albuquerque, NM 87102

Vist our website for additional cities, books, DVD’s and other resources for transformation and healing!

www.matrixenergetics.com

New Release!

M-Joy Practically Speaking: Matrix Energetics and Living Your Infinite Potential
Melissa Joy Jonsson

Come & See What All The Excitement Is About!
Visit our website for our seminar schedule, course descriptions, early registration discounts, and to find a Certified Practitioner near you: www.matrixenergetics.com • 800.269.9513
If you have ever dreamed of a personal chef to create hearty, healthy recipes packed with nutrients for an optimal diet, Veganish is for you! With highest, healthiest nutrition and fabulous taste as the focus, Mielle Chenier-Cowan Rose has created a vegan-plus guide that covers every nutritional need from breakfast to dinner plus fabulous party snack ideas.

With more than 100 recipes, cooking instruction and techniques and advice on buying quality ingredients, you’ll never wander the food aisles in the grocery store again.

A cookbook brimming with thoughtful reflections. The recipes bounce with life and the end product is perfectly in balance, both gastronomically and spiritually.

— Ric Orlando, author of We Want Clean Food & 2-time Food Network “Chopped” champion.
classes & workshops

EVENTS OFFERED BY:
Matrix Energetics Seminars
Held at: DoubleTree by Hilton
201 Marquette Ave. NW, ABQ 87102
800-269-9513
http://www.matrixenergetics.com/

- Fundamentals Intro & Live Demonstrations
  January 23, 7-9pm
  FREE • Open to the Public

- Matrix Fundamentals
  January 23-25
  $620 before Jan 2, $685 after

- ME Unplugged - Spatial Clairvoyance
  Jan 26, Monday Special Session
  $225 before Jan 2, $275 after

- Fundamentals + ME Unplugged
  January 23-26 (whole event)
  $800 before Jan 2, $865 after

Amazing Healer Sherry Mosavar Rahmani Returns to Albuquerque
505-850-0257
www.amazinghealingevent.com
amazinghealingevent@gmail.com

Private Healing Sessions Available. See website. Light refreshments will be served at both events. Please RSVP.

Global Peace and Healing Meditation
January 30, 3pm • $20

General Healing Sessions
January 31, 11am & 3pm • $20

CO-CREATE OUR NEW WORLD
Jan 29-Mar 5, 6:30pm
Advance registration please!
Co-create our new world by receiving healing energy from Lemurian Guides. A spiritually-based culture in earth’s ancient past, Lemurians lived peacefully with one another and the earth. Activate chakras, attain profound spiritual/emotional growth, restore DNA, clear physical pain. Create love and wisdom, release suffering and unhappiness. First session $15 to see if you want to continue with series of 6. Pre-pay series $69.55. (See on-line article: www.trulyalive.net/articles)
SanRa Alworth, CHt.
505-239-2445
www.starlightspiritualhealing.com

Reiki I Classes • $150
Usui System 14-hr class
Jan 8-11, 22-25, Feb 19-22
Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 26 years, teaching for 23 years.
505-299-0011 • www.ReikiABQ.com

Universal Laws of Love & Abundance Winter Retreat
February 5-9, 2015
Tuition: $675
Room/Board $600
The World Server Symposium Com-munity of the Ascended Masters Foundation is pleased to offer this powerful retreat. Join us for this life changing event. Register online or call for detailed information.
Held at: Land Sanctuary in Ojai, CA
Sponsored by:
Ascended Masters Foundation
223 14th St. SW • ABQ, NM 87102
Info: Marshall Estner 505-850-2132
www.ascendedmastersfoundation.org

Food For Life Cancer Project Cooking Classes
Feb 7, 8, 14 & 15, 2-4pm
$120 (All 4 Classes)
Join Sunil Pai, M.D. and Maureen Sutton, LMT for these wonderful Food For Life Cooking Classes. Cancer Project: 4-day program focusing on optimum nutrition and quick/easy plant-based recipes. Great for improving health regardless of medical condition(s). Sanjevani: First in NM to be certfied by Physicians Committee for Responsible Medicine, www.PCRM.org
Sanjevani Integrative Medicine and Lifestyle Ctr.
9001 Holly Ave. NE, ABQ 87122
505-821-6300
www.sanjevani.net

CRYSTAL DOVE

Transformational Healing
Call to make an appointment
$65 - 1 hour • $95 - 1 hr 30 min
Experience life changing, balancing, and transforming healing with Gifted Teacher and Healer Inga Madsen.
Crystal Dove, Inc. • 505-842-5265
525 Central NE, ABQ, NM 87102
www.crystal-dove.com

Quantum Energy Healing
March 14 & 15, 9am-5pm
$359 (both days)
Prepay by 3/1
$399 after 3/1
This 2 day intensive workshop is meant to bring a variety of energy healing modalities together to obtain optimal health for yourself and others. Dowsing for Health. Learn to trust the process, find the core of dis-ease. Emotional Clearing. Release stuck emotions to aid in healing process. Chakra clearing. Learn what organs/emotions correspond to each chakra and open/clean them. Quantum Energy Healing Touch. Bring it all together simply.
Offered by Casey Corr-Thompson
RSVP: 505-238-3088

Additional events added in between issues! Check the website often: www.trulyalive.net
EVENTS AT:  
Crystal Dove, Inc.  
525 Central NE, ABQ, NM 87102  
505-842-5265 • www.crystal-dove.com

Sound Meditation with Walter Snyder  
Jan 16 & Feb 20, 7-8:30pm  
Donations Gratefully Accepted
Release the Thought Stream. Drift into a State of Deep Relaxation on a Current of Wondrous Sound. Simple guided process uses breath and/or voice to awaken the code of optimal life in the heart center. Enable optimal healing; establish balance/harmony.  
Info Walter: waltjohn@gmail.com

Singing Bowl Meditation  
Every Saturday, 7:30-9:30pm  
FREE
Powerful meditation using crystal bowls that resonate with Divine Energy. Bowls harmonize our energy and provide greater balance. Add your wishes, hopes, and dreams to the circle which increases their manifestation. Our combined energies empower and strengthen everyone in love. (Doors close at 8pm.)

EVENTS AT:  
Albuquerque Natural Health Center  
4550 Eubank Blvd. NE Ste. 205, 87111  
Info: 505-797-0540  
www.abqnaturalhealthcenter.com

Beautiful Amazing YOU  
Jan 14, 6:30-8pm • FREE First Meeting  
Feb 11 6:30-8:30 • $20
Anti-aging, Brain, Skin, and Love Group Frequencies. Learn the 7 secrets (physical, mental, emotional, spiritual and FIELD) to a beautiful YOU! Experience biofeedback and a powerful integration to shift your life! Limited seating. Sign up for the group on our website.

EVENTS OFFERED BY:  
Europa Beauty Boutique  
Convenient NE Heights Location  
505-440-9282  
www.europa.skincaretherapy.net

Reiki Treatments  
January 22, between 10am - 4pm  
Love Offering
Give What Your Heart Tells You. Appointments fill up quickly. Call now for your appointment time.

GOD - Gatherings of the Divine  
Ongoing Manifestation & Energyzing EFT Workshops • Love Offering
Call or text for more information on workshop dates, times and location. Private Sessions available. Continuo Taller de Manifestación y Energética Técnica de Liberación Emocional. Precio: Donación. Llame o mande mensaje para más información de el próximo taller. Sesiones privadas disponibles.

EVENTS OFFERED BY:  
Candice Thomas, Intuitive  
1704 Moon NE, Suite 9, ABQ 87112  
Info: candice.intuitive@gmail.com  
www.candicethomasintuitive.com

Beginner Psychic Mediumship Development Circle  
Jan 6 & 20, Feb 3 & 17, 6–8pm • $10
Expand your psychic and mediumship ability through consistent practice in a safe and sacred environment. Your skill level and psychic and mediumship ability will increase the more that you attend the circle.

Intermediate/Advanced Mediumship Development Circle  
Jan 27 & Feb 24, 6–8pm • $10
A closed circle for those who have experience connecting with Spirit.


**Events at:**
High Desert Center for Spiritual Living
5621 Paradise Blvd NW, 87114
(All Events call 505-922-1200 unless otherwise indicated) • www.hdcsl.org

**Healing Service**
**January 12, 7-8 pm • Love offering**
All are welcome for the healing of body, mind and spirit with inspirational readings, healing harp music, and affirmative healing prayer.

**The Directional Workshop**
**January 24, 10am-2pm • Love offering**
Join Laura Fragua-Cota and Steven Wall for this powerful workshop. Learn Life Lessons from the 7 Directions, guided visualization, more. Define metaphors for the 7 Directions and to apply those to your life. Discover personal direction, break through barriers, and unite team efforts.

**Animal Wisdom PlayShop**
**February 4, 11 18, 25, 12-1:30pm**
**Love offering**
Suzanne Squires, RScP hosts a Live Webinar at the Center. With your animals: Be present in the now; Trust your intuition; Enjoy life to the fullest.

**Healer’s Heart Workshop**
**Feb 5, 12 & 19, 7-9pm • Love offering**
Instructor: Elizabeth Summers and wear comfortable clothing. Open to all.

**Healing & Remembering Workshop**
**February 21, 10am-12noon**
**Tuition $20 by 2/15**
Instructor: David Sahyoun, MSW. Learn: Emotional and mental healing; Vibrational healing; Physics of Love; Law of attraction; Power of sound; Sacred Heart and Ascension.

**ONGOING:**

**Affirmative Prayer**
**Sundays 11:30am-Noon • FREE**
High Desert Center for Spiritual Living practitioners are available after services for affirmative prayer for any attendees of the 10am service. Any practitioner wearing a stole is available.

**Women’s Group**
**4th Sundays, 12:30-1:30pm**
**Love Offering**
Experience connection, friendship, and community. Walk-in’s welcome!

**High Desert Center cont’d**
Contact Joyful for more information at 505-821-1862.

**PSYCH-K Balances**
**Sundays 11:15-11:30am • FREE**
PSYCH-K facilitators provide free PSYCH-K balances after Sunday services at the Center. Get rid of the limiting beliefs stuck in your subconscious and generate life-supporting behaviors. Call 922-1200.

**Men’s CSL Group**
**1st & 3rd Weds/mo • 4:30-6:30pm**
Safe environment for men to confidentially share deeply. Enables expression of feelings by providing mutual support. Meets at ABQ Center on 1st Wednesday and at High Desert Center for Spiritual Living on 3rd Wednesday. Facilitators: Mike Loewen, 505-259-2803, RScP, Don Wismer, RScP, 505-897-0482. (Call Don at: 505-897-0482)

**Introduction to Spiritual Living**
**4 times a year on 3rd Sunday of January-April-July-October 11:30am-12:30pm**
**Free After Service**
Enjoy a brief overview of universal principles and practices of spiritual living: affirmative prayer, meditation, visioning, education, selfless service (seva), reciprocity and community. Be inspired, informed and involved. Just show up.

**Power Sculpt and Pilates Classes**
**Mondays & Thursdays 6-7pm**
$5/each class (Free trial class!)
Combines challenging, Pilates-type movement with a meditative atmosphere benefiting both body and spirit. Improve strength, flexibility, balance, and coordination, and most are adaptable to a wide range of fitness levels. Bring a yoga mat and wear comfortable clothing. Open to all. Instructor: Elizabeth Summers 505-710-2259.

**Group Meditation**
**3rd Weds/mo, 6:30-7:30pm**
**Love Offering**
Reiki Master Teacher/Social Worker David Sayhoun will guide you into expanded heart meditation. Connect to the Source within you. You can know God/Source through your heart. Call 922-1200.

**High Desert Center cont’d**

**Reiki Clinic**
**1st & Last Wednesdays, 6-9pm**
**Love Offering**
Experience this 10,000-year-old system. Gentle, light touch applied to the body to transmit healing energy. Reiki accelerates natural healing, heightens energy, and reduces stress. 30-40 min. sessions. Relaxing, safe, body therapy offered by experienced Usui Reiki Practitioner/volunteers. Call Ethel Hayes: 505-659-6451.

**Reel to Real - Spiritual Movie Night**
**3rd Fridays in Odd Months 6:30-8:30pm**
**Love Offering**

**Midlife Education Program Events:**
North Domingo Baca Multigenerational Center
7521 Carmel Ave NE, ABQ 87113
Registration/more info: 505-563-6500 www.cabq.gov/seniors/centers/north-domingo-baca-multigenerational-center

**Ongoing meetings 2nd Monday of each month.**

**Incontinence and UTIs with Damara Kaplan M.D.**
**January 12**
Incontinence and urinary infections are fairly common in midlife. In many cases, lifestyle changes can be enough to control these conditions. Many options are available so you can be helped; possibly even cured.

**Allergy and Asthma Problems in Middle Age with Pamela Daffern M.D.**
**February 9**
Nasal allergies are the most common treatable condition related to snoring/ sleep apnea. New treatments (which do not involve injections) now available. Learn about more natural options for nasal allergies, asthma, skin allergies and respiratory infections.

**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

**Additional events added in between issues! Check the website often:** www.trulyalive.net

4 TRULY ALIVE | www.trulyalive.net
EVENTS OFFERED BY:
Unitarian Universalist Westside Congregation (UUWC)
1650 Abrazo Road NE
Rio Rancho, 87124  505-896-8192  http://www.uuwestside.org

Reservations Suggested
Whales in the Desert Meditation
by Morning Star
Jan 13, 27, Feb 10, 24, 6:30pm • $15
Receive gifts of tranquility, flow of life and acceptance from the Whales during silent meditation. Experience more peace and become more accepting of your true self. The struggle of life will drop away as you move into the flow of your life.
Info: 505-440-5735.

Free Healing Meditation
Jan 19, Feb 16, 6pm • FREE
2 new group healing modalities. Special energy from Lemurian Guides: healing and spiritual growth by SanRa and Whales in the Desert meditation for tranquility and enhanced flow of life by Morning Star. Nice way to get a taste of these new healing modalities. 30 min/each.

Bird Card Healings by Morning Star
Jan 19, Feb 16, 7-8 pm
$10: Special 15 minute session
(Normally $15. Call for appointment at other times). Morning Star 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. Info: 505-440-5735.

Spiritual Healing Chamber
January 29, 6:30pm • $15
The New Lemurian Healing Chamber is a living, conscious, etheric chamber. Helps with pain relief, improved sleep, emotional peace, spiritual growth and DNA restoration. Given by the Lemurian Priestesses, they come through in each session, channelling energy and valuable information. Amazing experience with concrete results.

EVENTS AT:
Starlight Spiritual Healing
9910 Indian School NE.  505-239-2445
www.starlightspiritualhealing.com

Reservations Suggested
White Stone Ritual
January 2, 10 am
FREE Will Donation
Join us for this powerful service where we go within to discover God’s name or intention for us.

Chants4Unity
January 23, 7pm
FREE Will Donation
Join our Kirtan community as we connect with our Divine nature through ecstatic call and response chant.

Common Practice of Reiki
Jan 17, 1-4pm, Feb 12, 6-9pm,
Mar 7, 1-4pm • $10
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

Melissa Joy Jonsson Book Signing Event
January 22, 6:30pm
FREE
Join Matrix Energetics expert, author and speaker Melissa Joy Jonsson to learn about her newest book M-Joy Practically Speaking: Matrix Energetics and Living Your Infinite Potential and get yours signed!
Page One Books
5850 Eubank Blvd in Mountain Run

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

Additional events added in between issues! Check the website often: www.trulyalive.net
The featured book on the cover of this issue, Veganish provides a lot of information about clean food and what to avoid in our commercial food supply in order to be our healthiest; more than any other cookbook I've ever seen. As a huge proponent of organic food (you could call it a passion), it was a pleasure to interview Mielle and highlight her views on GMOs and organic foods in this issue.

This particular book was chosen for this issue in part because I wanted to offer something that might encourage (the majority of us) who indulge (and over-indulge) through the holidays to start their New Year out eating healthily—even creating new food habits they can maintain the rest of the year. Once omnivores read about how they can enjoy more options that will truly satisfy, perhaps even the meat and potato eaters might consider converting!

An update on my Big Mold Adventure: The inside of my home has been completely restored and all personal belongings (that I elected to keep, or could be cleaned well enough to keep) are back inside. My progress in recovering from the effects of being exposed to mold in my home for more than 7 years (accelerating this past summer with the “perfect storm” of events mentioned in last issue’s article) is slower than I would like, but moving forward. Along with the two incredibly strong prescription anti-fungal drugs—thank you Dr. Weiss—(which I have not been able to reduce much less eliminate to date) and the huge number of detoxification, cleansing and immune-boosting supplements I am taking, I am doing a significant amount of inner work (hypnotherapy, spiritual psychotherapy, powerful energy work, body work) and more. The colonics and chiropractic treatments are also bringing up connected pieces to be released. The related issues to this (now a 2nd, long-term, life-altering fungal illness event) are multi-layered and deep. Not fun, but liberating to work on the underlying themes and release them. Gratitude is helping beyond anything I could have imagined.

May you feel more blessed than even in 2015!

Karen Larré
As we plant new life-giving thought-seeds that are aligned with the highest spiritual truths: pure joy, inner peace, and absolute love, we nurture our spiritual evolution. As we think, so we grow. Life-affirming thoughts planted in the richest soil of increased awareness foster new realms of being, and new events in our lives.

Let’s move into a deep, loving bond with ourselves. When we love and appreciate ourselves, we love others more deeply. Feel love by appreciating others and then move into self-love. As we envision a beautiful, loving, joyous life, we embrace Goodness, Love and Inner Beauty.

Enjoy Sunday Celebration Services at 10 am, with Youth & Family programs with child care.

UPCOMING EVENTS:
Visioning Class, Mondays, 1/12 to 2/23, 10am-1pm or 6-9pm.
Meditation is More Than You Think, Tuesdays, 1/13 to 2/24, 10 am-1pm or 6-9pm. The Directional Workshop, Saturday, 1/24, 10am-2pm, Laura Fragua-Cota and Steven Wall, Chair of Indigenous Studies, Institute of American Indian Arts. Healer’s Heart, Sue Hoadley, RScP, Thursdays, 2/5, 2/12 and 2/19 from 7-9pm. Healing & Remembering, Saturday, 2/21, 10am-12pm, David Sahyoun, MSW.

See the Classes & Workshops and Community Events pages of this issue for more information.

Be inspired by the YouTube Channel: www.hdcsl.org. Visit facebook.com/hdcsl or call 505-922-1200 for information. High Desert Center for Spiritual Living serves as a spiritual community teaching and healing hearts to live inspired lives, creating a world of Love, Abundance, and Acceptance for one and all.

If you are looking for an intelligent, open, friendly place where you are encouraged to refresh your own spiritual understanding, come enjoy great music and a dynamic, practical message every Sunday. If what you experience inspires you, consider making us your home. www.hdcsl.org

The Final Piece of the Puzzle – Fascia
By Victoria L Magown

We, as Myofascial Trigger Point Therapists, have been treating Fascia for years without knowing it. But now, we KNOW we are treating Fascia. One’s intent makes a big difference when releasing soft tissue.

Previously, our focus was inactivating Trigger Points, lengthening/stretching the muscle to its full normal length. Then we taught the patient/client how to rehabilitate the painful and/or injured muscles with a Home Exercise Program to do frequently throughout the day.

Now, we have put ‘Fascia’ into ‘Myo’ (muscle) ‘Fascial’ (Fascia).

Fascia is the new kid on the block. Research in the field of Myofascial Pain and Dysfunction has been moving forward at a fast and furious pace. Previously thought to only hold your muscles in place and give form to the body; Fascia has become the Champion of Myofascial Pain.

Of course, Rolfing or Structural Integration, developed by Ida Rolf, PhD, has been treating Fascia for as long as Myofascial Trigger Point Therapy, developed by Janet G Travell, MD and David G Simons, MD, has been treating Trigger Points.

Now, we are treating both, with our knowledge and intent specifically releasing each area. The first layer in soft tissue directly beneath the skin is the Superficial Fascia with the muscles under the Fascia. If this area has been injured and feels pain (yes, Fascia actually has more proprioceptors than muscle and feels pain), then the Fascia will shorten and contract forming a Fascia Point (knot).

Since Fascia is stronger than muscle, if the Fascia remains shortened, the muscle beneath it will never fully be able to stretch and return to its full normal length, pain free. We need to release the Fascia Point first before proceeding to inactivate the Trigger Point to reach a pain free state.

Keeping Up-To-Date gave us the final piece of the puzzle – Fascia. Call Joni at 505-872-3100 and make an appointment. www.myorehab.net

GOT PAIN? WE HAVE ANSWERS
MyoRehab
872-3100
Providing drug-free treatment for pain relief for over 32 years.

A New Design for Living at High Desert Center
By Rev. Darlene Dunning

As we plant new life-giving thought-seeds that are aligned with the highest spiritual truths: pure joy, inner peace, and absolute love, we nurture our spiritual evolution. As we think, so we grow.

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High Desert Center for Spiritual Living™
Sunday 10:00 – 11:15 am
Paradise Hills Mercado
5621 Paradise Blvd N.W.
Albuquerque, NM
(505)922-1200 www.hdcsl.org

Keep up-to-date. \n
High Desert Center for Spiritual Living
10am-11:15am Sunday
Paradise Hills Mercado
5621 Paradise Blvd N.W.
Albuquerque, NM
(505)922-1200
www.hdcsl.org

www.trulyalive.net

January-February 2015
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Read more articles by both authors online: www.trulyalive.net
It is ironic to reflect on the fact that every medical doctor in the country takes the Hippocratic Oath before becoming a physician and swears to “Do No Harm.” I am appalled at the amount of harm that is being done in the hands of medical professionals. I take the Hippocratic Oath very seriously and make every effort to choose the safest therapies that will cure a patient’s disease or at the very least improve their health and overall sense of well-being.

I am delighted to be able to offer you a remarkable technology from Europe which is both exceptionally safe and effective in improving or restoring health in people suffering from a wide array of health conditions, some of which have no effective Western Medical treatment. I am so impressed by this technology that I am expanding my office and acquiring more space so as to be able to offer it to our patients.

Our circulatory system is a vast transportation network within our bodies designed to shuttle vital nutrients and oxygen to each of the 100 trillion cells in our body, and to remove cellular waste. So vast is this network, that it has been estimated that if all the blood vessels in the body, from the largest arteries and veins to the tiniest of capillaries, were attached end to end, their combined length would span 75,000 miles and wrap around the earth nearly three times! It is easy to see how the impairment of this system can and does contribute to so many human diseases.

Research in biophysics has shown that the human heart, which is about the size of your fist, is not a strong enough pump by itself to adequately circulate the blood through this vast network. Recent discoveries have shown that the smallest of arteries and veins, the arterioles and venules, help to facilitate blood flow through their rhythmic pumping action known as cardiac assist or vasomotion. In healthy individuals these blood vessels contract on average 3-5 times a minute, helping to propel the blood to the far reaches of our cellular milieu. In patients with chronic illness, this function is greatly impaired, dropping to as low as once in 10 minutes in severely ill diabetics, a decrease of 98%! This impairment in microcirculation has devastating effects on human health.

The BEMER device emits a patented and multi-dimensionally configured signal that has been shown in studies performed at the Institute For Microcirculation in Berlin to increase vasomotion by 27%, microcirculatory blood flow by 29% and oxygen utilization by 31%.

Please use the following link to watch a 2 minute video on the dramatic improvements in blood flow within blood vessels in the human body after initiation of a BEMER session: https://www.youtube.com/watch?v=4MAXLJ3em3U

This signal is delivered into the body via a pulsed electromagnetic field (pemf). This pemf, measured in microtesla, varies between 3.5-35 when using the B.BODY, which can be applied to the whole person.

The fixed magnetic field of the earth varies between 35-65 microtesla. If you can walk on the earth, you should have no trouble receiving BEMER sessions. The one exception is in patients who are hypersensitive to electromagnetic fields. They will need to start on the lowest setting and work their way up more slowly as tolerated. Those who are extremely sensitive can start by drinking water that has been treated with the BEMER. People who are very toxic from heavy metals, chemicals and other toxins will also need to be more cautious in order to not overwhelm their detoxification pathways. The only absolute contraindication to BEMER technology is in patients on immunosuppressant drugs for organ transplants, since the BEMER is clinically proven to improve immune function. Patients on blood thinners should be carefully monitored, and those on Coumadin (generic=Warfarin) should have their blood tested weekly for several weeks after starting BEMER therapy. Those with seizures, severe infections, cardiac arrhythmias or psychosis which is uncompensated should consult with a physician prior to initiating BEMER therapy. If Hippocrates could time travel to the 21st century, he would give his stamp of approval to the BEMER in a heartbeat, before suffering a cardiac arrest when he learned of the untold suffering that modern medicine had wrought on so many.

Anyone who can lie down for 8 minutes can receive BEMER sessions. It is completely painless; in fact, the vast majority of patients cannot tell whether the machine is on or off. Optimal results are achieved when a person uses the machine for only 8 minutes twice a day, morning and evening. However, the BEMER Professional machine, which is a 3rd generation BEMER device and the most powerful one on the market (which we offer), can positively impact many health conditions with as little as 1 session several times a week. In-office sessions are affordable: $25 + tax for an 8-25 minute session, and a package of 10 sessions is available for the discounted price of $200+tax.

1% of the German population, around 400,000 people, own a BEMER. It is perhaps not a coincidence that this
device shares the same name as a certain make of German cars known for superior performance and craftsmanship.

In October I attended the first BEMER Medical Academy in the U.S., attended by health care professionals and scientists from across the country and overseas, where I learned first-hand about countless medical conditions which have improved with this device. Difficult to treat conditions such as chronic pain, fatigue and insomnia often respond to improved microcirculation, and people find they are better able to cope with stress. Skin conditions such as acne, psoriasis and non-healing ulcers, arthritis, neuropathy, tinnitus, ADHD, eye diseases such as cataracts, macular degeneration and diabetic retinopathy, chronic kidney disease including renal failure as well as acute and chronic musculoskeletal injuries are but a few of the myriad health conditions which benefit from enhanced microcirculation.

A study from Hungary conducted by Dr. Nagy Zsolt, Orthopedic surgeon, found a 5-8% average increase in bone density in 21 patients after only 9 months! Dr. Todd Wylie, O.D., a Doctor of Optometry from Spokane, WA, shared the results he is getting in his private practice. Vision improved in 54 out of 71 patients with cataracts he has treated with the BEMER!

I’m happy to be the first medical doctor in New Mexico to offer BEMER sessions in the office. Please use the following link to watch an extremely informative, eye-opening video about the BEMER and some of its medical applications: https://www.youtube.com/watch?v=eO280iutn7I

The Star Trek analogy with the BEMER is not lost on most of us who grew up with the beloved TV series. While at the Academy, a catchy phrase flashed through my head while I sat and listened to speaker after speaker extoll the virtues of the device, and I decided to Trademark it: “BEMER me up, Scottie”. No more than 10 minutes passed, and this very phrase appeared in someone’s PowerPoint presentation with the letters TM after it! I think Dr. Spock and Co. would be pretty jazzed about the BEMER—keep an eye out for it in your next Star Trek sequel. Better yet, call my office and experience its futuristic technology firsthand.

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— S.D., Santa Fe

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ME Fundamentals Intensive + ME Unplugged: Spatial Clairvoyance is—offered as a complete intensive seminar: Learn to access transformation and infinite possibilities. This powerful consciousness technology is easy to learn and even easier to experience! Open your intuitive abilities further with Unplugged, also known as the Spatial Clairvoyance seminar, and provide a practical and deep expansion of your ME skill sets.

Dr. Richard Bartlett D.C., N.D., Developer of Matrix Energetics® holds a doctorate in chiropractic and a degree in naturopathy from Bastyr University. When his second child was born with bronchitis and asthma and battled frequent bouts of pneumonia, Dr. Bartlett embarked on a path of self-study, eventually learning and practicing more than 30 different healing systems. After discovering his extraordinary healing capabilities, Dr. Bartlett created Matrix Energetics® as a system for helping others access their untapped potential. He is the author of the award-winning Matrix Energetics®: The Science and Art of Transformation, The Matrix Energetics® Experience, The Physics of Miracles (with Melissa Joy Jonsson), and Into the Matrix (with Melissa Joy Jonsson).

Dr. Richard Bartlett and Melissa Joy Jonsson, will be presenting Matrix Energetics® Fundamentals and Field Trip® seminars in Albuquerque.

Matrix Energetics® merges the science of subtle energy and quantum physics with the incredible power of active imagination and focused intent to produce instantaneous and life-long transformation at the physical, mental, emotional, and spiritual levels. It offers easy-to-learn techniques and strategies for enhancing all areas of life, such as health, family, career, relationships, and finances.

Matrix Energetics® experiential seminars are designed for play, learning, and manifesting amazing new possibilities. Seminars are open to students of any background; whether you are an experienced healing practitioner or have little or no medical or wellness training. Expand your skill-sets in conscious living and be the change you want to see.

SPECIAL NOTE: Professionals who have studied anatomy and physiology have more specific knowledge coming into a seminar about healing, but this does not preclude people with less knowledge or experience from becoming competent and powerful practitioners with ease. Sometimes “educated knowledge” can actually hinder the expression of an innate experience of profound depth and wonder. The universal mind accepts and embraces all who, in humility and curiosity, seek to open the doors of knowledge.

ME Fundamentals Intensive—offered as a stand-alone seminar: This seminar teaches students how to access the field of the heart, expand beyond limiting belief systems, and how to get out of your own way by tapping into the powerful morphic field of Matrix Energetics®. Specific techniques include: The Two Point, Time Travel, Parallel Universes, Archetypes, Frequencies, Templates, Modules, and Windows.

Visit our website for more information: www.matrixenergetics.com

Read more articles online: www.trulyalive.net
Beautiful Amazing You! Experience Our Signature Group Biofeedback Program
By Louise Swartswalter, ND, CBS, CNHP

Do you want to: be stress free, have more energy, sleep better, have healthy, luscious skin and a great physical and mental/spiritual body? Join our Beautiful Amazing You group. You’ll feel and see the difference! Free meeting January 14th at 6:30 pm in our ANHC office. Call us, seating is limited 505-797-0540.

Why groups? Group work allows more people to experience ANHC biofeedback, raise their vibration and maintain health at a reduced cost.

What is it and how does it reach me? My signature program works on balancing health, skin, attitude and focus by sending energetic frequency (like sending a text message) long distance to a group of people all over the world. It is amazing technology and is the wave of the future in medicine. It reaches you by your own blueprint (Name, Birth Date and place of birth). You are unique, just as your phone number is unique to you.

More on Youtube: https://www.youtube.com/watch?v=3kQPWSQNHCQ

What can I expect? You will feel lighter and less stressed, may have changes with sleep, improved focus, healthier skin and weight loss if you take action steps such as the Fat Flush plan. The frequency makes it easier to stick with a plan.

PAST GROUP MEMBERS SHARE:
I wanted to thank you for all the work you do. I am in your current group on Wednesday nights and think that it is helping me to be freer to love myself. I have always been very hard on myself and suffer from depression and sadness. I feel a lot lighter and have even had moments of joy and laughter. I am pleased with this because this time of year in the northeast is very hard for me.
S. R., Biofeedback Coach

I am feeling well. Diarmaid reckons—I look different and my face is changing. There is more of me present in the front of my face! I have noticed my skin feels lovely and soft and that any laughter lines (I only had a few) around my eyes are going. I love this work!
S.T., Ireland

My face looks beautiful, like a porcelain doll. My teeth are healthier and I feel great. Thank you! Can you work on our hair?
D.W., Michigan

Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Success Coach and health educator. Our team offers biofeedback, Geotran integrations, naturopathy, success coaching, trauma release work, homeopathy, herbs, wholistic 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

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TRULY ALIVE | January . February 2015 11
Reflect – Renew – Respond

By Bill Haggard, All About Health

It is a New Year—a Great “New Year”. The past is past. Mistakes have been made and successes experienced...both were our teachers. Mistakes are never failures but only stepping stones to success and wisdom. Books, lectures and teaching can give us knowledge. Knowledge can puff us up, but experience brings wisdom. It is knowledge applied or challenged that causes us to stand strong!

So the first step is to REFLECT. Reflect on the experiences of the past...the recent past, the distant past (like childhood) or on generational past; from stories handed down, or from reading about those heroes of days gone by that have made a difference for us today.

Without reflection, we are prone to make the same mistakes. We live in a fast-paced world. Many don’t even have time to think or reflect. Therefore, life carries them along like a roller coaster ride, swept along to react to various circumstances that present themselves along the way instead of selecting and directing your course by knowing what it is that you are about and making choices that will keep you headed in that direction with consistency and discipline.

Earlier in life, I didn’t have to worry about much. My parents took care of it all. Then I became old enough to have a job, buy a car, and go away to school...always reflecting back on what I had learned along the way. I met a girl, got engaged, got drafted, got married, went to Vietnam, and came back a changed man.

As I was in my mid to late 20’s, my health started failing. I looked healthy and strong but something was going on inside that I could not explain. I had been exposed to “agent orange” and other toxic chemicals during my stay in Viet Nam that would eventually take me out. It was subtle and slow but 10 years later, at age 33, I came to a complete collapse, unable to work for about 4 years. During this time, I looked for help from the VA. They could find nothing wrong. I persisted. I looked healthy, good color, 195 lb., 6 foot tall, but near lifeless inside. So eventually, they gave me a ticket to go see a psychiatrist! I quit!!! It was like adding insult to injury. I was looking for help but got a slap instead. I understand now that they meant well, but had NO solution so it must be all in my head!

Luckily, I lived in Tucson at the time and found a wholistic community where they did chiropractic, acupuncture, massage, colonics, kinesiology, herbology and other natural therapies.

My life began to change for the better! In just three days, there was a major (marked) change in my vitality. I had hope once again. I began to learn the basic principles of health. I continue to learn and apply healthy lifestyle changes and as I learn them, I teach them. I am healthier and stronger now and smarter at age 66 than I was at 33. Fortunately, this all happened when I was young and I couldn’t blame it on getting older; thinking I just had to live with it. I was not willing to give up, but was willing to persevere.

The healing process was not always easy—going from 195 lb. down to 90 lb. scared many people but I knew at that time all was well. My God and my body knew what they were doing in the renewing of my body, mind, soul and spirit. I was along for the ride...reclaiming health naturally without drugs or medicine of any kind.

I know the body is capable of healing to the utter most. Early on I prayed that God would give me health the way he had designed it to be and I knew that is what was (and still is) taking place. I could have been miraculously healed in a day, but I would have learned NOTHING. I would likely have become very proud; my ego taking all the credit. After 30 years of being exposed to natural healing approaches, there is no end to the learning. I do know that drugs do NOT cure, only postpone. Cure only comes from consistently following the basic principles of health.

So REFLECT. Are the things you are doing or have done serving you? Are you feeling young, full of energy (without stimulants), sleeping well, awaking refreshed? If not—RENEW. Make all things new that are not serving you. New thinking—New choices. Break from tradition or culture that is undermining your health, vitality and longevity.

Then RESPOND by taking action. Do not make New Year’s resolutions, do something! Good health is your birthright. You are in control of it —NOT your Doctor.

My journey started with a book *Fit For Life*, by Harvey and Marilyn Diamond, then *Colon Health*, by Norman Walker, which lead me to many, many more...

Be well! Love, Bill
Thermography is Best for Large, Small, or Dense Breasts

By Dr. Carla Garcia, DOM

N ormally dense breast tissue prevents accurate mammogram results. Mammography screens for increased tissue density and it is difficult to discern the difference between normally dense tissue and the dense tissue that develops with breast cancer. Thermography screens for inflammation which occurs early in the disease process while mammograms screen for increased tissue density which does not occur until much later in the disease process. Breast size or dense tissue do not affect thermography results. Thermography converts the heat emitted from the body into color images. This means that increased areas of heat are visible on an image and are usually an indication for inflammation. Inflammation, as we know, is a precursor to most disease.”

Thermography can image any area of the body but is most commonly used in breast screening. Women are more familiar with x-rays or mammography for breast screening. Mammograms compress each breast between two plates and x-ray photons are passed through the tissue to create an image. “X-ray photons carry enough energy to ionize atoms and disrupts molecular bonds. This makes it a type of ionizing radiation, and therefore harmful to living tissue.”

Mammograms and x-rays appear in gradations of white, gray and black. The images produced are depending on the density or x-ray absorption rate of the tissue. Dense tissue absorbs more radiation and appears white on an x-ray. Soft tissue absorbs less radiation and appears gray on an x-ray. The cancerous areas on a mammograms usually appear white just as the dense areas do. This is the reason The American Cancer Society says mammograms are not the best screening method for dense breast tissue.

Warmer temperatures appear as warmer colors (red, orange) on the image and are an indication of increased blood flow or inflammation. Increased blood flow can also precede tumor growth. Cancer recruits its own blood supply by growing new blood vessels, also known as angiogenesis, to feed itself. These newly grown blood vessels bring increased heat to the area. According to Life Extension Magazine, “Angiogenesis is a key factor that facilitates the growth of cancer and it is this biological feature of cancer on which thermography is based. Due to thermography’s sensitivity to blood flow and metabolic changes, it can detect tumors at a smaller size than mammography.”

Read more articles by Carla Garcia online: www.trulyalive.net

Your Good Health Starts Here!

From the NIH website: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351

“...The gastrointestinal system plays a key role in the complex mechanisms of immunoregulation. Indeed, it represents almost 70% of the entire immune system...”
Americans Have a Right to Know
Excerpted from an article by Charlie Brown, attorney for Consumers for Dental Choice

Mercury began being used as a principal component of dental fillings more than 180 years ago, and controversy surrounding its use in dentistry began almost immediately. In the 1840’s, dentists were required to sign a pledge not to place mercury fillings to be a member of the American Society of Dental Surgeons (precursor of the ADA, which was formed in 1859).

Early on, the dental industry tried to circumvent the controversy about dental mercury by calling it something else. Terms like “amalgam” and “silver fillings” became the new name for a product that’s primarily mercury.

1. The controversy over the health impact of mercury dental fillings continues, but Consumers for Dental Choice believes that Americans—whatever their views on dental mercury—have a right to know exactly what their dentists are putting in their mouths so they can make informed healthcare decisions for themselves and their families. The purpose of this report is to demonstrate that Americans—after decades of false labeling by the dental industry—have been “measurably misled” about dental mercury and what that means both here at home and internationally. The impact is big according to the United Nations Environment Program, as the use of mercury in tooth fillings represents 10% of global mercury consumption, making it one of the largest consumer uses of mercury in the world.

2. In the United States, amalgam constitutes the largest amount of mercury used in products.

3. Dentists are the 2nd largest users of elemental mercury in the U.S. and place over 30 million mercury fillings annually.

4. The American Dental Association estimates that 50% of mercury in waste water is from dental amalgam.

5. As a way to bring global focus to mercury issues, last year the United States signed and ratified the Minamata Convention on mercury, which requires the phase down of the use of mercury to protect human health and the environment.

6. Americans not knowing about the mercury content in their dental fillings creates a serious obstacle to fulfilling this commitment, because countries which have successfully phased down mercury dental fillings begin by assuring transparency in the marketplace.

7. Consumers for Dental Choice asked Zogby Analytics to poll 1500 Americans to learn exactly what they know and don’t know about mercury dental fillings. Zogby asked these questions:
   - Amalgam is a common dental filling material. What is the primary metal in amalgam fillings?
   - Dental amalgam fillings, also called “silver fillings,” contain 50% mercury. Do you feel “silver” fillings is a misleading term for a material that is mainly mercury?
   - The American Dental Association has long called amalgam “silver fillings” or “silvercolored fillings.” Did your dentist ever tell you that these fillings are mainly made of mercury?
   - Do you think a government agency, or a court of law, should stop companies and dentists from promoting mercury amalgam as “silver fillings”?
   - Do you feel your dentist provided you with enough information on alternatives to mercury amalgam to enable you to make a truly informed decision about the procedure?

This report (www.toxicteeth.org) summarizes what we learned from that poll and shows how the dental industry and the U.S. Food and Drug Administration (FDA) keep consumers unaware of amalgam’s mercury content and why the FDA needs to raise consumer awareness now, in order to actively promote the phase down of amalgam. (See www.zeromercuury.org) Americans have a right to know what their dentists are putting in their mouth. www.toxicteeth.org

It’s amazing that 57 percent of Americans do not know silver amalgam dental fillings contain mercury (Zogby Analytics).

Mercury is the only metal that is liquid at room temperature, and vaporizes easily at body temperature.

FIND OUT HOW MUCH MERCURY VAPOR IS COMING OUT OF YOUR “SILVER” FILLINGS.

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Two things are infinite: the universe and human stupidity; and I’m not sure about the universe. ~ Albert Einstein

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14 TRULY ALIVE | www.trulyalive.net
As we begin the New Year, establishing an effective plan that will allow us to thrive should be predicated upon finding our best brain health. Furthermore, understanding that illness and wellness are definable at their most basic, foundational levels, provides us with just such an effective approach to achieve our best cognitive and physical function.

As a holistic physician, neurological surgeon, and a neuroscientist, additionally trained in biological and energy medicine, I provide a comprehensive healing approach to identify and correct imbalances in the brain and the nervous system. After completing a neurotoxin burden assessment, a customized repair program allows the patient to manifest their best brain health. In the process of restoring wellness, a path to long-term brain health maintenance and our ability to thrive is discovered.

For the New Year, I’d like to offer the option of health restoration to those who want to experience the highest health of their brain and nervous systems, as well as to those struggling with their health in general.

A list of considerations that are part of my treatment approach:

**Healthy Diet.** As far as the brain is concerned, it’s much more than just having a well-rounded diet anymore. Eat organically, and with the intention of providing the brain with good, safe, fuel sources, rather than short term energy fixes. Determine your greatest food intolerances or sensitivities. The immune system and nervous system are inextricably linked, and what antagonizes your immune system also affects your brain.

**Good Water.** Drinking and cooking with water are direct routes for toxins to travel to our brains. Therefore, establishing a clear, safe source of water is critical.

**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? Acquired toxins from conception, throughout childhood and adulthood, adversely affect your neurological and physical health.

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

**Physical and Emotional Cleansing.** Identifying and removing physical toxins is critical, and is most successfully accomplished when we emotionally release that which does not serve us. Our brain physiology and our behavior are interdependent.

**Dental Health.** Are chronic dental infections, toxic fillings, root canals, implants, or jaw malalignment compromising your best brain health? (See [www.drwolfe.com](http://www.drwolfe.com)).

**Exercise.** Regular exercise increases endorphins (natural morphine-like substances) as well as brain repair proteins. Exercise also strengthens the heart and cerebral circulation, mobilizing brain damaging toxins, which can be excreted via sweating. Even a gentle exercise program benefits the brain. (See [www seanplakephw.com](http://www.seanplakephw.com)).

**Healthy Home.** Are your home and work environments clean of molds, solvents, and other threats to good brain function? Be aware that your personal hygiene, perfume, make up, hair coloring/products, laundry and household cleaning products contain solvents, heavy metals, and other toxic agents. Electromagnetic fields from electrical lines, indoor lights, computers, cell phones, and microwaves, as well as infectious opportunists and allergens, all burden our immune and nervous systems.

**Healthy Attitude.** Positive thinking strengthens the mind and the immune system and is a critical component to overcoming illness and achieving wellness.

**Spiritual, Inspirational Support.** Meditation and prayer raise your consciousness, bringing you a sense of well-being, peace, joy and inspiration. Having a spiritual focus, as well as creating music, art, speeches, lectures, or seeing plays which inspire you, reinforce the pathways of higher cognitive functioning, supporting the brain’s longevity.

If you'd like a comprehensive brain health/neurotoxin burden assessment and treatment plan for your best brain health, please contact my office at 505-503-8325.

Read more articles by Pamela Costello online: [www.trulyalive.net](http://www.trulyalive.net)
It’s a New Year – Time for a New You?
By Janet L. Hall, ND, CMI, CKP

Alternative Wellness Center has long been known to be on the cutting edge of all new therapies, health information, education and resources.

As you are planning to renew your health, appearance and energy for a “New You” in 2015, be sure to include the top therapies to help you reach your goals quickly and easily.

Options for Optimal Health (all in one location – ours!)
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Make this the best year of health, fitness and beauty you have ever had! With Kinesiology, your body will tell us just what therapies are the most beneficial for you to reach your goals quickly!

Janet L. Hall is a Certified Naturopathic doctor, Certified Kinesiologist, Medical Intuitive, Biofeedback Specialist and Nutritional Counselor. Her Center is dedicated to helping people “rise above!” www.alternativewellnesscenter.org
Like most practitioners, I have a regular set of clientele, people who come to see me on a more or less regular basis. Every once in a while, however, I am honored to have a new and exciting experience with a client, or the experience of being able to reach someone new in a powerful way.

The last five years have been devoted to growing my intuition, connecting with Spirit, and learning how to facilitate the same in my clients; studying both physical and non-physical modalities. All of these things make me a better practitioner. I have many tools to draw on when I am working with a client. But some of these things make for strange experiences when I have a client with no experience of the spiritual aspect of their own nature.

My sister and brother in law came to visit me for Thanksgiving this year. My highly analytical sister is a PhD scientist and one of very few people in the world working her specialty. A tenured faculty member at a university in New York State, she is the kind of person who naturally questions everything: how it works, why it works, what it is, etc. For her, everything in the world is something that can be measured, analyzed, taken apart and examined.

None of my siblings have ever asked me for a treatment in the past. My sister recently said to me, “At least one of your siblings ought to know what you do,” and so, she requested a polarity therapy session. While her husband enjoyed a massage from one of my colleagues, my sister took a trip into the land of “wow”.

During the treatment, she was full of questions about what I was doing, why I placed my hands in certain areas and what was going on when she felt this sensation or that. I did my best to explain about the energetic communication between my nervous system and hers, about the innervation of the fascia, and about brain to brain interaction. She remained pretty skeptical, which is OK by me, as long as the result of the session was that she felt better. But then something shifted for her.

As I held my hands on her head, listening to her cranial rhythms, she said that she was seeing colors—to which I replied, “I know.”

“How do you know?” she asked.
“Because I see them too,” I said.
“What color am I seeing now?” she queried.
“Blue,” I replied.
“What about now?” asked my rather surprised sister.
“Yellow around the edges, and purple in the middle,” said I.
“How do you know that?” she wondered.

“Because my hands are on your head. Because this is what I do. It doesn’t happen all the time, but sometimes I do see what my client is seeing.”

We went on to other parts of the session, and she continued to see things that I continued to be able to validate for her. This was an experience completely out of the ordinary for her, and she spent literally two and a half days talking about nothing else, trying to find scientific validation for what she experienced. I’m not certain if this interaction opened up her world view or just cemented my position as the family nutball. Either way, it was fun for me to help my sister swim in a new ocean of experience.

Another fascinating experience occurred with a client with whom I was doing an energetic cleansing. Part of the ceremony involved her writing out petitions to be placed underneath small candles as well as writing letters to people that she needed to say things to, and ceremonially burning those letters at the end to release the words to Spirit. Her words were so “hot,” or powerful, that some of the candles wouldn’t blow out without a lot of effort. Some candles even remained liquid instead of hardening. When she examined which petitions were under those candles, she found that those were the most important ones to her.

These are phenomena that technology cannot measure. Science as we know it has no explanation for energy work, or for traditional healing methods. Almost every indigenous culture in the world has an energy healing tradition, and yet modern allopathic medicine finds no validity to it. Isn’t that amazing, when all the evidence is right in front of us?
How are you feeling after the holidays? Not so wonderful as a result of fun choices that seemed good ideas at the time? Many of us have eaten too much, or indulged in certain foods that weren’t the most supportive of good health. (But they sure tasted good!) Some foods (especially such as dairy and sugar) cause the lymph to slow. A lymph drainage treatment can restore more amplitude to the lymph rhythm thereby increasing the rate toxins are removed from our systems. Result? We feel better!

Want more energy? When an area of the body does not have enough energy or supportive energy moving through it, sometimes it’s connected to stress and emotions. Thoughts and feelings can affect the flow of the lymph system too. Negative thoughts, feelings and stressful experiences of the holidays can be significant contributing factors in creating a sluggish lymph system. As non-supportive thoughts, feelings, beliefs and experiences are cleared, the limiting energy in the lymph system (and stored in other areas) is transformed.

When the immune system is working hard to overcome an illness, the lymph needs help to cleanse. When I work with someone ill, I “look” energetically to see what is holding the illness in place. (The reason can include involvement of one or several planes of consciousness.) The affected planes of consciousness cry out to be transformed. As the planes are cleared, so is the person. Once the underlying causes of illness or dissatisfaction are cleared, the body can heal.

When an area of the body or one of the off-body planes of consciousness has diminished energy flow, the person attempts to unconsciously heal by bringing energy to the area. This is natural, but doesn’t work very well. Unfortunately, most of us are not sure how to do this healthfully, so we resort to pain, discomfort, tumors, or dissatisfaction with an aspect of our lives. In this way, we are calling attention to the area which needs healed. But these methods are all characterized by low energy or limited thinking/beliefs. And so we go in circles trying to heal with the same tools which caused our illness. We cannot heal what the mind has created with the mind. We must step out of this vibration and create a new reality with a higher vibration. As we experience higher vibrations, (such as through healing sessions), our central nervous system becomes accustomed to this increase in energy and is able to begin to access and live from this higher vibration.

We are all perfect beings, but few of us on this earth plane allow this reality to permeate every cell of our bodies. My work brings these higher vibrations into healing sessions so my clients can feel and realize the unlimited nature of true reality. As this awareness permeates every cell, we can then begin to live from a higher plane or vibration. Over time, we no longer call forth the limits of the slower, denser vibrations of illness or dissatisfaction in an attempt to heal.

If this approach resonates with you, and are ready to continue your journey into wholeness with a facilitator, give me a call to schedule an appointment: 505-898-7853.

Maggie has had an awareness of the energetic make-up of the human body since she was a child; feeling she was called to do healings from an early age. As her gift for reading energy patterns increased, she began studying healing modalities in the mid 1980’s. Her journey has included study and/or certification in Swedish Massage, Structural Integration, CranioSacral Therapy, Lymphatic Drainage, Neuromuscular Therapy, Reflexology, and The Reconnection. Through meditation and study with her spiritual teachers, she has gained an awareness and understanding of planes of consciousness that facilitate her healings. www.HealingAcrossDimensions.com
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A vegan chef and natural living advocate for more than 15 years, Mielle Chenier-Cowan Rose studied healing foods and culinary nutrition at Bauman College and has worked with some of the most prominent vegetarian restaurants in the San Francisco Bay Area, including the raw food restaurant phenomenon Cafe Gratitude. Readers of her culinary writing can almost taste the uncommon reverence she has for her ingredients, for cooking, and for every being on the planet. Veganish is a revised and updated version of Mielle’s first book Piece of My Heart, A Collection of Vegan Recipes and Cooking Techniques.

Veganish: The Omnivore’s Guide to Plant-Based Cooking is more than a cookbook which introduces various recipes to the reader. It focuses on healthy living, incorporating the use of more vegetables within the dishes that you make while showing you that it is not impossible to create healthy vegan meals from scratch. Tens of thousands of people have put down their knives in favor of a vegan or vegetarian diet for weight loss or to control blood pressure and cholesterol. Many people got exactly what they were looking for, along with a few surprises, such as a loss of bone density and dental issues. Mielle Chenier-Cowan Rose has experienced much the same in her journey as a vegan chef raising her child vegan. This utterly unique “vegan+” cookbook offers over 100 easy-to-make vegan recipes and many basic methods and cooking techniques, as well as advanced options.

Mielle also offers sage advice about food and nutrition, along with her personal story about transitioning from a 20-year long vegetarian diet to eating some animal-based foods. As a trained therapeutic chef, Mielle makes sure you are aware of the vital nutritional elements that are essential to the good health of your family. Veganish offers a holistic approach to food that you will appreciate, and recipes that will leave you feeling healthy and satisfied. Mielle has dedicated herself to making sure vegan and vegetarian folks are aware of vital and important information about the vegan diet, including the nutritional elements that are essential to good health, especially for families and children. Veganish is necessary reading for anybody considering this lifestyle and a must-have for veggie families with children.

Truly Alive: Mielle, how did you come to choose the title “Veganish”?

Mielle Chenier-Cowan Rose: Veganish is a very light-hearted term that gives a lot of room for the general American population to explore and consider how plant-based foods could actually work for anyone. When I was a strict vegan, I may have taken offense to a dilution of my commitment, with a comment such as: how can you be “somewhat vegan”? But really the book is meant to acknowledge the benefits of plant-based foods, and to help create a wider net for people to step into food-wise. The book is also written to encourage better treatment of farm animals and to imply that any diet can include the elements of compassionate food choices, healthier food choices, and contribute to the well-being of all.

TA: Can you explain to our readers why you have become a “reluctant omnivore”?

MR: I was vegetarian for 20 years. John Robbins wrote the book Diet for a New America back in the ’80’s— I read that, and was inspired. For 12 of those years I was strictly vegan, and I had a child. When my daughter was about 2 and ½, she was diagnosed with severe childhood tooth decay. The dentist wanted immediate surgery! — and that just is not in my paradigm. I went home and I Googled “cure tooth decay naturally”; and up came a book called Cure Tooth Decay. I followed that book’s advice and my daughter’s teeth healed in 5 days.

Our 5-day miraculous turnaround happened by adding bone broth, bone marrow, raw dairy and fermented cod liver oil to my daughter’s diet! But even more importantly (I believe), we removed grain from her diet. Vegan diets rely heavily on grains for calories, protein and satisfaction. However, grains have chemical component called phytic acid which can actually deplete the mineral supply in your body.
TA: Please describe why there are “angry ex-vegans”?

MR: Well, I could have easily fallen into that category. I was led to believe that a vegan diet was a healthy, completely sustainable lifelong option. I was following what I thought was a good way, the “right” way to eat. When I found out that there’s a rampant trend of tooth decay and deficiency in vegan families with children, I felt betrayed. I felt like there was a secret being held from us and that we vegans are not being honest with each other about what it actually takes to thrive. I believe angry ex-vegans are reacting to feeling betrayed as I was. It’s a shame because the sentiments of the vegan diet are beautiful. It’s about compassionate food choices and care for our fellow creatures on this Earth.

TA: Please explain what genetically modified organisms are, and why they are “bad” for us.

MR: Genetically Modified Organisms (GMOs) are created outside of the natural selection of plant reproduction—in a laboratory by forcing a gene into the DNA of the plant or seed, which would never mingle with that gene in nature. I have a huge concern about the pesticide gene that manufactures Bt toxin. It’s the one that’s being engineered into over 90% of corn grown in the US.

The way it works against pests is: a caterpillar eats the Bt corn and the engineered toxin punches holes in the pests’ gut lining, causing food in the gut to leak into its system and poison it to death. We are very similar on the DNA level to all plant and animal life on the planet. Certainly we are more similar to animal life, even those as distant as caterpillars.

So that same poisoning effect could be happening in our bodies when we consume the Bt toxin in our food.

GMO Bt corn is now almost unavoidable in the American can diet—whether it’s actual corn, corn syrup or other derivatives which are in most foods. Over 90% of all corn grown in America has been genetically modified to include the gene that produces the Bt toxin, which is actually approved for external use in organic farming because it rinses off. But, when it’s inserted into the gene of the corn, it never gets rinsed off—it never goes away, and it’s showing up in pregnant women's milk, and it’s in most of our bodies.

There is a correlation between the time when GMO corn exploded on the market in the ’90s, and the time when the escalation of allergies, ADHD, autism began. I suspect that those disorders are linked to the Bt toxin in GMO corn because they are being positively affected by gut healing diets like GAPS (Gut and Psychology Syndrome). If you go backwards from that, and realize the gut is being degraded, you need to ask how it is that our gut is being degraded? Why is it that healing the gut has positive effects on behavioral disorders and allergies? How dangerous is the Bt gene, when mingled with our DNA in such an engineered way?

TA: Are there any GMO foods that we should avoid at all costs?

MR: All of them! I avoid corn entirely unless it’s organic. Organic means that it cannot be GMO (although there are levels of “organic” labeling now that allow for trace amounts of GMO so it cannot be entirely avoided but organic is a far healthier option). Certainly I would never eat a non-organic corn product, and or let my child do so. I also strictly avoid non-organic soy and canola. If it doesn’t say cane sugar, or is clearly marked in some other way, it means it’s beet sugar. Most sugar beets now are genetically modified. Anytime you buy a vegetable oil or a product with an ingredient that says vegetable oil, it’s almost guaranteed to be GMO. Soy and canola are major GMO crops.

TA: How does fat degrade plastic? And what foods should we avoid that are packaged in plastic?

MR: Fat is basically oil. Even if you’re not buying canola or soy, dangerous pesticides and toxins accumulate in fat molecules. Oil degrades plastic, releasing cancer-causing hormone-disrupting chemicals. Heat also degrades plastic, so I strictly avoid heating plastic at all costs. Get metal colanders, and don’t microwave or cook in plastic. Buy bottled oils and vinegars in glass, and try to buy your meat wrapped in paper from the butcher counter, or better yet, directly from the rancher!

TA: What are the best materials for our pots and pans to be made of?

MR: There’s a lot of choices! I love my cast iron cookware. It’s the original non-stick pan when it’s well seasoned. After the initial seasoning, they are easy to keep seasoned. You can redo them once a year, or whenever you need to if you have a cooking experience that leaves them unseasoned again. Plus, now there are cast-iron pans that are thinner, less heavy and easier to use. Stainless steel is another great choice—it’s strong and it spreads the heat really nicely.

Avoid aluminum cookware and non-stick coating like Teflon. When Teflon pans get hot, they emit chemical fumes that have been shown to kill birds in the vicinity of the cooking (like a pet bird). I wouldn’t trust the new Teflon substitutes either. I don’t have a lot of faith in chemical companies. Their history and values have not proven to be supportive of consumer’s health.

TA: How about your favorite recipe?

MR: I love the Roasted Red Bell Pepper spread with ground walnuts in it. It has a Middle Eastern flavor, so there’s a little bit of heat, some smoked paprika and...
lemon, and a secret ingredient called pomegranate molasses. But if you can’t find it, I do provide an alternative ingredient. It’s killer delicious!

TA: What is the most important message you have to convey to omnivores, vegetarians, and vegans?

MR: I want everyone who is going to consume animal products at any level to know how important it is to buy organic animal foods—meat, cheese, milk, eggs. If it’s not organic, it will contain GMOs due to the conventional soy & grains the animals are fed. I also want omnivores to learn about the living conditions of farm animals, and about the tricks of labeling that mislead them into buying abused, factory-farmed eggs, meat and dairy that have been labeled Free Range.

I would love to help vegans and vegetarians eat more whole foods instead of industrial fake meats & dairy products that are full of awful chemicals.

Vegans need to pay attention to their consumption of grains, which I spoke about earlier. We rely so heavily on grains, but vegans aren’t getting enough mineral input to sustain the loss of minerals that the phytic acid is leaching out of their body. So I suggest they limit them severely, and consider sprouting them before cooking. I give instructions for that in my book. Vegans also need to supplement—B12 at a minimum. Next would be to supplement DHA Omega 3’s. Often, supplementing vitamin D is very helpful as well.

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

MR: I’d like to share that the Veganish book comes from the bottom of my heart, and I wrote it for the people I love…my family, friends and clients who I want to live a good, healthy life. And, a beautiful delicious life where they enjoy cooking and their senses of eating, tasting, smelling and being alive. It’s really sweet for me to be able to offer my heart all the way out to the greater world as well.

It’s a New Year, but now that you made it past the holidays, you may be feeling the same old stress. Our lives have become so busy that we barely have time to look up, much less do what we need to for good self-care and lowering our stress levels.

Many people report wonderful shifts after a shiatsu treatment including: pain relief, increased blood flow, improved circulation, enhanced concentration, increased energy, an improved immune system, better sleep and greater mind-body wellness.

This amazing modality stimulates the circulation of blood and lymph, supplying increased nourishment to and removing waste from the body’s cells. It’s deeply relaxing, gentle and calming. Shiatsu requires no special equipment, has no side effects, and can be enjoyed by anyone from children to the elderly.

Please note: I am a rare provider of Shiatsu in central New Mexico. Treatments are completed on a comfortable mat on the floor—traditional Japanese style.

Over the past 30 years, I have been pleased with feedback from clients who say they have enjoyed a significant reduction in pain, increased flexibility and range of motion. Comments like these are really heartening. Shiatsu (in addition to chiropractic) also promotes correct posture and skeletal alignment. Plus, it feels great! Shiatsu gently stretches parts of the body that don’t get stretched any other way. This increases blood, fluid and energy flow as well as providing pain relief.
I remember sitting in my office staring at my computer, and hearing the sound of my fingers clicking against my keyboard. Suddenly an image popped into my mind of a hamster in a hamster wheel inside of a cage. The hamster was running and running but getting nowhere.

The image was my intuition, a message from my soul, laying out the truth of my situation. On the surface, my life was great. I was making a lot of money; I owned my own home and car, and bought whatever I wanted. Deep down, I was miserable. My job was extremely stressful and consumed most of my time. I always thought that I would be helping thousands of people, traveling around the world and speaking to captivated audiences. Yet, here I was: a financial analyst, sitting at a desk working for the same agency I’d been with for 10 years. I felt as though I was wasting my life…missing something important. At that moment, I knew I wanted out of my cage.

Many people experience the same type of pivotal moment, when they finally acknowledge the feeling within them that says ‘I have to make a change.’ This is the moment we get to trust our intuition (or not). The more we listen to the small voice within us, the more we manifest what we truly desire.

Following my intuition led me on a path that allowed me to quit my day job and start my own business. Now I teach entrepreneurs how to listen to their intuition and create dramatic shifts in their businesses—earning more money doing what they love, getting dream clients, and expanding their role as leaders in their communities.

I invite you to look within: Where are you still accepting ‘not-so-bad’ as fantastic? What is your truth?

www.candicethomasintuitive.com

The curse of the middle class is taking the “not-so-bad” and making it seem fantastic when it’s really (not).

~ DAVID NEAGLE

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Dr. William Summers often bridges the gap between traditional medicine and alternative medicine.

Colleen: Dr. Summers, you just returned from the Society for Neuroscience conference in Washington, D.C., where you gave a presentation, right?

Dr. Summers: Yes. Our presentation on Life Imagined® was well received. What an experience! Imagine (if you will) half of the world’s 50,000 neuroscientists in one location trading ideas.

CV: Were there any breakthroughs?

Dr. S: Yes. For example, there was a whole section in my presentation (based on the research) on morning devoted to the Brain-Gut Connection. The harmony of the bacteria in your bowel directly effects your brain health.

CV: So you are what you eat?

Dr. S: Yes. Actually, what you eat determines which of 150-250 bacteria live in our gut. Other presentations more directly confirmed the Science behind Life Imagined®.

CV: Then there is SCIENCE behind Alternative therapies. But, you designed Life Imagined®. What an interesting name to call a supplement. Why?

Dr. S: It was designed to improve memory and support brain function. However, consumers report that it does many other things. We know that it improves blood flow to the brain. Not surprisingly, our customers told us about having more stamina. But…better games on the tennis court? Improved golf scores?

Recently, studies have reported that components of Life Imagined® improve blood sugar levels. Most of the 34 components of Life Imagined® have surprising benefits supported by science.

CV: So, this supplement allows you to have the life you imagine...the life you want to live.

Dr. S: Exactly. A school teacher used it to pass a set of exams she had repeatedly failed. After taking Life Imagined®, she passed the test and was able to live her dream of teaching under-privileged children.

CV: Do professionals use Life Imagined®?

Dr. S: Three professional airplane pilots swear by Life Imagined® as their daily supplement of choice. One of them tells us that it saves him money. He use to take a bowl full of other supplements each day. He says Life Imagined® works better than chasing the latest Oz fad.

Large neuroscience meetings stimulate me to think like Dr. House...outside of the standard answers that come up with a Google search. So my goal is to solve the problems of patients that the cookie cutter clinics have given up on.

I love to think innovatively and to give real hope to patients.

CV: In conclusion, for those who dream, start taking Life Imagined® today. And for those with puzzling health issues, call for an appointment with you, today!

Dr. Summers trained in both Internal Medicine and Neuropsychiatry at the prestigious Washington University School of Medicine (St. Louis). He was a professor at three medical schools and holds eight patents. He invented the first FDA-approved drug for Alzheimer’s disease. His latest patented product is Memory reVITALIZER®. Dr. Summers has practiced in the areas of emergency medicine, wound care hospitals, general in-hospital medicine, nursing home medicine, and hospice. He currently has a private medical practice in uptown Albuquerque.

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If you have tried many modalities to relieve your pain without success, this article is for you. Chronic pain often includes pain stored in the memory of cells. This can be transformed/shifted/released by using one or a combination of several hypnotherapy processes. Clients have had excellent results in managing their pain over the past 5 years.

I have had severe chronic pain caused by an accident which happened 29 years ago. Vertebrae C7 (in my spine) was fractured. Since working with Mr. Fisher, I have experienced significantly reduced pain and emotional symptoms. T.A., ABQ

Thankfully, I have been able to get off several pain medications including Oxycodone and Valium and achieve sound sleep since Mr. Fisher assisted me in managing my chronic back and pelvic pain. N.E., Rio Rancho

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David’s life passion is to support others to lead a healthier life. Practicing Reiki for 16 years and Hypnotherapy for 5 years, David can help. He is the approved Hypnotherapist for UNM Hospital Employee Perks Program and offers affordable Self-Hypnosis classes. Schedule your Free Consultation by 2/28/15, and receive an additional 20% off any/all services. 505-463-7392, www.DavidBFisherHypnotherapy.com

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Clinical Hypnotherapist & Reiki Master CMS-CHT MBA
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2015: A Perfect Year for a New World Creation Story, A Proclamation From Earth

By Phaeryn Sheehan, Ascended Masters Foundation

As we embark on the fifteenth year of this 21st Century, we World Citizens of Great Mother Earth are choosing to extricate ourselves out of the destructive mindsets that are causing irrevocable annihilation of our planet.

We, as a World-Wise Human Collective are now ready and able to design a new global Creation Story that promises nothing less than an Enlightened Society. This means we are completely eradicating our present day Creation Story that has been based on the destructive mindset of Powering Over… the powering over of women by men; the powering over of people by their Dictators; the powering over of our World Economies by multibillion dollar corporations; the powering over of our young and adolescent children by their parents, teachers, coaches and advisors and the powering over of spiritual communities by Religious Leaders.

We are creating keywords (a sacred code) to initiate and activate our new Enlightened Creation Story. Examples of these words and short phrases are: Compassionate Contemplation, Merciful Kindness, Daring Devotion, Fulfilling Forgiveness, Fearless Faith and Undying Courage.

In other words, we are revitalizing our Virtue and honoring our trust in absolute Truth.

We are remembering that these virtues, (though they seem like ways of being that only Guru’s and Yogi’s are available to, or seem just too bland), ascetic or benign, have proven time and again in human history to save a People and their countries from irrevocable decline. We are re-embracing the power of Virtue to save our world again—in this time and space.

We know that these keywords are the basic alchemical elements upon which A New Earth Creation Story can actually be reborn and our broken world can emerge and be new.

And, yes, we are being challenged by our human ego faculties that believe “because our human race has failed many times to bring forth Societal Enlightenment, it will surely happen again”. However, this time, everything, everyone and our Mother Planet’s very Evolution is At Stake. And because of this challenging ‘At Stake-ness’ we find ourselves in, we know to invoke the companionship of the purest Spirited Light Guardians to grace our every step, our every breath, our every heartbeat.

We intensely and devotedly beckon the Presences of Invisible Light to protect, bless and synergize our minds, bodies, hearts and souls as we battle every barrier, test and challenge. We power forward to the attainment of true Enlightenment to solidify us as its Citizens. We also feel the deepest of desires to honor and please these Beings of Light who reside upon our Earthly Planet and Beyond…for Their Caring Contributions to Our Cause.

Though this proclamation to completely shift our Earthly Reality from rapid decay and corruption to Enlightenment be imperfectly worded and constructed, our standing in our constantly riveting commitment to becoming the key qualities of Enlightenment can’t help but shake us awake with stunning immensity.

We of the spiritual vortex known as The Ascended Masters Foundation realize that you too are dedicated to bringing forth an Enlightened State of Consciousness on Mother Earth. We welcome you to join us. The Practicing the Presence of Enlightenment Consciousness is offered on a monthly basis throughout this New Year. Together we shall live out the New Creation Story of Heaven enlightening our Earth.

Read more articles by Phaeryn Sheehan online: www.trulyalive.net
Scar tissue forms to replace skin that has been damaged by surgery or injury. Scars are part of the natural healing process but they can contribute to unexplained pain, constipation and seemingly unrelated health issues.

It is not uncommon for there to be residual pain or discomfort around a scar. This happens because during scar formation, the collagen fibers that form too close the wound can attach to deeper tissues like muscles, tendons, organs or fascia. These attachments or adhesions between the deeper tissues work against each other and limit normal function or movement.

Nerves, blood vessels, lymphatic vessels, and meridians cannot communicate normally across the scar tissue. In fact, the temperature of a scar can vary by as much as 2°C from the surrounding tissue and the electrical resistance of scars has been found to be 10 times greater than that of normal skin. Increased resistance to electrical messaging between the tissues can lead to pain and dysfunction. Scars are areas where the “wires” for intracellular communication have been severed or kinked preventing healthy communication. For example, patients with appendectomy scars with chronic migraines were tested and when the scars were pressed in a particular manner, their headaches were relieved. Injury to one part of our body can lead to pain and dysfunction in an entirely different area; a fact widely accepted in Oriental medicine.

Every scar in the body should be treated because it is negatively affecting something in the body. Even the smallest scars from years ago can benefit from scar therapy. Scar evaluation is an important part of Biological Medicine and oftentimes simply treating a scar can provide relief from pain, constipation, headaches, shortness of breath, and more.

Because injections are done directly into the scar where there is little or no sensation, there is minimal discomfort associated with scar therapy. Many of our patients have experienced relief from this simple treatment.

I had an inguinal hernia repair in 1980 resulting in a 10 inch scar on my lower abdomen that was not particularly painful but I felt a pinching sensation and tenderness in the area, especially with exercise. After just one treatment the pinching sensation in my abdomen is drastically minimized. The scar cuts across the liver meridian and recent blood work shows that my elevated liver enzymes are better. Are they related? Who knows, but I am happy that the pinching pain is gone and my blood work is better.

M.G., Albuquerque
Albuquerque the Magazine’s annual “Best of the City” issue was recently released and Alternative Health Concepts (AHC) was voted 2nd Best in the City! Thank you to everyone who voted for us. With all of the amazing Alternative Health Practices in Albuquerque, we consider this quite an acknowledgement! We also want to thank Truly Alive Magazine for helping us to reach people in need of our services. If you’ve been to our clinic, you know what sets us apart. However if you haven’t come in yet, you may want to find out what everyone is talking about.

We have a long list of Integrative Medical and Spa services, fantastic customer service and caring, compassionate staff. We love to help people; offer very competitive pricing and therapies that are uniquely designed to nourish, cleanse and rebuild your body. Our Nurse Practitioner deeply enjoys helping patients who truly want to be well. Our Registered Nurse and IV Tech are the absolute BEST at starting IV’s and drawing blood!

We have our own YouTube channel (search YouTube for Alternative Health Concepts) and watch videos on therapies we offer. Visit often, as we regularly post new videos. Our website www.AHCTherapies.com was just completely rebuilt. You will find fascinating articles about AHC, power point presentations on DNA Mutations and much more!!

We go by a very strict rule in our practice “If I wouldn’t put it in my body, I certainly wouldn’t put it in yours!” We use the absolute highest quality IV supplies, herbal supplements, homeopathics and therapies.

IV Therapies—High Dose Vitamin C (50-200g), Sodium Bicarbonate, Hydrogen Peroxide, Glutathione, EDTA Chelation, Plaquex, Silver Hydrosol, Myers Cocktail, DMSO & Alpha Lipoic Acid (ALA)

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Small Business Bookkeeping
(Including QuickBooks™) By Sure Admin

Are you a small business owner or manager (or know someone who is) attempting to manage your bookkeeping in QuickBooks by yourself? How is that working for you?

Most small business owners/managers do some research and get excited about what QuickBooks (QB) can do for them. After all, it is the “#1 accounting solution”, which helps small business owners “do more in less time” by tracking expenses and sales, and creating instant invoices. With the ability to “access data securely, anywhere, anytime”, QuickBooks has “all of the essentials: from bookkeeping and billing to payments and payroll.”

With anticipation and enthusiasm, QuickBooks is purchased and installed. After that, things often go downhill unless the person has a bookkeeping background or understands accounting principles. Most struggle mightily, spending many hours to set it up with basic settings and getting it to work for their business. Then, using it on a daily/weekly/monthly basis takes untold hours and endless frustration in getting stuck (especially if you don’t know the quirks of QB).

ENTER SURE ADMIN.

Regina shares, “It’s nice to help small businesses with bookkeeping services. It makes their lives so much easier. It’s pretty unusual for small business owners to do what they do well AND be proficient at the bookkeeping side. In so many cases, small business owners get overwhelmed by this aspect of their business, and spend so many unnecessary hours attempting to “get through it” themselves. How much more income might they generate if they spent their time building their business instead of struggling through their bookkeeping? How much is stress relief and peace of mind worth?”

If your small business (or a small business of someone you care about) uses QuickBooks, Sure Admin can help you get (and stay) up to date with every aspect of your bookkeeping including payroll, quarterly payroll taxes, gross receipts taxes, profit and loss statements, end of year tax preparation (getting everything ready for the CPA or tax professional to complete the return—often reducing the bill to prepare the tax return).

At the beginning of this business (and every other one I have owned) I struggled with my books. I can do pretty much everything else proficiently. I heard about QuickBooks and ordered the program. A local QB person set it up and all looked to be good. My assistant however, entered things in different ways over that first year; making the end of year QB reports unusable. I had to recreate my entire year of books in Excel in order for my CPA to do my return. After that, I paid two different people who understood accounting principles (and QB) to straighten out my QB files so that I could use the reports for the following tax year. After spending a LOT of time and money, I surrendered to the recommendation (made by both) to create a whole new QB company from that point on and let the rest go. I had poured thousands of dollars into being able to use my bookkeeping “solution” only to have to start over. And starting over was the best thing I ever did. Getting it set up correctly AND entering everything correctly and consistently made all the difference. The reports were finally usable for the CPA, who breezed through my return and the fee was the lowest ever. Since then, I get professional help with my bookkeeping and tax prep. If I get stuck on something as simple as reconciling, I wait for Regina to get me unstuck. I spend many fewer hours working and my stress level is tremendously reduced. Regina is pleasant and easy going as well as very competent and efficient. I and highly recommend Regina and Sure Admin to any small business struggling with their bookkeeping. Hand it over and relax! L.A., ABQ

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It’s Still Winter?

By Rev. Kylie Renner

In the New Year when it feels to me, having been born and raised on a tropical island, that winter should be over, it is always a shock to realize that it is actually just starting. And so in the dark and cold, while I celebrate the returning of the light, it is an important time for me to bring my attention to what is happening beneath the surface of life, and what is being prepared for behind the scenes. Not all of our life happens on the surface; in fact there is a rich and fertile interior space that we can have a powerful relationship with, if we are open to the wisdom of the winter.

The wisdom of the winter points us to the recognition that not all of our transformation is going to be flashy or obvious; in fact, most of it will be so subtle that if we aren’t paying attention we won’t even notice it. Winter is a time of preparation, where our wisdom can guide us to what needs attention and what can be allowed to remain dormant. Winter is also a time for us to start dreaming up the seeds we will have to plant in the spring in order to have a bountiful fall harvest.

This is how I view intentions, the seeds we are planting, and preparing the way for. These intentions, like seeds, have incubation times, which require darkness and quiet in order to be able to find their full expression. Our most powerful intentions actually require being buried sometimes for long periods of time in order to grow into their fullness. I often wonder, when I get discouraged by how long it is taking for something to happen in my life, if I am willing to realize that the seed that I planted was a mighty oak tree that will have a life far beyond my time here. Or am I so accustomed to needing immediate gratification that I am willing only to plant things that sprout and bear fruit quickly.

I also wonder about those times when it has felt like I have been buried, not by my own choice or intention, when challenges and struggles have appeared in my life that have made it feel like I have been weighed down. Now, looking back I can see that like a seed I had been buried so that I could grow and blossom, and that the very process of being buried pointed me in the direction of my own growth. While in the moment I felt like the world was ending, I can now see that something was being prepared for, a space was being made for something new. I now imagine myself with the trust that the seeds I will plant in the spring must have, when feeling like I am being buried and I am actually in the process of incubating something powerful that needs a time of darkness and quiet for it to grow and develop.

This is the wisdom of winter, reminding us that even in the darkness, life knows how to prepare the way for what is next. Let us listen to this wisdom guiding us from within to the stillness and dark where big dreams are incubated. Let us allow the wisdom of winter to guide us into deeper trust as we set mighty intentions, not only for our own lives, but for the life of the planet.

They tried to bury us. They didn’t know we were seeds. ~ MEXICAN PROVERB

Rev. Kylie Renner is the Senior Minister at the Albuquerque Center for Spiritual Living, located at 2801 Louisiana NE, between Menaul & Candelaria. 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. Call 505-881-4311 or visit online: www.abqcs1.org

Read more articles by Kylie Renner online: www.trulyalive.net
We are now in a brand new year: 2015...experiencing this time of change and transformation to work on aligning with our soul’s purpose. Many questions come along with this. We all ask them: Who am I? What can I do? How can I get there with all these challenges? Why am I in this situation again?

All of us want peace and tranquility, but is that really in our highest interest? Could it be that we are intended to have surprises so we can better ourselves through handling hard situations? How can we become all we can be if we are never confronted with what makes us very uncomfortable? Could that be why we all appear to experience chaotic situations?

Underneath all the questions, the chaos and challenges we are experiencing right now is a different current running within us. It is whispering suggestions to “read a book, join a class, meet new groups of people, find a hobby” and more. This is our inner guidance providing inspiration...like wonderful stepping stones, to feel more optimistic about life’s obstacles and making suggestions as to how we can resolve issues. It’s important that we listen for the whisper when we ask questions. This guidance has a tendency to show up when we are paying least attention. (Perhaps that’s when it can get through?)

Meditating is a good way to hear guidance. At Crystal Dove, we offer meditation classes for people who wish to practice. We also have Saturday night group meditations where we involve everyone in crystal healing work. As we meditate, our shared intention charges the crystals with uplifting and focused energy to support us and New Mexico becoming a thriving state. Crystals are placed in the four corners of the state after a year of the meditations.

We have put great effort into creating sacred space for everyone to enjoy and participate in co-creating with us. Join us!

Kindly, Inga

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We have entered into a New Year that has been divinely orchestrated for us. With it, we have the opportunity to embark on a journey of personal and financial development that until now has eluded us. This is a time for inner reflection, planning, and reaching out to others in order to prepare ourselves to ground in our wants and desires, and, be empowered to step into action as the year progresses.

Have you considered there may be alternative ways of accomplishing your goals by means other than having to work hard and doing it on our own? Is it possible that you are holding on to old beliefs that hinder your success?

Co-Creating Spiritual, Physical and Financial Well-Being occurs as we begin to understand the universal laws around abundance, and, the inner workings of how Earth Mother uses her seasons to influence us. We are being continually blessed by Spirit’s grace so that we may experience ways of receiving the abundance that she desires us to have. It has been said that there are warehouses full of blessings waiting for us, and by shifting our sub-conscious beliefs about ourselves and Spirit we can draw to ourselves the blessings that are wanting to be bestowed onto us.

Yes, I can help you with your taxes, starting with the preparations for and completing your tax return with ease and grace. The richness of my work lies, however in analyzing how you have accumulated your assets and debts, and reviewing how you are either holding on to money or letting it slip through your hands...helping you realize how you are really utilizing the energy of money.

With my unique blend of accounting, tax, financial and spiritual awarenesses and compassionate listening skills, you will gain tools that can assist you in shifting energies, reaching your goals, stepping into your dharma as well as develop long-term financial and personal goals.
A recent patient drove more than 2 hours to visit our practice. She read about us in Truly Alive magazine, gave us a call, made her appointment, came in and after her exam and treatment plan, expressed that she was very happy she made the trip. We have been hearing that quite a bit lately and are so pleased! Most of our clients are from the Albuquerque area and we love hearing they are glad they came.

Sandi’s Smiles is not your typical dental office. Yes, we adhere to the strictest of safety and professional protocols. We use digital X rays that offer at least 80% reduction in radiation and do not require processing chemicals. We use tooth-colored filling composite material (no mercury amalgams here) and are fluoride-free. What else makes us stand out from the rest? Wonderful dental experiences and affordable prices truly set us apart.

Located in Rio Grande Plaza near Old town, Sandi’s Smiles is a couple of blocks from I-40, close to downtown, the North Valley and just a few minutes from the NE Heights. Our beautiful office feels more like a cozy living room than a cold office. We offer pillows, warm blankets, low lights, soft music and a scalp massage with essential oils after every cleaning. In addition to affordable prices (for those who pay out of pocket), we also accept most plans of dental insurance as well as Medicaid. Sandi’s Smiles does everything possible for you to get the dental treatment you need and deserve.

Sandi’s Smiles completed 2014 with much gratitude for the clients we’ve treated and the great friends we have made. With Dr. Prakash and her wonderful chairside manner, Anjelica Perez, April Coy, and I, Sandi’s Smiles is moving into 2015 with continued compassionate, professional and affordable care. Give us a call: 505-243-1546/505-480-7200. And Remember: “A Beautiful Smile is always in Style”. www.dentalcareinalbuquerque.com

As a massage therapist, I am privileged to help people feel better. It is incredibly rewarding watching the progress of those I work with as they recover from injuries and illnesses. In my heart, I get as much out of my treatments as they do. I truly feel wonderful (and I believe this is why we massage therapists all do it).

One of my favorite techniques is Swedish massage. Swedish combines the use of long strokes, kneading and friction. Swedish massage manipulates the soft tissues of the body, causing a variety of benefits and helping your body heal itself. In addition to amazing relaxation and relief of general body tension, Swedish massage can relieve muscle aches and stiffness, improve muscle tone and flexibility, boost the immune system, promote healthy skin and more.

Another modality I like to incorporate into my treatments is the use of essential oils. Essential Oils can provide added relaxation, as well as many other health benefits. They can be applied directly onto the skin, or diffused into the air during massage. Essential oils can help release more toxins from the body and increase circulation for deeper healing.

While in school, I studied Herbology, there I learned how to make lotions and potions. I currently have a variety of products available. I also make individualized products to suit most needs. One of my most recent formulas is an anti-aging oil (it is all natural and more affordable than those expensive oils and commercial products).

Lora McKown graduated from the New Mexico School of Natural Therapeutics and has been working with clients for several years. Her services are affordable, and she is available for treatments in her home/office as well as your location. To schedule your appointment, call Lora McKown at Body In Bliss today! 505-681-4981.
It’s January once again and we are urged to take better care of ourselves. New Year, New Goals, New Dreams and New Hopes for something better!

I think we sometimes “miss the boat” in that we have a tendency to work from the outside in. This is how society has programmed us to behave. What if there was a better, more lasting way?

The brain is the Master Commander of our ship. I believe the answers lie therein, so let’s get on board.

Trauma or long term stress can lead the brain’s networks to a chaotic or disorganized state. At Brain Balance and Harmony, LLC we help support the brain in relaxing so it can do its own reorganizing. The client’s brain frequency patterns are gathered via sensors then turned into musical notes and played back to the individual in real time. As the brain “sees itself” mirrored back through sound it will RESET to more optimal, balanced patterns.

Working from the inside out is the key to what we do; helping people to be more grounded so they can then take the necessary steps to wholeness. Every person has a unique story. My personal mission is to support each individual in their journey to happiness and well-being.

A recent client said: From someone who has spent over a million dollars on recovery, I can tell you that doing Brain Balancing is one of the most important and loving things you can possibly do for yourself. I highly recommend Regina Coffman as a very skilled and compassionate practitioner of this amazing technology. It is a great gift to the world.

S.B., ABQ

My $49 Assessment allows you to see your unique brain patterns and could explain some difficulties you may be having. As a New Year’s Special, I would like to offer you a 10% discount on a 10-session package for January/February. Call today for an appointment today: 505-610-1190.

www.BrainWaveBalancing.com

Congratulations on making the decision to do internal cleansing. If you have come to that decision before you are saddled with a chronic illness, great for you. Most people wait until they are in a serious crisis before considering colonics. It’s understandable. It’s a part of the anatomy that we don’t talk about very much and so, gets very little attention until we are really in trouble. It’s too bad, too…since so much of our immune system is located in our colon (some estimates are now saying “more than 90%”).

You may be familiar with a closed, gravity-fed system, which is most common for colon cleansing. Kukana worked with a closed system for 25 years before offering the Angel of Water and often had dramatic results with closed system treatments. A number of clients had such discomfort, they had to get off the system in order to release large matter and gas, Kukana researched options and purchased the Angel of Water.

After her clients (who had been on her closed system for years) tried the Angel of Water, only one out of 100 wanted to go back to a closed system. Some of the reasons clients preferred the open system included: the pencil-sized nozzle, which is totally comfortable; less pressure allowing you to push and release whenever you feel like it, and eliminate urine whenever you like. The ease of release (including gas) allows for treatments to get better results in half the time. Newer clients note the privacy the Angel of Water affords. You can have a completely private treatment, or as much assistance as you’d like. Those who are ill, elderly, weak or very young have an attendant at all times.

Kukana’s Angel of Water: UV treated, oxygenated, quadruple-filtered water, sterile, one-way, pencil-sized nozzle and open design provides spontaneous, free-flowing releases, easing gas/large matter flow. FDA-approved hospital equipment. 30 Years’ Experience. Call Kukana to schedule your appointment today! 505-298-1983. Rates plus packages and specials: www.kukanacolonics.com

Colon Hydrotherapy WITH The Angel of Water

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More comfort & privacy
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What is religion, after all? 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 present at one of these events (whom I believe was from the Sioux Nation) 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. Further, it means 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) was very much like the one we live in today. HE rebuked that Religious heresy soundly! It was, and is a world in which the religious leaders made the people subservient to the prevailing doctrine and dogma; making them believe it was necessary for the salvation of their Souls. I have never read anywhere that Jesus said to give 10% of your money to the church. HE said, “Support the widows and the orphans.” Money changers in the Temple is all I see.

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 the best I can to live my life. That is all the work one needs do.

I think that Jesus believed that each person has the right to “grow” their own relationship with the Divine without an external go-between. I know I do! Can I hear an Amen?

Follow up to the 2014 Arizona/New Mexico Awards held Nov, 21, 2014: If you read my article in the Nov/Dec 2014 issue of Truly Alive, you are aware that my book SPIRIT WISDOM for Daily Living: Your Guide for Mental, Emotional and Spiritual Well Being was a finalist in the categories of New Age Inspirational/ Spirituality and Self-Help. The book didn't win best of anything, but as I heard some facts related to qualifying as a finalist, I was honored to be there. Sitting in that room of about 260 authors (whose books were published by publishing companies), many authors having written more than one book, I learned that in order to get into the finals, each book had to score a 97 or higher. There had been more than 1200 entries, judged by 80 teachers, librarians and authors of note from across the country. I think mine was the only self-published book in the lot. I felt great!

Love and Blessings B2U,
Clint

The rainbow of colors in the produce section of the grocery store excites me. In fact, everything about food excites me! Cooking for much of my life, I remember standing next to my Grandma McElroy on Sunday mornings when she was preparing for our traditional New Orleans Sunday family gathering. I loved it—it was a sanctuary for me. Looking back, I realize she had the patience of a saint. I asked so many questions and wanted to have my hands in everything. My passion for preparing food and love of sharing my creations was borne in those moments.

This time of year, for my food clients who are redesigning their diets, FLAVOR is the single most important topic of discussion. Change in and of itself brings about resistance, but change in their diet seems to bring about feelings of terror. They Fear they will never eat another food that tastes good to them again.

So how do we create fresh tasty meals, incorporating special diet needs that taste good? Fresh and dried herbs and spices is one way. Herbs with mild flavors like basil and parsley work well in most any dish, while strong-flavored herbs like bay leaves and sage are great for hearty warm for your tummy recipes. Another way we add flavor is toasting seeds and certain spices (like cumin) in a dry skillet to enhance flavors and aromas, adding heat like red or green chile or cayenne.

Joyous Creations creates food that nourishes your body and promotes a feeling of being cared for. Providing food that tastes good and meets your dietary needs is of our utmost importance. Call our professional staff to create a customized menu for your next party or event. Weddings are our specialty. Wishing for you and yours a 2015 filled with all your dreams come true!

Joy Lynn

Herbs and Spices... Happy 2015, My Friends! By Joy Lynn of Joyous Creations

In the May/June 2012 issue of Truly Alive, I featured a book called 10 Mindful Minutes: Giving Our Children—and Ourselves—the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives. The book was written by the actress Goldie Hawn, who was inspired to create The Hawn Foundation, a non-profit 501(c) (3) corporation, created to promote children's academic success in school and in life. It pursues Goldie's vision of nurturing happiness, joy and empathy in children and the adults in their lives. The Foundation fulfills its mission through advocacy, educational programming, and sponsored research. The book was written as a result of more than 10 years of research through the Foundation which produced amazing results when the program was tested in select schools around the county.

I loved the book and was thinking recently about how that is one of my favorite books. Its focus is to get children to get quiet mindful for 3 minutes at a time/3 times per day. Although the research and the book's focus is primarily on children and their families, the premise is amazing for all adults—with children and without. We live such busy lives...scurrying here and there—cramping so much into our busy lives. It is easy to lose focus of what's really important, and remember the value of mindfulness.

Don't know about you, but when I am rushing about, I make mistakes, forget things; trip and fall (like I did in July of 2014 when I broke my hip). Often when I'm rushing, I have to do things over (which annoys the daylights out of me—I hate redoing things!). Most of us (even those dedicated to evolving our consciousness) do not meditate every morning and evening for 20 minutes. We are lucky if we get 15 minutes of meditation into most days. What might happen if we used Goldie's method of getting quiet and being mindful for a little more than 3 minutes, 3 times a day? Do you think 10 mindful minutes may have positive effect on your life?

I wrote this article for my own benefit, but if you decide to give it a try, give it a good try...say for 30 days. And please let me know how it goes: info@trulyalive.net. I thought it was such a good idea, that I would remind us all about it, and I am re-committing to it right now!

Mindfulness Matters By Karen Larré

I wrote this article for my own benefit, but if you decide to give it a try, give it a good try...say for 30 days. And please let me know how it goes: info@trulyalive.net. I thought it was such a good idea, that I would remind us all about it, and I am re-committing to it right now!

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ARIES (3/21-4/19) In JANUARY, you find yourself doing battle against injustice. You have turned into a super hero we could call “The Red Blazer”. Your fiery attack is undaunted by the facts. You just know whatever it is, it’s not right. You can find peace by the 19th, but as Martin Luther King lived in a bubble of non-violence, you might want to add in a pinch of anger to his methods, but lay low and formulate your plans in private. FEBRUARY shines a light on friends and ambitions. It’s a time to complete your dreams and dream new ones. The first 3 weeks find you toiling alone and needing it. The energy on the new Moon of the 18th blends the energy of science with the energy of mysticism and the unknown. The Piscean energy has kept you out of the social mainstream. This new Moon combines with emergence from your cave on the 19th. Love draws you out. Then you are able to help others understand this blending stuff.

TAURUS (4/20-5/20) JANUARY calls you to higher-minded goals...spiritual, but physical in nature. That makes sense if you see your body as a sacred container for your soul. Good time to prepare for great productivity at month’s end. Get all your electronics upgraded where needed as you prepare for socializing connected with business. The first two weeks are positive for these things. The last two weeks focus on sensible spending. Friends could affect your finances. Check their facts before engaging. The 19th requires balance. FEBRUARY’s Valentine’s romance is your time to shine. The romance of life starts on the 1st and carries you like a surfer to a blissful shore. Excitement and tender moments are part of a hot Saturday night on the 21st. By the 24th, you could realize that you have met a soul mate.

GEMINI (5/21-6/21) JANUARY usually feels like a long slow walk through a mud pit for the Twins. Things pick up after the 19th. Remove your mud-covered gear and move into the party room on the 20th. Progress slows for 3 weeks starting on the 21st. College, travel, and religious issues become difficult. Good for meditating, cultural studies, and seeking truth. FEBRUARY can lift the Gemini mind to higher places. Heroic action is connected to such a mind-state. Some may be astounded by your perseverance this first week. The full Moon on the 3rd has your head bursting with ideas. Things work better after the 11th. The new Moon comes across like a nagging spouse when the work piles up. Your creative genius needs its freedom right now. Constructive thinking brings solid structure.

CANCER (6/22-7/22) JANUARY can feel like the other side of the world for the warm weather loving Crabs. Partners become a focus this month and it’s a business minded time of year. There is struggle and strife and mountains to climb. None of those mountains are too high or too steep for the persistent Cancerians. The rest of the month is anti-climactic, but filled with passion and excitement. FEBRUARY is magical for the Crustaceans...a time of mystical experiences and passionate embraces. Something can end, but keep that in perspective. As the waves of life wash over you, remember that the newness that comes will also depart in the constant cycle of change. Money increases ’til the 3rd, and a powerful enlightenment could change your viewpoint by the 18th.

LEO (7/23-8/22) JANUARY is a time of accomplishment for the Lions. There is work to do, but there are friends to lend a hand. Health issues get dealt with easily, though you may need to dramatize your condition. In the midst of a cold, hard world there is a deep sense of romance. Achieving an ideal is a strong motivation. If anyone can bring peace to the world, it’s you. You shine your light into the dark places. Social matters take precedence after the 20th. FEBRUARY is all about your partner; especially the first week. You may have to pull them down from chandeliers on the full Moon of the 3rd. Your partner’s happiness trumps all else the first 18 days, then equilibrium. On the 6th, draw happiness from the joy of others. The 11th brings back social sanity. The 18th could find you involved with joint financial matters with a partner. Long journeys have a two month window starting around the 19th. Finally, romance fills the air again on the 25th.

VIRGO (8/23-9/22) JANUARY can be creative/ fun despite work matters. 4th and 5th are a good time for friends who could help you with your work efforts. Allow time for romance. Mid-month requires caution. Not everyone will be thinking clearly. The 19th could bring a new love-interest. This day is important as a new dream can be followed by action. FEBRUARY for a
Virgo can be like the mad scientist working with bolts of electricity all around him. Mercury goes direct on the 11th and that restores progress in your work. Electronics haven’t served you well, but that gets cured after the 18th. Delays in constructive goals cause nervous stress on the 5th, but by holding onto that objective you can achieve success by the 19th. New beginnings are part of the excitement as well. Impulsive actions may stem from fated circumstances. A karmic meeting could occur on the 25th.

**LIBRA (9/23-10/22)** JANUARY tries to build solid stone walls for your home, so to speak. You prefer something more aesthetic. The 4th/5th weekend brings positive connections and planning. Beware of hair-brained ideas around the 13th. There could be a tendency to overdo things on the 19th. Slow down the expansion of your ideas this month. Stay balanced to avoid upsets. FEBRUARY is a romantic month for Librans. Valentine’s Day falls in your house of romance, so... The Sign of Partnerships is also about your involvement with things outside of yourself. That’s why decisions are so difficult. You feel that it’s the “other’s” world anyway. Your work has absorbed you the first 3 weeks. The final 10 days should find you socially active and partnered up. This month has a package filled with romance, big adjustments, passion, mystery, and solid plans.

**SCORPIO (10/23-11/21)** JANUARY has excitement, logic, and mild danger. Be careful driving this first weekend. After that little distraction, things get better. The 14th arrives with a gust of anger. Part of you hates to be over-powered by any obstacle to your sense of right. Sometimes, it’s best to accept things which are greater than ourselves. The 19th can be dreamy. Your home and core values become the focus after the 20th. FEBRUARY seems to work better from your couch at home. After the 18th, the flames of romance are lit and burn with a growing passion. Someone brings love or success to you on the 8th. It could be both. The 21st is steamy. There is a personal need to do something with real purpose. It’s a mindset that creates a sense of power and self-esteem. That alone, can lift you from muddy trails of despair. Old structures continue to come down in your life. Be careful with dangerous choices.

**SAGITTARIUS (11/22-12/21)** JANUARY is a time when the Archers are best adapted to find nourishment for their community. Your Sign naturally broadens the minds of others. During these two months, your ruling planet, Jupiter, is retrograde, making outer progress difficult. Your independent nature likes to be alone, but it may lack luster this time. Don’t hibernate. FEBRUARY continues with feeling things are hard to grasp and hold on to. When your ruling planet, Jupiter, goes retrograde for four months every year, it’s good for writing, meditating to find truth, being happy when alone, and exuding your natural wisdom in a non-verbal way. Travel only to familiar places until early April. Be ready to compromise and make adjustments. Home is sweet after the 18th.

**CAPRICORN (12/22-1/19)** JANUARY has the excitement of the next six months. It will be like an exploratory sampling of your future. On the night of the 6th, the full Moon brings helpful people to your side. The 15th brings angry people. The 23rd is friendly and constructive. The 30th looks ugly. In FEBRUARY, your world is stretching out into unfamiliar areas. Your sound advice is based on wisdom and caution, but there are some new and strange things before you. Someone from your past calls on the 5th. Make plans with them for after the 19th. Debbie Downer upsets your inner happiness on the 23rd. Harmony returns the next day. This is followed by high energy on the 25th. Reconstruction activities need adjustments on the 27th. Roll with the punches this month.

**AQUARIUS (1/20-2/18)** JANUARY starts rough with assaults to your reputation and sudden changes at work. This could have a purpose. An awareness comes with the full Moon on the 4th. The 13th brings a relief from the stress. Good things seem to happen slowly; good to avoid mistakes. The 28th brings news from a friend which relates positively to money. While your partner is feeling devoid of happiness, focus on what makes you happy. In FEBRUARY, your urns need refilling. You have been reflecting on days gone by and that lasts until the 11th. The 3rd spotlights your relationship. It can be revealing. Friendships seem solid. There could be some very imaginative ideas financially and physically until the 20th. By then, you will have gathered up enough money to take a short vacation or get some car business done. Spend wisely. Bask in the light of your successes as the month ends.

**PISCES (2/19-3/20)** JANUARY holds the promise of the importance of your ideas and ideals. On the 1st weekend, you could be visited by a powerful individual and possibly a boost to your dreams from that encounter. The 19th brings another powerful force. There is a chance to use your psychic ability to pick a winning stock or other monetary gain. Best opportunity for this is on the 19th. Friends scoop you up for the action at month’s end. FEBRUARY can bring out the Piscean beauty and gentleness. This month starts with love and ends with higher love. There can be a fogginess about your behavior. Don’t get hooked into a dream world. Friends amaze you with their radical changes. It’s hard to be earning a living though you have the energy for it. It’s a character conflict, but it’s a livin’. No matter as long as you have your “oarsmen” nearby.
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