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If you read the *Conversations With God* books, including Book 3 which talks about how Highly Evolved Beings elsewhere in the Universe live, treat each other and their planets (with compassion, kindness and love, and absolutely no killing of one another for any reason), you will LOVE *Conversations With God Book 4*. 

*Conversations with God, Book 4, Awaken the Species* is an outstanding guidebook, including information and processes to help shift the awareness of humans on earth from our current states of being to the next level of consciousness. It offers new information which many may be challenged to accept...we are being helped by highly evolved beings from other dimensions.

The book explains why, if this is happening, that things on earth appear as they do and presents us with the opportunity to participate in “The Awakening of the Species.”

A radical text as some would say, the material in this book could be the cornerstone of earth’s transformation, from where it is now (and has been with its sad and sorry history of pain, destruction and death) to where many of us would like to go (into a time of peace, joy, love, compassion, understanding and happiness) for us all. This one is truly worth reading!
**E V E N T S  A T:**
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525 Central NE, ABQ, NM 87102
505-842-5265 • www.crystal-dove.com

Call for Your Appointment Today!

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Heart Healing with Inga Madsen
$35 – 30 min
Heal broken hearts and release emotional buildup in the heart; also benefits those with high blood pressure, heart attack or stroke survivors. Call for your appointment.

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Call to make an appointment
$65: 1 hour • $95: 1 ½ hr.
Experience life changing, balancing, and transforming healing with Gifted Teacher and Healer Inga Madsen. Call for your appointment.

**B r a i n – S o u l  S u c c e s s**
Retreat in Sedona, AZ
September 21-23
Learn the Codes for Success!
These changes are more powerful than affirmations as they erase the old memory tapes and replace them with new, positive growth intentions. I have seen shifts in myself and my family in just 6 days, and I have seen shifts in my clients that are miraculous! Dr. Swartswalter. See more here about the Brain Soul Leap Integration class here (Geotran codes for success): [https://www.louiseswartswalter.com/integration-class-2017/](https://www.louiseswartswalter.com/integration-class-2017/)

**Reiki I Classes**
Usui System 14-hr class
July 13-16, Aug 24-27, Sept 7-10
Thurs, Fri 6-8 pm
Sat, Sun 1-6 pm • $150
Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 29 years, teaching for 26 years. RSVP required.
505-299-0011 • ReikiABQ.com
11930 Menaul Blvd NE, Ste 108, ABQ

**E Q U I N E  A S S I S T E D  H E A L I N G  P R O G R A M S  A T:**
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505-438-1074 • www.unicornmesa.com

- **Equine Assisted Healing Summer Program**
  “Horses & Donkeys Helping Humans”
  Jul 29 & Aug 26, 12-4pm • $160/each
  $125 early bird special
  (Space is limited, reserve early)
  De-stress and recharge in a tranquil setting, surrounded by the healing energy of nature and loving equine friends. Space is intentionally very limited.

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  $490 (Package of three)
  Improve health and relationships, release trauma and stress. Discounts for Seniors, Veterans, Monthly Specials.

**Jemez Health Retreats:**
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July 1 - August 31, 2017
$325 (Truly Alive special), reg. $500
Includes: 1 night stay at Historic Casa Blanca Guest House, treatment of your choice with Dr. Juliette Mulgrew, Licensed Naturopathic Doctor and Ayurvedic Practitioner and medicinal honey blend created specifically for you!
Call to schedule: 575-829-4149
[www.spiravitanaturalhealth.com/health-retreats](http://www.spiravitanaturalhealth.com/health-retreats)

**Pranic Healing Level 1**
A 2-Day Experiential Intensive
August 12-13
9am-6pm
Learn to work with the energetic anatomy, about preventive healing and self-healing. Also, learn to direct and enhance your inborn ability to heal. This highly developed and tested system of energy medicine utilizes prana, the life force, to balance, harmonize and transform the body’s energy process. Learn the basics of working with the energy aura, including scanning, sweeping, cleansing and energizing. This course is for everyone—NEW and REVIEW!
Info: Lynn Provenzano, 915-449-0619
Register Online: [http://pranichealing.com](http://pranichealing.com)

**YOUR BODY HEARS EVERYTHING YOUR MIND SAYS. STAY POSITIVE.**

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**T H E Y  E X I S T  W I T H I N  U S  N O W,**
**W A I T I N G  T O  B E  D I S C O V E R E D.**

Wellness Day
Last Saturday of the Month
July 29, Aug 26 • 11am-4pm
Healing treatments discounted to $20.
Detox Foot Bath: $15. No appointment necessary.
Free BP checks & wellness tea.

Reiki Clinic
3rd Tues of the month
July 18, Aug 15 • 5:30-8pm
Love Donations Accepted
Experience Reiki Healing firsthand. You will be glad you did!

Guided Meditation/Aura Healing
Donations accepted
July 3, 6-8pm, July 8, 2-4pm
Aug 7, 6-8pm, Aug 19, 2-4pm
Join David Sahyoun for a powerful guided meditation followed by an aura healing.

Chair Yoga at Peace and
Justice Center
Wednesdays, 1:30-2:30pm
Donations accepted
Join Lisbeth Carlisle for Chair Yoga at the Peace and Justice Center. Call 459-7358 for details.
Held at: 202 Harvard SE, ABQ, 87106

Body & Brain Yoga
Basic Yoga Trial Classes
July 22 & 29, Aug 5 & 26, 10am
Only $10 (Regular price $20, 50% off)
Your body holds all answers. Trust your body’s innate wisdom. No high degree of flexibility, balance, strength needed to follow our basic exercises. All ages, body types, fitness levels participate comfortably at their own pace. Deep meridian stretching, core strengthening, meditation, refreshing cool-down, tea time.
Call: ABQ NE 797-2211, ABQ NW 792-5111
Santa Fe: 505-820-2211
www.bodynbrain.com

Archangel Channeling with
Donna Carol
July 7, Aug 4, 6:15-7:30pm • $20
Experience truly divine energy the 1st Friday of every month! Renowned clairvoyant-medium and energy healer, Donna Carol, will channel a loving message and powerful healing energy from the Archangels. Doors open with coffee and tea service at 6 pm. They close at 7:30 pm.
Held at: Resonant Essentials
7413 Menaul Blvd NE, ABQ
RSVP: text 505-515-5088
www.crystalhealer555.wixsite.com/donna-carol

A Common Practice of Reiki
July 29, Sept 16, 1:30-4:30pm • $5
Reiki practitioners of any level, any lineage, are invited to give & receive team treatments, following a “common practice” (practitioners use designated hand positions & follow predetermined guidelines). RSVP required: call 2-24 hours before—leave your name & phone number.

Celebrating Abundance:
Million Dollar Meditation
August 2, 6:30-8:30pm • $20
Bring a Friend FREE
Experience a powerful meditation-visualization to up-level your life more! Can it get better than this? Integration with Wealth Codes. Learn the secrets to continue the up leveling.

Brain Boosters Group
August 23, 6:30pm • FREE DEMO
Are you feeling stuck, stressed, unfocused, got the monkey mind going on? Free demo: biofeedback, nutrition, detoxing for balancing the brain and creating the focus and attention you desire! Most popular group for students and adults. Students focus better; grades jump to B’s and As.

Donations accepted

RSVP: text 505-515-5088

July . August 2017

ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN: www.trulyalive.net
community events

**PRANIC HEALING EVENTS:**
Contact: Rita Herther  
505-298-4823

Discover Pranic Healing* and Your Life Force  
**July 29, 3-4:30pm • FREE**  
Pranic Healing* introduces you to the energy body, the blueprint of the physical body and how prana, the life force, works with your innate ability to heal.  
**Held at: First Unitarian Church**  
3701 Carlisle Blvd NE, ABQ, 87110

Discover Your Innate Ability to Heal  
**July 30, 1:30-3pm • FREE**  
An introduction to the benefits of Pranic Healing* and the ability to help yourself and others heal and be well through prana, the “life force”.  
**Held at: Crystal Dove**  
525 Central Ave. NE, ABQ 87102

Benefits to Healthier Living  
Super Brain Yoga® & Pranic Healing*  
**July 29, noon-1:30pm • FREE**  
Recharge your brain for clarity with an ancient technique that balances energy. Together with Pranic Healing*, learn to harness your “life force” for healthy benefits.  
**Held at: The Source**  
1111 Carlisle Blvd. SE, 87106

Pranic Healing Clinic - Ongoing  
1st & 3rd Tuesdays, 6:30-8pm • FREE  
Experience no-touch clearing of congested energies, and energizing and balancing of your energy body.  
**Held at: First Unitarian Church**  
3701 Carlisle Blvd NE, ABQ, 87110

**Ongoing Events**

**EVENTS AT:**  
Shambhala Meditation Center  
Held at: 1102 Mountain Rd NW, ABQ 87102 • Info: 505-717-2486  
www.albuquerque.shambhala.org

Open Public Sitting Hours  
**Wednesdays, 6-7pm**  
**Sundays, 10am-noon • FREE**  
Join us for public sitting Wednesday evenings & Sunday mornings. Meditation instruction is available upon request every Sunday at 10:00 AM. On the last Sunday of the month, please join us as we go out for a community lunch following public sitting.

Heart of Recovery Meditation  
**Mondays, 6-7:30pm • FREE**  
Meditation and sharing support group to bring together the practice of meditation, the Shambhala & Buddhist teachings, and the Twelve Steps of Recovery. There are no requirements to attend. The format of this meeting is a 20-minute sitting meditation, a reading and group discussion.

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**EVENTS AT:**  
High Desert Center for Spiritual Living  
5621 Paradise Blvd NW, 87114  
(All Events call 505-922-1200 unless otherwise indicated) • [HighDesertCSL.org](http://www.highdesertcsl.org)

Every Sunday we celebrate spiritual living, and embrace the theme of the month and topic for the week to anchor our expanded awareness in our daily lives.

July Theme: Open Communication  
We stand together in a shared commitment and devotion of our spiritual principles, practices and values.

**High Desert Center cont’d**

July 2: 10-11:15am Service with Rev. Jac Blackman  
**Message: Who Is Really Free?**  
**Path to Wealth group meets after service**

**Message: OS Upgrade 17.7.9**  
Community Conversation and Potluck after service

July 16: 10-11:15am Service with Lin Nowicki, RScP, Ministerial Intern  
**Message: Missing the Mark**  
**Path to Wealth group meets after service**

July 23: 10-11:15am Service with Jewel Alexander  
**Community Outreach group meets after service**

July 30: 10-11:15am Service with Rev. Ann Rea  
**Message: What’s Your Story?**

**August Theme: Love, Compassion and Caring**  
A deep realization of our Oneness with all life naturally awakens compassion in mind and heart.

August 6: 10-11:15am Service with Rev. Jac Blackman  
**Message: What Forgiveness Is All About?**  
**Path to Wealth group meets after service**

**Message: We Must Look Beyond the Numbers**  
Community Conversation and Potluck after service

August 20: 10-11:15am Service with Lin Nowicki, RScP, Ministerial Intern  
**Message: Learning To Love Ourselves**  
**Path to Wealth group meets after service**

August 27: 10-11:15am Service with Meg Wallace  
**Community Outreach group meets after service**

**ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN:**  
www.trulyalive.net

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**TRULY ALIVE | www.trulyalive.net**
For those of you who know me, you are aware that the Conversations with God materials are my favorite spiritual texts. As someone who has read metaphysical books, attended workshops and studied metaphysics in a myriad of ways since I was a teenager (not to mention reading spiritual books for the covers of Truly Alive for more than 10 years), that is a pretty big endorsement.

Different materials speak to different people in different ways. The reason I love the Conversations with God materials so much is because (1) the information is offered so simply that a child could understand (as opposed to the Course in Miracles’ circular construction for example), (2) the information is incredibly logical and truly sounds like what God would say (to me) and (3) the messages are totally consistent, although the material was shared with Neale and published over a 25-year period.

You could read book 4 right now and receive tremendous benefit, but if you haven’t read any of the prior Conversations with God books, I encourage you to start with Books 1, 2 & 3 first (also available on CDs—I listen to a portion of these 24 CDs every morning and have for about 6 years). Books 1, 2 & 3 lay the groundwork for a deeper understanding of the opportunities before us now, and if we choose, how to live the highest and best next versions of ourselves. The book on the cover of this issue, Conversations with God, book 4, Awaken the Species provides even more details and clarifies on how we can change life on earth now for the better.

My life has been blessed in countless ways as a result of the Conversations with God material. It is my deep heart wish that your life too, will be so touched by the material that you will experience being transformed in the most wonderful ways.

Indeed, when the tipping point of humanity reaches critical mass for spiritual awakening, I believe humans are going to bask in paradise on earth; the experience many of us have been aspiring to for so long.

Feedback? I would love to hear from you. Email me at info@trulyalive.net.

Happy Summer!

Karen Larré
Yes is the simple answer! But before reading on, be aware that this article contains detailed explanations related to human sexuality. Intestinal parasites, and disease causing intestinal bacteria also, are far more common in the U.S. than most medical professionals are aware of. These unwanted guests (and especially their eggs and cysts) are present in fecal material. However, if you are careful with hygiene, the risk of infection is dramatically reduced.

As with other sexually transmitted diseases, if a person has an intestinal parasite or unhealthy bacterial infection, they often have symptoms, but they may not. Therefore, do not rely on symptoms to guide your action. I’ve specialized in treating parasites since 1980 and my recommendation is to assume your partner has something you don’t want, and to develop good hygiene habits to prevent getting what they have.

Since these infections can be transmitted from contact with even a small amount of fecal material, washing with soap and water prior to sexual activity is essential. Wash your hands and the area around your genitals and anus. You may then touch and kiss and suck with significantly reduced risk. I want to stress that you cannot get these infections by kissing unless your partner’s mouth has recently come in contact with fecal material that contains a parasite, or their eggs or cysts, or an unhealthy bacteria or virus.

Many sexual partners are interested in, or are currently exploring the pleasures of anal stimulation through touching and kissing, as well as anal penetration with fingers, vibrators, strap-ons and penises. And, men are slowly, very slowly, becoming aware that prostate massage, either as part of a sexual interaction or as a separate therapeutic activity, can be very beneficial for helping prevent and treat the increasing number of male prostate problems. The risk of sharing an infection increases when engaging in these practices relating to anal stimulation. The reality is that anal kissing, licking and tongue penetration are the riskiest activities because transmission is direct. But with awareness (and discipline), you can intervene in the path of transmission by washing your hands, genitals and tools before continuing on with other sexual activities that could transfer fecal material to your mouth. The bottom line (yes, again!): be knowledgeable and be impeccable with your hygiene before and during sex.

Now, if you want to be more free and uninhibited in your anal sexual activities, the only way to do so in a fully informed and safe way is to get a dependable stool test for parasites and unhealthy bacteria, treat with an appropriate protocol if something is found, and repeat the stool test to insure the success of the protocol. Successfully accomplishing this in the conventional medical system (and the alternative healthcare system) is no easy task.

Once you get rid of your “visitors” if you have them, it’s essential to develop failsafe habits to prevent getting infected again. This involves water, food, pets and…door knobs! I’ve written a bit about prevention in previous Truly Alive articles that you can read online at TrulyAlive.net. (Search on my last name.) If you want more detailed information, I’ve written an article on Parasite Prevention that I will email to you. Simply call my clinic at 505-771-4998 and provide your email address.

One area I specialize in is providing my patients and those of other doctors with world-class stool analysis to diagnose intestinal parasites and other unfriendly visitors, using very sophisticated microscopy at a World Health Organization-funded lab in Africa. I also provide safe and highly effective non-drug treatment and prevention options. You can schedule a consultation with me or simply order a specimen kit and we can consult once we know what visitors you have, if any. I’ve helped other Truly Alive readers with health issues no one else had been able to solve. I love doing that! Call my clinic for an appointment: Wise Medicine, at 505-771-4998, www.Dr.GlennWilcox.com.
For centuries, mothers and doctors have been feeling foreheads and using thermometers to check for fever, an indication of disease. “Dis” is a Latin prefix meaning “away from”, so “disease”, is “away from ease”.

Thermography or DITI (Digital Infrared Thermal Imaging) is a non-invasive way to scan or image the body’s thermal (heat) patterns. There can be areas of heat or areas of cold that indicate “dis-ease”.

How does it work? A trained clinical thermographer, using a very sensitive medical digital camera, takes pictures of heat radiating from the body. Every body (human or animal) radiates heat energy in specific patterns. These images (pictures) are then interpreted by a licensed medical doctor. At the Thermography Center, we use a highly sensitive camera and are very particular about the M.D.s who read our images and write our reports. It takes lots of education and training to qualify as an M.D. that does thermographic interpretation. Most other thermography clinics do not offer reports written by a licensed M.D.

The camera does not use radiation (mammograms and x-rays use ionizing radiation) and there is no compression, so it is totally safe and painless. The images reveal patterns that may detect problems. Too much heat can indicate increased blood flow due to inflammation or new blood vessel growth (tumors recruit new blood vessels to feed themselves). OR, it may be a problem with cold; not enough circulation or possible nerve irritation (compression).

Thermography is most commonly used for breast imaging; but we can image the whole body. A thermal image is like a thumbprint and should not change over time. Images taken annually are compared for changes that may indicate “dis-ease”. These changes in heat patterns can happen long before there is a full-blown tumor or serious illness, allowing you to make healthful changes to prevent disease.
Summer brings amazing adventures, great weather, sunshine and fun. Here are some things to ensure your family stays in tip-top shape:

**HYDRATE, HYDRATE, HYDRATE!** Remember, New Mexico sunshine is incredibly hot! Be sure to keep lots of water with you at all times. Plastic water bottles can be very toxic in the heat of summer, so be sure to put them in a cooler if you use them. During summertime, get tested with Kinesiology biofeedback to see what level of water your body requires in the summer.

**TAKE CARE OF YOUR SKIN:** Use this link [www.ewg.org](http://www.ewg.org) to check the products you are using for sunscreen and mosquito repellent. Many are highly toxic and bombard your skin with chemicals. Children, with their smaller bodies are affected even more. Better yet, stop by our clinic and get a free sample of the essential oils known to keep mosquitos at bay better than insect repellent as well as prevent or provide instant relief for sunburn.

**IF YOU FREQUENT PARKS:** Remember that our parks are sprayed with heavy chemicals and weed killer—especially in the summer months. Be sure to call us for a foot detox and natural products that help offset those chemicals. Also, our cold laser is great for sprains, cuts and other injuries that often occur during summer fun.

**CRITTERS:** Ants, cockroaches, flies, etc. can try to take over your home! Be sure to see our list of essential oils and natural products that can be used in lieu of all the toxic chemical, harmful ones. (See the community event section of this magazine for our free class on natural solutions to replace chemicals in the home).

**VACATION:** Prepare ahead. I take a small keychain with ten (10) 5/8 dram bottles of essential oils that help with sleep, digestion, constipation, a cold/flu, sweet cravings and blood sugar, cuts & sunburn, energy boosting, and more.

Janet L. Hall has a master’s degree in Holistic Health, practices Naturopathy and is a Certified Master Kinesiologist & Herbalist. She is also a Certified Biofeedback & Essential Oil Specialist, Nutritional Evaluator, Coach and Emotional Facilitator. Her center is dedicated to helping people “rise above!” anything in their lives. 505-294-WELL (9355). [www.alternativewellnesscenter.org](http://www.alternativewellnesscenter.org)
Benefits of Black Seed Oil
By Tracy Bridgen

Also known as cumin or caraway seed, black seed (nigella sativa) has been used for over 2000 years and is viewed as a healing wonder, with research suggesting that it could be helpful in fighting illnesses of all kinds. Over 600 peer-reviewed studies prove that this amazing little seed has more than 20 ‘pharmacological actions’ on the body when taken in food or as a supplement. Yes, black seed oil benefits are plentiful.

The earliest medicinal application of black seed is traced back to ancient Egypt. The Assyrians there called black seed “tin tir” and ingested it to cure stomach problems. Externally, they used it to treat the eyes, nose, and mouth, and for skin inflammations such as rashes, bites, and sores. The Egyptians called it a panacea, and a bottle of it was even found in Tutankhamen’s tomb.

Black Seed Oil (nigella sativa) has been found to possess the following properties:

1. Analgesic (pain-killing)
2. Anti-bacterial
3. Anti-ulcer
4. Anti-inflammatory
5. Antihistamine
6. Anti-cancer
7. Anti-cholinergic
8. Anti-fungal
9. Anti-hypertensive
10. Antioxidant
11. Antispasmodic
12. Antiviral
13. Bronchodilating
14. Gluconeogenesis inhibiting (anti-diabetic)
15. Hepatoprotective (liver protecting)
16. Hypotensive
17. Insulin sensitizing
18. Interferon inducing
19. Leukotriene antagonist
20. Renoprotective (kidney protecting)
21. Tumor necrosis factor alpha inhibiting

I love this tool! I first started using it for digestive issues and was amazed how quickly it helped. Acid reflux decreased, and I noticed my bloating would quickly subside. My appetite has increased so much since I’ve started to use my tool! It makes so much sense, with how many important things going on in our gut. I can’t believe no one thought of this sooner.

It’s also amazes me the other benefits I’ve experienced. My mind becomes calm, and I quickly drift into a meditative state of mind. My worries become less of a burden, and I’ve been able to have a more clear perspective on the problems I’m facing. And my body becomes so warm! I was skeptical when I was first told about belly button healing, but wow!! It’s the best investment I’ve made in my health, hands down!

Shae Petroff

Visit the Body & Brain Center nearest you and learn how exercising your belly button just 5 minutes a day can change your life! www.bodynbrain.com, www.bellybuttonhealing.com

3 NM LOCATIONS
Albuquerque 797-2211
Cottonwood 792-5111
Santa Fe 820-2211

Stress Relief • Relaxation
Weight Loss • Flexibility
Peace of Mind • Pain Relief
Gut Health

bodynbrain.com
bellybuttonhealing.com

Purchase high quality Black Seed Oil at TJ’s Evergreen Market, where Your Health is our Business! 1510 Deborah Rd, Rio Rancho, 505-892-5243. Call or stop in today! www.facebook.com/TJs-Evergreen-Herbal-Market-41242115207/, www.tjsevergreen.com

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TRULY ALIVE | July . August 2017

READ MORE ARTICLES BY BOTH AUTHORS ONLINE: www.trulyalive.net
Research from the renowned Riordan clinic has shown that intravenous (I.V.) high dose Vitamin C can result in cancer cell death. In high doses IV-C creates hydrogen peroxide, which damages the DNA and mitochondria leading to destruction of the cell. Best of all—unlike conventional chemotherapy drugs that destroy cancer cells—it is selectively toxic. No matter how high the concentration, Vitamin C does not harm healthy cells in individuals who have sufficient enzymes levels to break down hydrogen peroxide. Because cancer cells are relatively low in this enzyme, the high dose Vitamin C induction of peroxide will continue to build up until it eventually disintegrates the cancer cell from the inside out. This effectively makes high dose IV-C a non-toxic, chemotherapeutic agent. Based on the work of several Vitamin C pioneers before him, Dr. Riordan was able to prove that Vitamin C was selectively toxic to cancer cells if given intravenously.

Two-time Nobel Prize winner Linus Pauling, along with Dr. Ewen Cameron of Scotland, did a scientific study proving that 10 grams of Vitamin C, given intravenously, could extend the life of advanced cancer patients six-fold. With cancer, Riordan et al. (1995) demonstrated that Vitamin C was an effective anti-tumor therapy. These researchers also concluded that oral Vitamin C supplementation was unlikely to produce blood levels of Vitamin C high enough to have a direct killing effect on a given tumor. Intravenous doses of Vitamin C bypass the digestive tract, and levels 500 times higher can be achieved intravenously compared to oral dosing.

Another way vitamin C benefits cancer is by lowering inflammation in your body, as shown in a 2012 study. As a general rule, chronic inflammation is a hallmark of cancer, and researchers found that tumor size and risk of metastasis also decreased by reducing inflammation through IV-C. A positive response was noted in 75 percent of patients. This study was also done by scientists at the Riordan Clinic, which is the successor to Linus Pauling and his work on vitamin C.

If you want to explore the powerful benefits of high dose vitamin C and its effects on cancer, please call Enhanced Wellness today! 505-323-8100 or visit: www.EnhancedWellnessNM.com You’ll find great information about the many services we offer.
You can’t look at the competition and say you’re going to do it better, you have to look at the competition and say you’re going to do it differently.  

Steve Jobs

This quote struck me recently. I’ve been in business for 5 years now, and I often hear from my patients that we’re different, in a good way. Of course, as was mentioned in my last article, in dentistry we have rules, regulations and protocols to follow and we are closely watched to assure that we are following them. There are dentists who might vary in their technique—some prefer certain instruments or the newest technology, and there are some who prefer the “old way” of doing things. There are hygienists who choose to perform their treatment in a different sequence than others; some may like a certain product and others might hate it. But standard practices remain constant.

What makes Sandi’s Smiles different? Our holistic practice uses digital x-rays which is said to emit 90% less radiation than regular x-rays. We use a steam autoclave for sterilizing our instruments—not chemicals. A “Mercury-Free” practice, we use tooth colored filling materials with no BPA. We don’t use fluoride, artificial colorings or flavors. New holistic treatments will soon be available too.

In addition to our holistic offerings, we like to get to know our patients and their concerns. Our patients’ ease and desired outcomes are our utmost priority. We carefully explain procedures and take the time to make sure patients clearly understand. Our office is homey and cozy…essential oils are diffusing into the air, relaxing music is playing and best of all, my hygiene patients get an aromatherapy scalp massage after their cleaning! I am pleased when we’re told we’re different, but we don’t stop there. We aspire to earn your trust because we want to be your choice for holistic dental care.

Most insurances accepted including Medicaid. 505-243-1546.  
www.dentalcareinalbuquerque.com

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www.resourcing.center/appointments.html

Loving kindness in healing is all about the approach. It refers to the way we relate, and specifically, about how we relate to ourselves…how we approach our relationship with self.

How we approach the multi-layered aspects of self is everything. Understand: healing is about consciousness, our body, mental thoughts and emotional reactions. It’s about finding a new way to respond to life. It’s our old, familiar, unconscious mal-adaptive responses that happen repeatedly that get us into trouble. It’s the foods we eat, the inner self-talk, the habitual ways of feeling and the behaviors that are associated with them.

Most treatment strategies involve the process of judging the self as bad and/or wrong on some level (as in diagnoses, symptoms, pains) and then reacting to the judgments (actions to reduce or eliminate the symptoms/pains) to try to get things to be different—back in line, and this approach will work only so far.

The body and our self (spirit, soul, consciousness) want unification; they want an intimate flow of information between them that can create more stability and flexibility in your whole being. When healing is needed, or “when a part of you is feeling disconnected, isolated or dysfunctional”, rather than meeting it with judgment, anger or a push to make yourself be different, try meeting it with gentleness, acceptance, allowing, listening, and a true wanting to know yourself there (in that dis-regulated/dysfunctional place).

When you help that part of yourself get its needs met more effectively, through my work (and in life), you will experience a different response from your body. My first order of business—when I see a new patient—is to inwardly offer them my loving kindness. Amazingly, beginning with this simple practice and intention...somehow almost immediately and magically, things begin to transform. I wish that this ease of being—the ease that brings peace, be available for anyone in need of true healing.
ARE COLONICS REALLY BENEFICIAL?

By Bill Haggard, All About Health

Some people say enemas and colonics are unnatural. Their reasoning is because the body should be able to eliminate waste products on its own without any help. I agree completely! But...does the body actually do that?

If you eat three meals a day plus snacks, then eliminate the equivalent of those three meals or more during the same day, you’re doing well. If not, your body needs assistance moving things out. Hence: herbal supplements, enemas and colonics to the rescue.

Again, when people tell me that colonics are unnatural, I agree and bring to their awareness to the fact that most of what we put into our bodies is unnatural. So, our bodies have a hard time knowing what to do with the overwhelming amount of unnatural substances we consume.

The fact that we don’t eliminate in equal or greater proportions than our intake should be of great concern. Much of what modern day humans ingest is waste product to begin with. But, even if you consume the highest quality organic food, if it is not processed and eliminated out of the body in a timely fashion, it will become toxic as well.

A good transition time (from consumption to elimination) is between 12 and 18 hours. This means that what you consume today should leave you tomorrow. If not, health problems will eventually occur. If consequences from poor dietary choices appeared immediately, then perhaps poor choices wouldn’t be repeated. The body is incredibly good at managing the various assaults made to it (until that is, it can no longer tolerate the accumulations).

The body at some point expresses this toxic overload by displaying certain symptoms such as chronic fatigue, grogginess, bloating, gas, muscle aches, joint pains, migraines, allergies, insomnia, night sweats, body odor, bad breath, depression and more.

All these symptoms are the body’s cry for help that often is ignored or blamed on aging. If its cries become loud enough/persistent enough, we run to the doctor or pharmacy. Medicines most often suppress the symptoms, ignoring the cause. In time, the suppressed symptoms often manifest into something even worse.

Poor elimination can be helped simply by making good dietary choices with foods that feed your cells and not just your taste buds. Help the body eliminate past stored regressions through enemas, an old tradition - tried and true. (My clients who do regular enemas in between colonics have the very best improvement in their health!)

Should you decide to accept this mission...to improve or reclaim your health, it will require discipline and change. Begin fueling with life-giving foods. Consider weekly enemas, or, better still, seek out a qualified experienced colon hydrotherapist and do both.

Do a colon cleanse, as it does so much for your precious body. It clears excess waste material, rejuvenates energy levels and helps restore a normal healthy body weight. Other overlooked benefits include: a reduction of bad breath and body odors, clearing of thinking processes, reduction of aging affects like wrinkles, thin skin, muscle loss and liver spots and increases in emotional well-being, as well as a reduction in bloating/gas, increased ease and productivity with digestion, clearer skin, fewer (or no) rashes and other skin irritations. And there are even more benefits not listed here!

What do you have to lose? Only your negative emotional, mental and physical complaints! You owe it to yourself and your health to do all you can to be healthy and stay that way. Love, Bill
10 Facts about Fluoride
by Michael Connett, attorney for Fluoride Action Network

1. Most developed countries do not fluoridate their water. More people drink artificially fluoridated water in the US alone than in the rest of the world combined. Most advanced nations do not fluoridate their water. In Western Europe, 97% of the population has water without a single drop of fluoride added to it.

2. Fluoridated countries do not have less tooth decay than non-fluoridated countries. There is no discernible difference in tooth decay between the minority of developed countries that fluoridate water, and the majority that do not.

3. Fluoride affects many tissues in the body besides teeth. According to the well-known toxicologist, Dr. John Doull, who chaired the National Academy of Science’s review on fluoride’s safety, concluded that fluoride is an “endocrine disruptor” and can affect many things in the body, including the bones, the brain, the thyroid gland, the pineal gland, and even blood sugar levels.

4. Fluoridation is not a “natural” process. Fluoride occurs at naturally high levels in some water supplies. However, lots of toxic substances, like arsenic and lithium, can occur at naturally high levels. This doesn’t mean they’re safe. Also, the main fluoride chemical (fluorosilicic acid) that is added to water is not a naturally occurring compound. It is a corrosive acid captured in air pollution control devices of the phosphate fertilizer industry.

5. 40% of American teenagers show visible signs of fluoride over-exposure. According to the CDC, 40% of American teenagers have a condition called dental fluorosis. Fluorosis is a defect of tooth enamel caused by fluoride’s interference with the tooth-forming cells. The high rate of fluorosis in the US reflects the fact that children now receive fluoride from many sources besides tap water.

6. For infants, fluoridated water provides no benefits, only risks. Infants who consume formula made with fluoridated tap water consume up to 700 to 1,200 micrograms of fluoride, or about 100 times more than the recommended amount. According to the CDC, this early fluoride exposure provides no advantage to teeth. Teeth are not the only concern. In July of 2012, scientists from Harvard University warned that the developing brain may be another target for fluoride toxicity.

7. Fluoride supplements have never been approved by the FDA. Because of fluoride’s toxicity, you can only buy a fluoride “supplement” if you have a doctor’s prescription. Yet, although federal law requires that prescription drugs be approved as safe and effective by the FDA, the FDA has never approved fluoride supplements for the prevention of tooth decay.

8. Fluoride is the only medicine added to public water. Fluoride is the only chemical added to water that doesn’t actually treat the water. Because fluoride is not a nutrient, the FDA has defined fluoride as a medicine when used to prevent disease. With other medicines, it is the patient, not the doctor, who has the right to decide which drug to take. Fluoridation denies people this right.

9. Swallowing fluoride provides little benefit to teeth. Fluoride’s main benefit does not actually come from ingestion, it comes from fluoride’s topical contact with teeth; a fact that even the CDC has now acknowledged.

10. Disadvantaged communities are the most disadvantaged by fluoride. The simple fact is that poor populations need dental care, not fluoridation chemicals in their water. The millions of dollars spent each year promoting fluoridation would be better spent on real dental care: like allowing dental therapists to provide affordable care to populations with little access to dentists. In short, fluoridation provides good PR for dental trade associations, but bad medicine for those it’s supposedly meant to serve.
I began and honed my medical/neurosurgical and neuroscience career as an integrative medical doctor at Albert Einstein University in New York City. I was therefore very impressed when I received the NY State Department of Health May 2017 newsletter, written by Howard A. Zucker MD, JD, the New York State Department of Health Commissioner. This is his monthly medical newsletter, sent to all NY State medical doctors. It called attention to a previously considered rare disorder of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS).

Dr. Zucker describes this chronic pain syndrome, associated with unremitting fatigue, weakness, insomnia/nonrestorative sleep, and pain, with immunological, cognitive, and autonomic dysfunction. Patients can suffer many years of unremitting symptoms, with long term physical and emotional suffering, as well as moderate economical and quality of life losses. Dr. Zucker urges physicians to consider chronic inflammatory neuroencephalomyelitis when a patient presents with the above constellation of symptoms, particularly if presenting with a duration of greater than 6 months. This illness is a common presentation of increasing frequency, as environmental toxic influences, often along with low grade occult infections, and adverse dietary influences, are all increasing at an alarming rate.

As our ecosystem and world become increasingly toxic and our food and water supply contaminated or adulterated, we, as an integral part of that ecosystem, also become toxic. Subsequently, our immune and nervous systems become increasingly involved, manifesting illness such as ME/CFS, along with most neuroinflammatory presentations.

In my practice of holistic neurological medicine and as a neurosurgeon, I encounter patients daily with acute and chronic pain syndromes. My evaluation always considers such causes as nerve impingement, injured joints or discs, lesions, and spinal malalignment, etc. In many cases, however, there is often a deeper, more elusive physiological cause to their pain syndrome, involving neurotoxicity and possibly the presence of concurrent low-grade infections.

In the hospital, patients are seen acutely, often when a trauma has occurred, or a physiologic process has reached a critical stage or crisis. These patients are managed according to standard emergency medical and surgical protocols. Conversely, in the outpatient setting, i.e., a medical doctor’s office, most patients present with chronic pain syndromes, for which they are often desperate to find a remedy, as only palliative measures have been offered previously. Many of these patients have been suffering unnecessarily for varying lengths of time and have not just been impacted physically.

In the last analysis, we see only what we are ready to see, what we have been taught to see.

We eliminate and ignore everything that is not a part of our prejudices.

~ JEAN-MARTIN CHARCOT (1825 – 1893), FOUNDER OF MODERN NEUROLOGY.
and emotionally, but also economically and personally, subsequent to living with chronic pain and dysfunction.

The good news is that pain syndromes are often reversible once the underlying structural and physiologic causes are identified. Such reversible syndromes would include migraine, cluster and tension headaches, occipital headaches and neuralgias, neck and low back pain, facial pain, (Trigeminal Neuralgia and TMJ pain), thoracic pain, Shingles (Herpes Zoster) and Post-Herpetic Neuralgia, Myofascial Pain, Fibromyalgia, pelvic and abdominal pain, including dysmenorrhea, bladder pain, stomach and bowel pain, upper and lower extremity pain including Restless Leg Syndrome, Thoracic Outlet Syndrome, Carpal Tunnel Syndrome, all forms of peripheral neuropathy, and Chronic Regional Pain Syndrome (RSD), etc.

Neurotoxicity occurs when toxins accumulate in the neurological tissue of the body and undermine the functioning of the brain and nervous system. Long-term exposure to environmental toxins such as heavy metals, low grade infections, radiation, chemicals, food additives, pesticides, etc. can result in neurotoxicity. Chronic exposure to and bioaccumulation in the brain of heavy metals such as arsenic, lead, mercury, cadmium, iron and aluminum, can lead to neurotoxicity, as can exposure to poisonous plants, animals, and molds.

The symptoms of neurotoxicity are largely reversible once identified and properly managed. Neurotoxicity symptoms resemble those of disease conditions such as the chronic pain syndromes listed above, but also depression, Attention Deficit Hyperactivity Disorder (ADHD), chronic fatigue syndrome, the Autism Spectrum, as well as an array of autoimmune diseases, (Celiac disease, Irritable Bowel Syndrome, and psoriatic or rheumatoid arthritis, etc.)… all diseases notoriously unresponsive to conventional therapy. My experience in managing these conditions is that neurotoxicity is usually a contributing, underlying factor.

Once you’ve recognized that you might have a reversible pain syndrome, then what would be your next step for long-term cure and relief? Correct identification of all contributory, causal issues is required, and appropriate treatment undertaken. If the underlying cause of your pain or illness is toxicity, and your treatment plan does not include a detoxification regimen, your overall recovery is very likely to be incomplete and slower than it needs to be. Standard suppressive pharmaceutical management of pain syndromes typically does not provide long-term relief and cure, and the side effects can be overwhelming. Having the underlying neurotoxicity issues identified and safely managed is a necessary part of your care to provide long-term relief and cure, with the additional benefit of elevation of your general health as well.

If you suffer from chronic pain/neuroinflammatory illness, and you would like to continue to have access to an integrative medicine diagnostic and treatment approach, including the option of the prescribing and sale of herbal remedies and supplements by a physician, then please contact the New Mexico Medical Board at the numbers and email address listed to follow. They are currently using a delayed medical records processing claim of mine to make it illegal in this state for MD’s to prescribe and sell herbal remedies and supplements as part of integrative care. The NMMB can be reached by phone at: 505-476-7220 and by email at: nmbme@state.nm.us.
I would like to share with you the words of one of my clients:

I thought the reason I was going to see Maggie was to assist with Lymph drainage and receive Cranial Sacral work, both of which I had experienced from other practitioners. During the session I became aware that Maggie is a healing presence and able to realign our forms on all levels, physically, emotionally, mentally and spiritually. She is truly a Gift in these troubling times. We all need to be released from old patterns so we can move from the old way of being in the world and create ourselves in a new way with freedom from limitations, allowing something greater to be revealed. She was able to see where my energy was blocked and as an Intuitive Energy Healer she was able to allow me to release patterns that I was still holding onto since childhood.

Maggie is a soul friend with an understanding of how to move old stagnant energy from the body/mind complex. Once old energy was removed there was space for new energy to be embodied. The feeling of the new energy was tangible. Following the first session the energy continued to be felt as it was integrating into the emotional, mental, physical and spiritual bodies. Maggie allows me to feel safe and supported during the healing process. In the days to follow there was a sense of well-being and restoration as I awakened beyond the discomforts of past accidents, illnesses, relational issues and traumas.

This is the kind of healing that was traditionally available in Indigenous Cultures on a daily basis but is absent in the western world. The whole person is being healed not just the disease. Maggie is a healing presence that helps us see things we would not ordinarily see, then work through those issues. It is my experience that behind every illness there is stuck energy and once that blockage is engaged by a knowledgable energy practitioner, the disease or discomfort can move out of our form. Healing at the root was such a relief and a Blessing.

I am an “empath” and feel things in myself and the world very deeply. Consequently, it is important to me to have someone available who can support me in examining and healing the deepest aspects of myself that are hidden from my view on all levels of my being. The world is in such upheaval at this time and there is a need to transition from old wounds, beliefs, desires and ideas so we may adapt in new ways, maintaining an integrity in ourselves. This allows us to use our energy in more creative ways. Maggie releases the old ways that are limiting us making space for something greater in life to reveal itself. She allows us to discover what we are here to be part of now. She allows us to give birth to a New Reality which supports and nourishes us, no longer weighed down by our past traumas and experiences. She has helped me to learn not to be ruled by my mind, emotions and memories of where I have been. I encourage everyone to receive whatever support they need as they transition through life. Maggie’s work is such a support.

E.V., Truth or Consequences

This is healing at the source of misalignment. This is truly realigning and healing across dimensions. If you have been looking for assistance to go beyond where you feel stopped or stuck call Maggie at 505-898-7853.

Maggie has been doing transformational work with people since 1986. She uses CranioSacral Therapy and Lymphatic Drainage to assist her. But primarily relies on guidance from light beings who always come to assist in every session. They are the true healers. Maggie is honored to be the conduit of light for their healing energies. www.HealingAcrossDimensions.com
You are the “Beauty”. The “Beast” is represented by the golden years that want to steal your youthful self. But you have a choice...

How will you feel when you turn back the clock and see a more youthful you? My clients are ecstatic! They say their confidence has soared and the date on their driver’s licenses feels like a big fat lie. Imagine tackling aging at its roots. You can!

Choose the services that are perfect for you; one or any combination. I offer:

**Natural Fillers:** Amazing injectable cosmetic fillers are injected into the skin to help fill in facial wrinkles, restoring a smoother appearance. They are eventually absorbed by the body. Restylane Lyft injections lift and reshape cheeks; Restylane Silk plumps lips, filling in lip lines. PRP rejuvenates skin on the face, hands and neck, stimulates hair growth is great for acne scars. Platelets are cells in the blood that help tissue to heal and grow new cells. PRP, injected into specific areas of the skin, act as a matrix that promotes your own collagen to grow, regenerates tissue, and thus acts as to naturally smooth and tighten the skin.

**Body Sculpting:** Significant Fat/Spot Reduction and Body Contouring (for localized fat deposits and cellulite—wonderful for love handles, double chins and jowls, abdominal fat, thighs and arms, under bra rolls, fatty lumps and “waves”, pubic area corrections and more). This is a great alternative to Liposuction.

**Sclerotherapy with Radiofrequency:** Eliminate spider veins in your face with this powerful treatment. Imagine clear skin... putting your best face to the world!

**Mole and Facial Lesion Removals and Scar correction with Radiofrequency:** Cherry Angiomas, Seborrheic Keratosis, Skin Tags (Acrochordon), Sebaceous Hyperplasia, Actinic Keratosis and other skin irregularities—gone! Just imagine!

**Sclerotherapy with Radiofrequency:** Eliminate spider veins in your face with this powerful treatment. Imagine clear skin...

**Microneedling:** Rejuvenate your skin and melt away stretch marks. Cumulative results you will truly love!

If you want to look and feel younger, you’re certainly not alone. For clearer, more vibrant skin, defeat “The Beast” with me! Call my office for a FREE Consultation (and always affordable prices), 505-299-0069, www.abq-cosmetic-doctor.com.

**Visa, MasterCard, Care Credit (6-12-18 mos.) and interest free and deferred payment plans are available. Board Certified in Internal Medicine and Bariatric Medicine, Dr. Montano has been doing cosmetic medical procedures since 2008.**
Neale Donald Walsch is the New York Times Bestselling author of nine books in the Conversations with God series, which have sold more than ten million copies in 37 languages. He is one of the major authors in the new spirituality movement, having written 29 books, with eight books on the New York Times bestseller’s list. Titles in the With God series include: Conversations with God, Books I–III; Friendship with God; Communion with God; The New Revelations; Tomorrow’s God; What God Wants; and Home with God. CWG-Book 1 occupied the NY Times Bestseller list for more than two-and-a-half years. His more recent books include When Everything Changes Change Everything (2010), The Storm Before the Calm (2011), The Only Thing That Matters (2012), What God Said (2013) and GOD'S MESSAGE TO THE WORLD: You’ve God Me All Wrong (2014). His life and work have helped to create and sustain a worldwide spiritual renaissance, and he travels globally to bring the uplifting message of the CWG books to people everywhere.

Is there something that humans just don’t understand about life? Yes—and it’s huge—answers Neale Donald Walsch, especially after the latest conversation with God which is now Conversations with God, book 4, Awaken the Species.

Neale writes “How is it possible for seven billion human beings to all want the same thing—safety, security, peace, prosperity, opportunity, happiness, and love—yet be unable to produce it for any but the tiniest percentage, even after thousands of years of trying?

“I pose this question wherever I appear on my speaking tours, but I rarely get a satisfactory answer. That’s because most people do not understand the nature of the problem. As a result, we keep trying to solve the problem at every level except the level at which the problem exists.

“First, we try to solve the problems as if they were political problems. We author legislation, we pass resolutions, we issue declarations and sign documents, we create governments and then, by vote or by force, dismantle the governments we have created—we try everything we can think of politically, and yet we are faced with the same problems today that we have faced for centuries, and indeed, for millennia.

“So we say, obviously these are not political problems. They must be economic problems. And we then try in every way that we can to manipulate how cash flows around the problems. We throw money at them (as in the sending of foreign aid), or we withhold money from them (as in the imposition of economic sanctions). We try everything we can think of economically, and yet we are faced with the same problems today that we have faced for centuries, and indeed, for millennia.

“So we say, obviously these are not economic problems, they must be military problems. And then we shoot bullets at them and drop bombs on them and fire missiles into them. We try everything we can think of militarily, and yet we are faced with the same problems today that we have faced for centuries, and indeed, for millennia.

“So we say, it’s time to stop the fighting and go back to the bargaining table. We need to negotiate a settlement. And the cycle starts all over again. We pass more resolutions, then we impose more sanctions, then we drop more bombs, all the while crying out plaintively: ‘There must be a solution somewhere.’

“Yet the problem facing humanity is not a political problem, it is not an economic problem, and it is not a military problem. It is a spiritual problem, and it can only be solved by spiritual means.

“In my Conversations with God book series—the first entry of which was published in 1995—and has sold in the millions and been translated into 37 languages worldwide, so I have some well-worn opinions on what I call ‘humanity’s dilemma.’

“Nothing we are doing is working. Our political systems clearly are not working. Our economic systems clearly are not working. Our ecological systems clearly are not working. Our health care systems clearly are not working. Our educational systems clearly are not working. Our social systems clearly are not working. And saddest of all, our spiritual systems clearly are not working.

“Nothing that we have created to produce a better life for all of us is producing that outcome for the largest number of people. In fact, it is worse than that. They are actually producing exactly the opposite. It is time to arouse humanity from its slumber.
There is obviously something we don’t understand, both about life and about God, the understanding of which would change everything.

“I have catalogued what I consider to be humanity’s major misunderstandings in my latest book, Conversations with God-Book 4: Awaken the Species. I offer seven tools for integrating the behaviors of fully awakened beings into an average person’s daily life. I really didn’t think I’d ever find myself in another conversation with God of the kind that extends to book length, but I got caught up in exactly that kind of experience in August of 2016, and before I knew it an entire book had emerged. As with my other experiences, I realized it was intended to be a published book from the beginning, and was never meant for me only. So I sent it to a publisher who agreed to distribute it globally, and there you have it.

“Perhaps the most startling assertion of my new book, however, is not about current human behaviors, but the behaviors of extraterrestrial beings—who I am convinced not only exist, but are actively working to help the people of Earth grow in their understanding.

“My book includes a list of what I say are sixteen crucial differences in behavior between what I describe as “Highly Evolved Beings living in an awakened state” and those human beings who are not. I understand that such an assertion will meet with skepticism at best, and derision in some quarters for sure.

“I think most people now accept that we are not alone in the cosmos, and most would be comforted to know that benevolent beings are seeking to help us move forward in our evolutionary process. Yet if such beings are helping, one might ask, why is our planet now facing crisis after crisis, with terrorism destroying lives, economic dreams being shattered, and unpredictable political upheaval emerging everywhere?

“The fact that these conditions exist make this the perfect time for our advancement. They comprise the storm before the calm, their severity serving to shake humanity from its complacency, awakening us to what now urgently needs to be done if we are to keep the promise of our potential.

“I was told all of this in my latest conversations with God, a communication with the Divine that people are having all the time. Most people are simply calling it something else. A moment of inspiration, perhaps. A sudden insight. A wonderful or brilliant idea. An intuitive sense. Some have even labeled such moments an epiphany. People will call it whatever they have to call it to get away with sharing their experience without having to claim that God spoke to them, or that Divine revelations had anything to do with it.

“We are talking here about the expansion of awareness that arises from the place of highest wisdom within all of us. It is the daring vision of Galileo, the incisive clarity of Socrates, the expansive understanding of Simone de Beauvoir, the intellectual bravery of Gertrude Stein, the pure genius of Madam Curie and Albert Einstein that resides within everyone, awaiting our access and our use.

“Book 4 in the Conversations with God series contains an invitation to human beings to choose to be among those who commit to moving forward their own individual and personal evolution by embracing and demonstrating behaviors that serve to awaken the species to who and what human beings really are (Individuals of Divinity), and how that may be made manifest in daily experience.

“Consider the two most fascinating questions that emerged from this new book: (1) Is the human race being offered help by Highly Evolved Beings from another dimension? (2) Is there a key role that humans are being invited to play in advancing their own evolution in a mutual mission to assist the planet during these critical times ahead? I was told the answer to both questions is “Yes”. You decide.

TA: Neale, millions of people have read your books, but there are many people who still, in spite of that, have not heard of you, or don’t know your story. Could you just tell us a bit about how you came to write a book called Conversations with God? What is the story behind that series of books?

Neale Donald Walsch: Well, it all began now almost 25 years ago, when I was going through a period of time in my life when nothing was working. My career had reached a dead end, my health was really going downhill rapidly, my personal relationship had fallen apart, nothing in my life was working, and so I woke up one night at 4:23 in the morning, calling out to God. What does it take to make life work? What have I done to deserve a life of such continuing struggles? Somebody tell me the rules and I’ll play, just tell me the rules.

I just got out of bed and I found myself in the living room and there was a yellow legal pad on the coffee table so I started writing a very angry letter to God in which I wrote out all those questions.

continued on 20
And I began hearing, a voice over my right shoulder that said to me, “Do you really want answers to all these questions? Or are you just venting?” I recall thinking, I am venting, but if you have answers I sure as heck would like to know what they are. I received answers immediately, almost like a download to all the questions I had asked. I began writing those answers that I was hearing in my mind. First, I was hearing them actually in the room as an audible voice then, very quickly; the answers came to me as thoughts, in my mind, in a voiceless voice. The voice of one’s own thoughts. Except they weren’t my thoughts, because they were answers that I would never have dreamt up, never have thought of in my life. So, I wrote them down very quickly, and as you can imagine the answers that I was receiving brought me other questions, and so I would ask those questions, and get answers to those questions. And pretty soon I found myself involved in a non-paper dialogue with God, question answer, question answer, question answer which was the dialogue that now millions of people have read in 37 languages, in countries around the world. In fact, that dialogue has filled actually four books of back and forth dialogue in that form and other books as well.

The latest book in that Conversations with God series, book 4, came out in March of this year (2017). So, that’s how it all began and I have to tell you that I never even imagined that this sort of thing would occur in my life. It’s just what happened.

**TA:** I understand that you are often asked about an invitation in the book, what is this invitation that you’re talking about?

**NDW:** The book contains what it calls the Third Invitation, and it refers back to Two Invitations that were received by me, and by all readers, of the earlier conversations with God material. Those first Two Invitations are, #1 “Change the world’s mind about God,” and #2, “Give people back to themselves.” That is, return them to a higher, and grander, and fuller richer understanding of who they are in the universe. And the Third Invitation, is contained in three words, the invitation is to, “Awaken the species.” That is, to live our lives, in such a way, that the behaviors that we exhibit, and that we display in our everyday life, are such that other people who are touched by us in our life and who witness those behaviors are inspired to notice who they really are; they’re inspired to notice what is possible within the human experience, and they are inspired to emulate and imitate those behaviors and to bring some of those behaviors into their daily lives as well. This is what all spiritual messengers across the centuries have done of course. And so, the Third Invitation is for all of us, all of those who read the material, to become, in that sense, spiritual messengers. But not one who goes out on the street and seeks to proselytize or seek to change people’s minds about anything, but a spiritual messenger in the sense of one who simply lives in a different way. One who marches, if you please, to a different drummer… and interacts with human beings in a way which causes others to say, ‘this is a different way of moving through life and I like what I’m seeing here. And I want to embrace some of these ideas into my life as well.’ So, that is the way that we would awaken the species; that’s the invitation that we have received in Conversations with God, book 4.

**TA:** How can these behaviors be integrated into our daily lives? Even if we did agree that most of them are beneficial or would be beneficial for us to embrace?

**NDW:** The Conversations with God book 4 dialogue doesn’t end with just the listing of the 16 behaviors and the differences between highly evolved beings and the people that are living in an unawakened state. In fact, the book offers 7 specific tools with which to help us integrate those behaviors, should we find 1 or 2 or 3 or 4, if not all of them, attractive enough and beneficial enough in our assessment that we want to include them in the living of our lives. So, the book doesn’t leave us off there, with no pathway into our own future, but in fact gives us specific grounding tools that allows us to live these behaviors, live in a brand-new way, and how to get from where we are to where we want to be, in the evolution of our own individual lives.

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

**NDW:** For anyone who would like to connect with all the material in the previous Conversations with God books, looked at in a wide variety of ways, with in-depth opportunities to explore those messages, **GCONNECT.com** is the place to stay close to the material. I always want to make certain that anyone can get to this wonderful wisdom that’s come through us in the conversations; whether they have read any of the books or not.
Our energy body is a bio-electromagnetic field integrated with the physical body. Yet, we forget that this blueprint of the physical body contributes to the balances and imbalances of our health and wellness.

Grandmaster Choa Kok Sui, the founder of Pranic Healing®, a no-touch, highly developed method of energy medicine taught that “everyone has the innate ability to heal”. How do we take this to a level of healing that benefits ourselves and others that tackles the tough stuff such as chronic disorders, the intense stress leading to bigger health issues, or the simple headache? The answer is in the cleansing and energizing techniques of Pranic Healing®, using the prana, the life force, accessed by each and every person. “For those of you tuned into energy, we also know this as chi or ki. It’s everywhere! According to Master Stephen Co, Pranic Healing® lecturer, teacher, and co-author of Your Hands Can Heal You, “By using ancient spiritual laws, anyone can use this universal life force to accelerate their vitality and accelerate their own healing.”

The use of integrative healing modalities is becoming more prevalent as we make our health and wellness a priority and look for ways to live and be healthier. Pranic Healing® offers a powerful key to wellness with a literal ‘cookbook approach’ that cleans out the dirty energy and replaces it with clean energy so the body can heal.

Courses in Pranic Healing® start with Level 1 development of skills to feel, control, and manipulate the “pranic energy”. Anyone can develop these skills and learn:

- Self-healing techniques to accelerate your own healing
- The energetic anatomy and energetic scanning
- Removal of diseased energies to clear your aura and chakras
- Boosting your vitality with energizing exercises and Pranic breathing
- Step-by-step techniques for healing ailments
- Inner peace and emotional healing through meditation
- Self-decontamination and self-recharging

Advanced courses take this practice into the understanding and use of color energy, instructive healing, and specialized applications.

Pranic Healing® has become a significant complement to traditional medicine. With an emphasis on energy hygiene, Pranic Healing® allows a person to heal others without jeopardizing their own health. Pranic Healing® techniques have been integrated into practices by many professionals, including doctors, nurses, and counselors. Grandmaster Choa Kok Sui’s vision was to have a Pranic Healer in every household. Imagine healthier families and communities!

The Twin Hearts Meditation awakens the heart chakra (human love) and the crown chakra (Divine love) and opens pathways in the energy body to give and receive healing simultaneously. This powerful meditation has great benefits when practiced with regularity. It can calm emotions, reduce stress, increase your spiritual connection, improve relationships, heighten intuition and mental clarity, and provide psychic protection.

Four years ago, Elizabeth Mora attended a lecture in El Paso, TX seeking an alternative to what doctors called a last recourse: brain surgery for her six-year-old daughter’s condition. After a fall on the school playground, her daughter displayed symptoms of traumatic brain injury with lack of impulse control, ultimately developing into epilepsy in the form of complex partial seizures. She shares her experience.

“We had our doubts. Yet, we started weekly Pranic Healing® sessions with a local practitioner and started seeing immediate changes. Within two months, my daughter’s vision improved and her medications and seizures were reduced. In six months, she had no sign of epilepsy. We healed as a family. For myself, my bad knee improved. My mother’s arm - in pain from years of lymphedema, was free to move comfortably.” Pranic Healing® has become a consistent and integral part of Elizabeth’s family life. Elizabeth is now a Pranic Healer.

Join us for the two-day “experiential” intensive in Albuquerque this August. Info in the ad on this page.

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Maintaining Wellness: It’s Your Life Force! Use it Through Pranic Healing®

By Lynn Provenzano

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Pranic Healing El Paso Border Region
While the statistics for the possibility of developing dementia haven’t changed in the last year, our understanding of what causes dementia has. Knowing what causes a problem is more than half the battle in treating the problem. I recently had the pleasure of attending the Institute of Functional Medicine’s conference “The Dynamic Brain”, and heard some of the leading researchers talk about what we now know about dementia. Here are some of the eye-opening facts I learned at the conference:

**Neuroplasticity:** This is the brain’s mechanism for renewing itself, and doesn’t stop until you die. It was often thought that as an adult, regenerating brain cells was not possible. But numerous studies have now proven this to be a medical myth. Neurogenesis, the production of new brain cells is a constant process that can be improved with exercise, or slowed by a poor diet as well as the presence of toxins in the brain.

**Inflammation:** Inflammation is everything in dementia! Uncontrolled, chronic inflammation that begins in the gut and spreads to the brain is the number one cause of dementia. So, treating leaky gut will also treat the brain. Sadly, the development of the protein deposits (plaques) and the tangling of the neurons (brain cells), which is the cause of dementia, begins 20-30 years before the first symptoms are appear. This means that most people over the age of 40, already have plaques forming in their brains.

The formation of plaques in the brain is also governed by the presence of several gene mutations that can lead to excess deposition of plaques and greatly increase a person’s risk of developing dementia. However, having an increased risk does not mean you are destined to get dementia. Lifestyle changes including diet, exercise, and also your thought processes can alter the brain, decrease inflammation and lower your risk of developing dementia. **The mind controls and can alter the brain.**

Your mind and body today are the results of your habits of yesterday. Your mind and body tomorrow are the results of your habits today.

Deepak Chopra

This simply means that your thoughts and feelings change the brain. The human brain is “hard wired” to remember painful or harmful experiences to keep us from repeating them again, but this often becomes a center of focus and we overreact to it. Negative experiences are easily converted into lasting changes. We tend to remember negative experiences much more than positive ones.

Meditation has shown to decrease inflammation in the brain, resulting in fewer plaque formations, and increase the size of the brain, instead of the normal decrease which happens with age. Actions such as mindfulness, caring, and empathy have the power to blunt the negative experiences and increase the mental resources that enhance neuroplasticity, the growth of new brain cells.

**Hormones help**—especially for post-menopausal women. Estradiol, the most dominant estrogen in the pre-menopausal years, is brain protective, and has shown to improve cognition in post-menopausal women, and decrease the risk of dementia. This is significant because 60% of all Alzheimer’s patients are women! Bio-identical progesterone also has brain protective qualities. Transdermal (topical) options are better than oral, and help decrease inflammation in the brain as well as assist in clearing the plaques. A woman’s brain is full of estradiol and progesterone receptors concentrated in the area called the hippocampus, which is responsible for storage and retrieval of memories. So, if your provider tells you “you’re getting too old for hormone replacement therapy”, get up and walk out the door (and come see me)!

In summary, it is important to realize that we can control the growth of neurons in the brain (positively or negatively) based on lifestyle choices. The choice is yours every single day.

**The brain is everything. What you think, you become.**

Buddha

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**What’s New at Vibrance?**

By Chef Karen Hammer

Whatever the season, Vibrance is dedicated to healthy, nearly all organic (mostly vegan) food, music and art. Healing and art events, and music will fill Vibrance (indoors and out) this summer. Another new menu update is coming soon, adding some terrific dishes (Karen’s and her friends’ favorites). You will truly love the additions.

Also, our beer and wine license is in the process of being finalized as I write this article. Vibrance customers will soon be enjoying organic beer and wine with their sumptuous meals!

So why seek out organic foods and spirits? World’s Healthiest Foods ([whfoods.com/oranic](http://whfoods.com/oranic)) reports that as of October 21, 2017, certified organic foods must be as at least 95% organic (YAY)! The site also shares that national organic program rules prohibit the use of conventional pesticides, petroleum or sewage-sludge-based fertilizers, bioengineering or ionizing radiation and synthetic substances. Foods certified as organic must be produced using growing methods that minimize soil erosion and that maintain or enhance the fertility of the soil. Certified organic farms prove that these materials have not been used for at least three years. Knowing this, why would anyone choose conventional food?

A beautiful, locally made pergola (a shaded gazebo/garden feature with trailing vines) will add lovely shade for your summer comfort. Fragrant roses and other wonderful flowers in our garden add to the ambiance as well as veggies and fruits beginning to sprout.

We look forward to co-creating a wonderful experience of NM’s best food and fun. Come experience the vibe at Vibrance and have your own personal experience…Enjoy it All!

Tai Chi practice on Fridays, 3-3:30pm, outdoor yoga on Saturdays at 2pm and amazing psychic readers also coming to Fridays. Live music on Saturday nights and Sunday brunch. Stay tuned, Eat Well and Live Well!

**Biopuncture Relieves Pain!**

By Dr. Gretchen Gilbertson, DC, APC

Biopuncture injection therapy is safe and a very effective tool to fight pain. It’s used to treat common pain and inflammatory problems.

*The National Center for Health Statistics* reports that approximately 4 in 10, or 75 million, Americans live with chronic pain (back pain, arthritis, joint pain, tendonitis, shoulder pain, nerve pain, overuse, injuries, etc.). To put this into perspective, pain afflicts more people than diabetes, heart disease/stroke and cancer combined according to *American Academy of Pain Medicine*.

How does Biopuncture work? Biopuncture is a therapy using mostly plant-based, ultra-low dilution product formulas which are injected into specific body regions to relieve pain and inflammation. The majority of injections are micro-injections with a very small needle just under the skin or into the muscle. One of the benefits of directly injecting the area of pain appears to be a “turbo effect,” or a much faster healing response.

In conventional medicine, the drug you take suppresses your symptoms immediately. That is why you need to take high doses of chemical substances to suppress pain or inflammation. But as soon as the medication stops working, you have to take another pill to “kill the pain” again.

However, in biopuncture, small doses of products are injected in order to stimulate or “wake up” the natural healing processes. The healing effect comes from “inside” your body—not from the products themselves. It’s the reaction of your immune system, which will produce the proper reactions to regain natural healing.

Typically, best results occur when the patient can combine biopuncture, chiropractic and good nutrition, which improves their body’s ability to heal itself.

My greatest joy comes from hearing about the improved quality of life my patients experience as a result of my treatments.

Homeopathic injections relieve pain, muscle spasms, swelling, nerve pain, facilitate detoxification and more. Insurances accepted: Presbyterian, Blue Cross/Blue Shield, Cigna, Medicare and New Mexico Health Connections, 505-299-4446, [www.sandiachiropracticcare.com](http://www.sandiachiropracticcare.com).

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Ever feel run down, fatigued or down right toxic? Perhaps you’re not feeling quite as good as you should and want to make a change. We’re all exposed to more toxins than we could ever imagine. Whenever anyone asks me about the level of toxins in the environment, I refer them to the website www.worldometers.info so they can see the real-time stats on the amount of toxic chemicals released every year. At the time of my writing this article, there have been **4.1 million tons** (8,200,000,000 lbs.) of toxic chemicals released into the environment this year! This doesn’t count last year’s 9.4 million tons, nor the 50 years before that. These chemicals are all around us. Even if you eat organic food and drink purified water, you still breathe the same air everyone else. No one is immune to these toxins. When they enter the body, they bind to the fat cells in our tissues. Read this great article in the Huffington Post to learn more about how fats bind to toxins: [http://www.huffingtonpost.com/dr-mark-hyman/detox-tips_b_1289488.html](http://www.huffingtonpost.com/dr-mark-hyman/detox-tips_b_1289488.html)

The only recourse we humans have in this situation is to cleanse (detox) regularly and take in huge amounts of anti-oxidants. There is no way to reach a therapeutic dose of the anti-oxidants you need to protect your cells other than Intravenous Anti-Oxidant Therapy. High levels of anti-oxidants must be attained by direct infusion in order to produce the necessary level of protection.

There are three stages to our **Jump Start Program**. Each stage focuses on a different area of your health; builds on the previous level and works synergistically together. The stages are as follows:

**STAGE 1:** Phospholipids make up the plasma membrane of all our cells. As cells are damaged, the first thing harmed is the outer cell wall. Another interesting use of phospholipids is the binding of fats. Once the fats are bound to the phospholipids, they are taken to the bowels and expelled. This first stage is not only healing, but detoxifying, especially to the liver. Once these fats are removed from the small blood vessels, the blood can carry more nutrients to the cells and more toxins out.

**STAGE 2:** Glutathione is an anti-oxidant produced in the cells, typically in sufficient quantity. However, chemicals interfere with the production of Glutathione and can leave the cells with less protection. Since this anti-oxidant is intracellular, it protects from the inside of the cell. When given in therapeutic IV dosages, Glutathione can also help the cells to push toxins out of themselves, making them healthier.

**STAGE 3:** Alpha Lipoic Acid (ALA) is the master anti-oxidant. ALA recycles Glutathione from stage 2 and increases its effects. ALA has also been known to help protect the nerves from damage due to Diabetes, Chemotherapy, Radiation Therapy and much more. The NIH has multiple studies on ALA being used successfully during Liver/Kidney disease and with Post-Chemotherapeutic Neuropathy.

This program takes place over a three-week period of time, each stage being three days long. Patients who have gone through this program have been very pleased with the results. Some have lost weight, gained more energy, sleep better and more. Most importantly, they feel healthier and know they are doing something really good for themselves. At the end of the program, you get a complementary Live Blood Analysis and nutritional consultation.

**Everyone needs a jump start sometimes. Please visit our website [www.microinfusions.com](http://www.microinfusions.com). You’ll find more than 35 pages of information on the practice and the therapies we offer. We offer protocols for Candida/Yeast, Lyme’s Disease and much more. You’ll also find reviews/videos from patients who have flown in from around the world to receive our therapies. We can help them and we can help you! 505-821-9609.**
What are the benefits of micro-needling? When your skin starts repairing itself, it turbocharges your body’s natural ability to produce collagen and elastin, which provides that firm plumpness. “It also helps improve skin texture, reduces the appearance of scars and stretch marks and creates a more youthful skin tone,” explains leading Oculoplastic surgeon and Aesthetic Doctor Maryam Zamani.

Micro-needling devices are gentle enough to be used around the delicate eye area. Go to this link to watch the 3.5-minute video on Micro-needling which aired on Good Morning America: [https://www.tinyurl.com/hvd3e35](https://www.tinyurl.com/hvd3e35).

How many and how often will you need to have a treatment? “The number of sessions depends on the skin condition, but typically you’re looking at 3-5 treatments in 4 week intervals with maintenance treatments every 12 months,” says Dr. Zamani.

When can you expect to see results from micro-needling? Most patients feel the tightening of skin right after the treatment. The treated area will continue to improve for up to 12 months after your last treatment, however, as with most treatments, it depends on the individual.

What about at-home micro-needling? It turns out that you might not get the same results at home as you would at a licensed clinic when it comes to stimulating collagen production. “The at-home ones, like any treatment, are designed to protect the consumer from themselves,” Dr. Keaney says. “It’s not going to induce as much collagen or increase more skin production. Personally, I don’t trust myself when it comes to sticking needles in my own face—I can’t even face at-home waxing. So, I’m happy to leave this one to the professionals.”

The micro-needling craze is real. Visitors to [www.RealSelf.com](http://www.RealSelf.com) researched micro-needling twice as much during the first half of 2016 as compared with the same period in 2015. The procedure has a 90% ‘Worth It’ rating on Real Self. Meanwhile, in a NIH 2009 study on micro-needling, more than 80% of patients assessed their treatment as ‘excellent’ on a 10-point scale. It’s less expensive than lasers—and it works on all skin types. Microneedling is more cost-effective than similar laser treatments, says Dr. Keaney. There’s less downtime and less painful as well.

If you are looking to reduce fine lines and wrinkles, tighten loose skin, reduce stretch marks or brown spot appearance or drastically reduce mild to moderate acne scarring, give us a call today at 505-271-6608 to schedule an appointment or get your questions answered. [www.ThermographyNM.com](http://www.ThermographyNM.com)

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**Benefits of Micro-needling:**
- Firmer and tighter skin
- Lightens pigmentation marks
- Stimulates tissue regeneration, collagen production
- Noticeable improvement a few days after 1st treatment
- Minimal healing Time (generally 1 day)

**Micro-needling is perfect for:**
- Fine lines and wrinkles
- Loose, Lax Skin
- Skin Texture and Pore Size
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**Truly Alive | July - August 2017 25**
In these videos, (https://youtu.be/JLrsCF-XFTM, https://youtu.be/kdzEYm9W6SY) you’ll discover the way to achieve effortless healing. Effortless Healing is also the name of one of my books, in which I compiled the best of the expert information I’ve learned and shared over the past two decades.

Contrary to the impression you get when listening to the drug advertisements on TV, your body is by nature designed to move toward health, and away from disease. But to do so, you need to provide it with the right lifestyle ingredients it needs to heal and thrive. And drugs are not on that list. The simple truth is, most disease is rooted in poor nutrition and lack of physical activity.

Unfortunately, most physicians are taught very little about the use of food for healing when they’re in medical school, and many never take the time to learn even the most basic nutritional principles. This is why most conventional doctors cannot guide you in nutritional healing, and why many are outright suspicious about claims that food can heal.

Exercise is another critical component of health, and studies have shown exercise to be as effective a treatment as many drugs, including antidepressants and medications for prediabetes and heart disease.

Statistically, Sickness Is More Prevalent Than Wellness and statistically speaking, you’re far more likely to be some level of sick than you are being healthy. For starters, nearly 70% of Americans take at least one prescription drug for a chronic medical condition, with antibiotics, antidepressants, and opioids topping the list.

Other signs indicating that sickness has become the prevailing norm include the following statistics:

- Obesity rates are on the rise, and one in five deaths is now linked to obesity.
- We are in the midst of a worldwide diabetes epidemic. In the US, more than 86 million adults age 20 and over have prediabetes.
- Of that number, nearly 30 million already have type 2 diabetes—a statistic researchers predicted in 2001 wouldn’t be reached until 2050.
- Diabetes has increased over 300% in just 15 years. Nearly ONE-THIRD of the 320 million people living in America today have either prediabetes or some form of diabetes.
- One in 8 Americans aged 65 and over currently have Alzheimer’s, and that number is expected to rise to one in four within the next 20 years.
- At present, more than half a million Americans die from Alzheimer’s disease each year, making it the third leading cause of death in the US, right behind heart disease and cancer.
- Cancer rates are projected to rise 57% in the next 20 years, with 13 million people dying from cancer each year.
- Over half of the US population has at least one clinically diagnosable allergy, while allergies and diseases of the immune system have probably quadrupled in the last few decades.

**What’s Really Making You Sick?** One of the reasons why so many diseases are skyrocketing in prevalence is because of the foods we eat. Once you become familiar with the ins and outs of nutrition, you begin to realize that virtually every health problem you can think of can be traced back to the diet.

Most Americans eat a predominantly processed food diet, which virtually guarantees you’ll suffer health problems at some point. In short, one of the simplest health directives you could ever come across is to just EAT REAL FOOD (whole, unadulterated/unprocessed, and ideally organic), as this automatically eliminates a number of health-harming ingredients from your diet.

Public enemy number one is sugar (all kinds, but in particular, refined sugar and processed fructose such as high fructose corn syrup), followed closely by refined grains, as these ingredients cause your insulin level to spike. Insulin allows your cells to use sugar, but when you eat too much sugar, your cells eventually become resistant to the insulin. Insulin resistance, in turn, leads to diabetes and a long list of related health problems and disease. When you’re insulin resistant, your body will also store fat, rather than burn it.

As a result, it becomes exceedingly difficult for your body to use stored body fat for energy, and hence weight gain is typically associated with insulin resistance. This is why sugars and grain carbohydrates need to be avoided, as they not only can make you fat, they can make you stay fat. If your fasting insulin level is over 3 or 4, you’re insulin resistant.
Other signs and symptoms indicating you fall squarely into this category include:

- Carrying excess weight
- High blood pressure
- Fasting blood sugar greater than 100 (You may be diagnosed with prediabetes if your glucose is between 100 and 125. Having prediabetes is a risk factor that you may get type 2 diabetes in the future)
- Less-than-ideal cholesterol ratios
- Type 2 diabetes
- Heart disease or cancer

HOW TO REVERSE INSULIN RESISTANCE: The good news is you can turn insulin resistance around fairly quickly and easily, by following these simple steps:

- Eliminate added sugars and sweeteners from your diet. Keep in mind that most processed foods (anything that comes in a jar, can, bottle, bag, or box) contain added sugars, typically in the form of high fructose corn syrup.
- Fruit juices are also loaded with sugar, so replace them with whole fruit instead. And don’t make the mistake of switching to artificially sweetened “diet” foods and beverages. Research has clearly shown that artificial sweeteners promote insulin resistance and related health problems just like regular sugar does — despite their lack of calories. The artificial sweeteners saccharin, sucralose, and aspartame decrease function in pathways associated with the transport of sugar in your body, and can induce both gut dysbiosis and glucose intolerance. Research also shows that artificial sweeteners promote diabetes and weight gain by disrupting your gut microbiome. Sucralose (Splenda) was found to reduce beneficial gut bacteria by as much as 50%!
- Eliminate grains, especially wheat, barley, oats, and rye, as these not only raise your insulin and contribute to insulin resistance, they also contain gluten, which triggers inflammation and can damage your intestines. Better alternatives include almond meal, buckwheat groats, coconut flour, and sweet potatoes, as they do not have the same impact on your blood sugar as grains. If you’re truly insulin resistant, or already diabetic, even these alternatives will hamper your body’s ability to heal. Once the clinical signs of insulin resistance have resolved, you can relax your carb restriction.
- Replace eliminated carbs with healthy fats like avocado, butter made from raw grass-fed organic milk, cheese, raw dairy, organic pastured egg yolks, raw nuts, grass-fed meats, and coconut oil.

Sitting Takes a Profound Toll on Your Health: More than 10,000 studies now show that prolonged sitting is devastating to your health. It actively and independently promotes dozens of chronic diseases, including diabetes and type 2 diabetes, even if you exercise several times a week and are very fit. The sad truth is, you cannot offset 8 to 10 hours of stillness with 30 to 60 minutes of exercise, even if you exercise every single day.

The reason for this is because, at the molecular level, the human body was designed to be active all day long. When you stop moving and sit still for extended periods of time, it’s like telling your body to shut down and prepare for death. As soon as you stand up, a number of molecular cascades occur that promote and support healthy biological functioning.

For example, within 90 seconds of standing up, the muscular and cellular systems that process blood sugar, triglycerides, and cholesterol—which are mediated by insulin—are activated. Surprising as it may sound, all of these molecular effects are activated simply by carrying your bodyweight upon your legs. These cellular mechanisms are also responsible for pushing fuels into your cells and, if done regularly, will radically decrease your risk of diabetes and obesity.

So, the remedy is simple: Avoid sitting and get more movement into your life. Ideally, aim to sit less than three hours a day. Also consider walking more, in addition to your exercise regimen. In short, rest is supposed to break up activity —not the other way around. Any kind of non-exercise physical movement appears to be really foundational for optimal health. So, if you are currently inactive, this is the place to start, even before you get going on a workout routine.

Effortless Healing Is Possible: In my NY Times bestselling book, Effortless Healing, I’ve distilled my decades of experience and knowledge of nutritional healing down to nine simple principles that will help you optimize your weight and health by making small, gradual shifts in what you eat and how you live your life. Health is actually not as complicated to obtain and maintain as you might think. It’s really all about distilling it down to the basics, which is what I’ve done in this book.

It’s a source of timeless advice that can help you take control of your health. One thing’s for sure; your body is remarkably efficient when it comes to healing and regenerating itself, provided you feed it and care for it properly. Besides food, which can rightfully be viewed as medicine, you also need physical activity—both non-exercise movement and more regimented, higher-intensity exercise.

Other healthy lifestyle components include getting sensible sun exposure, and grounding to the Earth. These are lifestyle habits with potent health-promoting potential that cost little to nothing. The same can surely not be said for prescription drugs and conventional medical treatments, so it seems wise to forego them. www.Mercola.com.
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today’s world, everyone is dealing with more and more passwords! There are several approaches to cope with ever increasing passwords and PIN numbers that can help your sanity while lessening the complexity of your life.

Before diving into those approaches; let’s address the various culturally accepted advice surrounding passwords:

- Many websites and services impose requirements for passwords like quantity of “characters”; uppercase and lowercase; numbers; certain symbols; and how often passwords need to be changed.
- Passwords shouldn’t have obvious things like names, dates, numbers. Examples are “password”, “123456”, “bob1213”, “mary1979”.
- Passwords shouldn’t be kept around where it can be seen; like in notes.
- Passwords should be complicated and nonsensical.

Some of these are at odds with people’s natural tendencies. There are many reasons to take or dismiss any approach. I recommend choosing what is best aligned with you! The reason is that actual break-in patterns reveal that going overkill does not often yield extra security.

Here are some approaches that do work:

- Keep a password folder or book. Use a dating system to manage password changes.
- Utilize a “password manager” app to manage your passwords. “Off-line” apps are recommended.
- Consider visual patterns on the keyboard such as “1qAzSe4RfVgY&” which is a W pattern on the left side of the keyboard with alternating uppercase, and the last character is the symbol.
- Mix up your significant words, names, dates and string them together in non-obvious manner. An example is “bob-19pigs80fido79!” that scatters name; favorite animal; birthyear into two halves; and significant number.
- Make a theme surrounding all of your passwords.
- If you are phone-savvy, use “2-factor authentication” so that you also have to put in a code given to your phone to get in. You can then use simpler passwords.
- Change passwords only when necessary but after incorporating a few of the above approaches.
The US spends more on health care than other high-income nations, but has a lower life expectancy and poorer health. Our country is ranked 37 in the world in all around health care (among industrialized countries), while the rates of obesity and chronic conditions continue to increase.

At least 80-90% of all diseases today are caused by lifestyle choices. In addition to poor food choices, a high sugar diet, and increased stress, most Americans are not exercising and getting adequate sleep like our ancestors once did.

With modern technology such as laptops, computers, modern lighting, and our 24-7 “on” lifestyle including smart phones (aka electronic COCAINE), it is easy to see how the digital age is also causing us to age rapidly. We are breaking down faster than we can regenerate. Why? Because our cells and circadian rhythms are not designed for these artificial frequencies and are not allowing the proper amounts of rest, exercise and outdoor “fresh air time” to refuel.

We often forget that the human body has a remarkable capacity to heal itself and age well if we simply follow the laws of nature. What is most promising today for youthful aging is the whole new realm of regenerative medicine.

Regenerative medicine is the reverse of aging and degenerative disease. It’s the science of boosting healing naturally in damaged tissues and under-functioning endocrine and immune systems with nutrition therapy, stem cells and oxidative medicine (ozone and Vitamin C IVs). It also includes restoring healthy joints, hair growth, skin rejuvenation and sexual function with your own Platelet Rich Plasma (PRP).

PRP is a concentrated sample of your own blood, composed primarily of high levels of platelets. Growth factors derived from platelets are responsible for soft tissue repair, bone regeneration, development of new blood vessels, and stimulation of the wound healing process.

Imagine all the surgeries that are being avoided, health restored and diseases prevented naturally with PRP and regenerative medicine. It is an exciting time to age youthfully with an informed self-care lifestyle and the promise and success of regenerative medicine.

Call 505-986-1089 and visit www.santafesoul.com to find out more about this program. The website also includes a wealth of information about how to live better and age healthfully. And visit my personal website: www.robynbenson.com.

Every digital issue of Truly Alive Magazine includes even more valuable articles, events and information (over and above the print issue).

July/August online articles featured in this issue are:

- Crescendo by Amy Weiss
- Self-Love Experiment by Shannon Kaiser
- Tree Girl by Julianne Skai Arbor
- Pause by Rachael O’Meara
- Ego by Lise Bourbeau
- Path to Personal Power by Napoleon Hill

Visit each online issue of Truly Alive and see what you may be missing!

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Contact: Karen Larré, Publisher 505.828.3430 or info@trulyalive.net
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ARIES (3/21-4/19) JULY: The month starts in a not-so-jolly manner. A lot is going on around you until you encounter the unexpected around the 17th. As a Ram Sign, you are capable of standing your ground until help arrives on the 26th. On a personal level, life is going well and works out well. Even combative times seem to harmonize with your true nature. There are elements in your world which can stir your ire. Three events occur before the 20th which require restraint. The final week is smooth sailing or happy trailblazing. AUGUST: This month appears to go very well for the Ram family. There are threats and dramatic events, but you seem to emerge unscathed and prepared to carry the banner into battle if necessary. You are not just a soldier preparing for combat, you are also the lucky recipient of great happiness in your relationships and social involvements. The 29th is your best day (the day before the dreaded Solar Eclipse of the 21st). This could clear up a mismatched romantic entanglement.

TAURUS (4/20-5/20) JULY: That nagging discomfort is a yearning or need to get away on a short trip. Wait until after a bad aspect on the 2nd passes. The 7th is your best day, when mental clarity follows some revealing news. Earnings get a boost this month, adding a cushion to a security concern. Study a financial decision on the 17th. Something is hidden. The next day is easier with a different and more opportune set of possibilities. An old nemesis returns to your mind near the 24th. AUGUST: Much good can be found from a conversation on the 9th. Your love life can then become very serious. Your sweetheart may hold back or drift away in some fashion. The 11th can provide amazing beauty, if your deepest desires are expressed. The 15th can be very intuitive if you can filter out all fears. The 17th is good for a health check up, or to begin a diet. The 21st promises a future of many emotions. A move is likely next year. Check for household hazards.

GEMINI (5/21-6/21) JULY: Guard against losses on the 4th. The Twins are always reminded to develop the mind and not be weighed down by material concerns. Your consciousness gives you the power to acquire your needs. Buckle up for the unexpected near Independence Day. The 5th brings an inspiring sunset to end an emotional day. Your passions are stirred by a Full Moon on the 7th. Spend for the home on the 9th. The 7th-14th is very social. The 19th is perfect for ground breaking-projects. The 24th can be heroic. The final week has homework. AUGUST: There is an important conversation on the 10th. It's a positive indication of financial improvement. If it's a pay raise, it's also an expression of gratitude. The 7th can highlight a fork in the road of your work choices. Mercury turns Retrograde on the 12th. Good for home repairs before an important visit at month's end. Walk, don't drive if possible this month. The Solar Eclipse also creates a unique situation with a neighbor. Changes at the top don't mean you have to stop.

CANCER (6/22-7/22) JULY: Full Moon on the 7th is near the middle of your Sign, so all Crabs feel its effect. It's about awareness of a relationship and a desire for permanence therein. This month brings alliances with others. Monetary matters are a focus after the 5th. The 20th finally brings the drive to earn. The 22nd brings help. Your noble nature is called forth by conflicts. Anger arises from a leader. Don't be sucked-in by it. AUGUST: Two eclipses this month will stir the “ocean” around you. Expect delays in travel. The Solar Eclipse on the 21st is combining with other planetary positions to write an important message to our country. You are part of this great drama, which can cut across the breast of our great nation. You are affected deeply by what affects your native land. There is a focus on pipelines and coal. You prefer an unpolluted world, and are choked by environmental risks. Learn from what you discover on the 4th. Use that to succeed this month.

LEO (7/23-8/22) JULY: The Solar Clan finishes a yearlong cycle and begins another one. Friends bring their gifts of love and beauty. Beware of the “Big Guys” on the 5th. Get home early on the 9th. Things are fairly calm after that, until the 20th. Your friend is not angry with you. They were attacked a few days before. It’s hard to consider why people act that way. Enjoy your upcoming birthday. Love appears from the past, which may seem like a viable alternative. AUGUST: All you want to do is relax and soak up some rays, but someone wants to get in your Sun on, and after, the 21st. The 7th brings a choice to end an involvement or not. If undecided, circumstances will show that which will bring joy. This happiness awaits your decision on the 10th. It’s amazing how strong a Leo Cat can be. I have seen a Cat chase away two vicious dogs to save a kitten. You have some good ideas to make a better life and those thoughts can be perfectly applied near the 26th.

VIRGO (8/23-9/22) JULY: It has been very socially active for the past 2 weeks. Now there is a tendency to withdraw and ponder serious matters. Probably, that weird incident on the 4th is connected to your mood. By the final week, you will be ready to fix the world again. The 7th and 14th are 2 bright spots. By the 18th, all is just fine. Your ideas have strong merit on the 19th. You are the
one to resolve a crisis on the 24th. Your brain seems to shift gears on the 25th. **AUGUST: A rumbling in your subconscious builds dynamically to the eclipse on the 21st. Your psychic abilities heat up like a stir-fry. The 10th brings a lifeboat of friends to save you. Mercury goes retrograde on the 12th. Your health must be carefully guarded. Your words are hard to get out until next month. The 26th would be a good birthday for all Virgos, but all can enjoy the regality and warmth of that day. Epiphany: you are aware of what limits you.**

**LIBRA (9/23-10/22) JULY:** Starting on the 4th, you feel lighter with a thirst to learn or travel. Keep a low profile in foreign journeys. You could escape into the wonder of a book. And, there are always social needs to attend to. Stay low on the 17th. Moderation keeps your balance. The 18th is irresistible. And sometimes, it’s ok to be vulnerable. Organizations play a big part in your final 2 weeks. Everyone wants you to join-up. How can you remain anchored during a tidal force of friends? **AUGUST:** A serious Venus brings your character into the spotlight. Your romantic life is almost non-existent unless you can deal with possible endings on the 7th. A core friendship could even be romantic life is almost non-existent unless you can deal with possible endings on the 7th. A core friendship could even be obliterated. Good news arrives on the 10th, followed the next day by visions of beauty and actual cures for what ails you. The 15th could stir unrealistic fears about work and home. The eclipse could end a long pursuit or goal on the 21st. Some objectives can hinder better dreams.

**SCORPIO (10/23-11/22) JULY:** Wear a helmet and body-armor the first 10 days. Sometimes this energy can stir a strong attraction to another, or two. Don’t let your impulse to “kill” get you in trouble on the 17th. You manage to avoid most of the drama in the world. Your personal power will be needed at a future time. The 20th begins a time of dealing with that pesky career issue. This is a relatively calm month. It’s like the calm before the storm. Things make more sense after the 25th. Be prepared. **AUGUST:** Old Pluto stays retrograde until the end of September. That puts a stop to part of your life, but adds power to your intuition. Some people like to kick you when you are down (mid-month). Confucius says, “Man who kicks snake, loses foot.” The 4th started this as the “bearers of holy truth” confronted you for past deeds. Tell them there are far more important matters this month. Your strength is good for activity starting on the 20th.

**SAGITTARIUS (11/23-12/20) JULY:** As Jupiter moves happily along, you feel your best. Relationship issues have been resolved or dissolved. Friends are a positive force this month, though always a challenge, right? The 5th could draw the wrong attention. The 14th is a better night out, as is the 18th. And there are other less exciting activities. The Archers are known for their vision. You see what others do not and can easily develop your spiritual vision. Use it to guide you through the minefields of life. **AUGUST:** You just might be one of the leaders as Truth conquers Power this month. You know that Truth and Love are Beauty and both are Power in their rawest and purest form. Your friends support you as you squeeze all the juice from sour grapes. This is your month, Champ. You can find the physical truth of the truth you seek, validated by the rock-solid nature of this discovery. If you can imagine a way to build from this, you will dine in style.

**CAPRICORN (12/21-1/19) JULY:** No one can produce like the Seagoat. That trait is harder to maintain when Saturn is retrograde, as it until late August. For 5 months every year, you search within for answers. Nothing seems to make sense. This is more about that heavy Karma (a character builder), for which your sign is known. Many of the great spiritual leaders were Capricorns. Retrograde Saturn, which temporarily makes worldly matters fade, adds to your growing insight. **AUGUST:** Something will end this month for most Caps. There is a possible monetary setback from the lunar eclipse on the 7th. Some of the Seagoats will feel this as a slump in self-esteem. A bad spell is only part of a cycle, just as a pendulum swings back and forth. Even a joint financial arrangement needs close scrutiny over the next year, or more. Guard against losses. That is the handwriting on the wall from these 2 eclipses. Things improve the final week.

**AQUARIUS (1/20-2/18) JULY:** The 3rd, 4th and 5th are not safe for driving. Be cautious until 7th. The weekend calls you to get out for some fun. Romance is moving in. Your anger could be stirred on the 17th, but a new alliance is forming as of the 22nd. The anger actually brings clarity to this new relationship. If you weren’t sure before, the 17th will have opened a new door. So, love is mixed with strife, but acceptance brings understanding. **AUGUST:** You are a true humanitarian; always striving to improve human conditions. That is a good role that needs filling. The lunar eclipse on the 7th will be felt by all the Waterbearers. Your emotions could be set loose from the steel cage you have for them. You are energized by a calling on the 20th; just in time for the monster eclipse the next day. As you view a suffering world, your understanding grows. You’re supported by Absolute Truth, as you see it. Even if a King should fall, the kingdom still remains.

**PISCES (2/19-3/20) JULY:** The Fish people are blessed with bliss the first 5 days, and most of the month, only the 17th puts a sour note into your life medley. Sometimes, even true love forgets to communicate lovingly. Only your empathy for the suffering of others can blemish your sense of peace and hopefulness. Neptune has covered you like an insurance policy and says to you, “I will bring peace and love to your life and hide you from all danger”, offering refuge for the next 8 years. **AUGUST:** The Fish dive only deep enough to hide. Deep within you is felt the intensity building from 2 eclipses this month. There will be a lasting effect for our country, and you sense that intuitively. Your other strong feeling is one of love. A chance encounter on, or near, the 11th could spark your burners and the outdoor grill too. Love could emerge from downstream like a ghost from the past. It won’t last, but it can be good while it does.
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