JUDITH ORLOFF, MD

12 Surprising Ways Letting Go Can Empower Your Life

THE ECSTASY OF SURRENDER

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An interview with Judith Orloff, M.D. about her new book The Ecstasy of Surrender p20

BodyMindSpirit expo 2014 p2
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Are you longing for your life to be easier and more fun?
Would you like to stop pushing, micromanaging, and forcing things to happen so you can relax? What if you could stop worrying about money and live with more emotional ease at the moment?

The art of letting go, Dr. Judith Orloff explains, is the secret key to manifesting power and success in all areas of life... including work, relationships, sexuality, radiant aging, health and healing. In our superconnected world where emails and text messages constantly interrupt us, it’s easier to let go than you think. Once embraced, surrendering removes roadblocks and the exhaustion from “trying too hard”. And, it helps you achieve goals more effortlessly, facilitating ongoing happiness.

Marrying neuroscience, psychiatry, intuitive medicine, energy techniques and more, this book provides a powerful, practical and accessible map to get where you want to go.

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New Lemurian Healing Chamber Group May 29–July 10, 6:30pm Advance registration, please Emotional peace, pain relief, improved sleep, spiritual growth and DNA restoration are only a few of the benefits of using the New Lemurian Healing Chamber, a powerful etheric healing chamber, revived from ancient Lemurian times. Feel more happy, more vibrant, alive! Amazing experience with concrete results. Attend first session for $15.00 to see if you want to continue with series of 6. Pre-pay series $69.55. (See on-line article). SanRa Alworth, CHt., 505-239-2445 www.starlightspiritualhealing.com

Dream Discoveries Group $71 - Series of 4 1st Group Free Ever wonder why you had a particular dream? Dreams help us to solve problems, to heal and offer information about the future and connect more deeply to our intuition. Learn how to decode your dreams, understand the symbolism and benefit in life-changing ways from your dreams. Call for info including dates for upcoming Series and location. Info: 505-508-5805 or janet@mindbalance.us www.mindbalance.us

Self-Hypnosis Class July 19, 1-4pm $49 (Incl. booklet, group session, water, snacks) In this informative and self-healing 3 hr. class, you’ll walk away not only feeling great, but with valuable techniques that you can do at home. Self-hypnosis has endless uses for removing negative and unhealthy thought patterns, habits, fears, and phobias. Can help you with everything from weight-loss, to smoking cessation, insomnia, relaxation, self-confidence, life-purpose & much more. Convenient NE Heights Location Details with RSVP: 505-933-2938 or charlene@timetoheal.com www.timetoheal.com

Reiki I Classes • $150 Usui System 14-hr class May 8-11 & 29-June 1, June 12-15 • Thurs & Fri: 6-8pm • Sat & Sun: 1-6pm Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 26 years, teaching for 22 years. 505-299-0011 • www.ReikiABQ.com

Quantum-Touch Level I May 31 & June 1, 10am-5:30pm • $350 Early Bird by 5/10, $400 After Placitas, NM Location An extraordinary form of energy healing. Powerful, easy to learn. Use to help family, friends, pets, clients. Quantum-Touch has been proven to reduce or eliminate pain, inflammation, arthritis, migraines, injuries, sciatica, fibromyalgia, boost the immune system and so much more. Gain the confidence to help others heal. Discover your gifts, receive healings and learn very powerful techniques that you can use for the rest of your life. CE hours available. Read my article: www.trulyalive.net Natara Landrau, 505-273-0588 nataralandrau@gmail.com www.quantumtouch.com

Amma Retreat – Santa Fe June 16-18, 2014 Pricing: www.amma.org (veg. meals incl.) See pg 34 & visit the website for more details
**Events AT:**
Starlight Spiritual Healing
9910 Indian School NE • 505-239-2445
www.starlightspiritualhealing.com
Reservations Suggested

**Whales in the Desert Meditation by Daywau**
May 6, 20, June 3, 17, 6:30pm • $15
Receive gifts of tranquility, flow of life and acceptance from the Whales during silent meditation. Experience more peace in your life and become more accepting of your true self. Struggles of life will drop away as you move into the flow of your life.
505-440-5735.

**Wesak Festival**
May 14, 6pm • $15
Wesak, the Taurus full moon, is in esoteric thought, the only day annually where constellations beyond our zodiac align with ours. Conditions are created where we have the opportunity to receive the highest light vibration all year. A day of initiation, ceremony, meditation. Light refreshments.

**Bird Card Healings by Daywau**
May 18, June 8, 2-4pm
Special 15 min. session $10 (normally $15)
Daywau uses special bird card deck to help you experience the power of the Bird Kingdom. Release negative energy, bring in light, and receive the energy of joy and happiness.
505-440-5735.

**New Lemurian Healing Chamber**
May 29, 6:30pm • $15
The New Lemurian Healing Chamber is a living, conscious, ethereal chamber. Gain pain relief, improved sleep, emotional peace, spiritual growth, and DNA restoration. Given to us by the Lemurian Priestesses (who come through in each session) channeling energy and valuable information. Amazing experience. Concrete results.

**Summer Solstice Celebration**
June 20, 6:30pm • $15
Come celebrate the longest day of the year, the culmination of the many cosmic energies that have come to Earth by 2014! Great Beings of Light join to help us integrate these energies for our joy and happiness with chanting, ceremony, guided meditation. Light refreshments.

**EVENTS OFFERED BY:**
Center for Consciousness Education
2825 Broadbent Pkwy. NE, Suite E,
ABQ 87107 • 505-850-5529
www.centerforconsciousnesseducation.com

$10 Love Donation Requested at Each Class

**The Work of Byron Katie**
May 4, 11-1pm
Come and learn about the four questions and who you are without your story. Ease into life renewed when thoughts are released to be with what is.

**Understanding the Forces at Work in Human Affairs: The Genius of Spiral Dynamics**
Sundays, May 11–June 29, 11-1pm
This series will help you learn how to consciously choose how you respond and interact with the multiple dimensions of reality that are at play in your life every day.

**What Does Consciousness Have to Do with You?**
Mondays, May 12–June 23, 6:30-9pm
Assess where you are in consciousness then learn the steps you can take to align in consciousness, bettering your day to day life experience.

**Parent Meditation**
Wed, May 14 – July 2, 6:30-8:30pm
Discover the five pointed Self to integrate your physical and soul selves. Learn about the mechanism of multiple perspectives. Cultivate an awakened meditative state that supports you to live in integrity.

**What Does Consciousness Have to Do with the Shape of Your Relationships?**
May 15 – June 26, 6:30-9pm
What if consciousness is the main reason for the stress, tension, and conflict you experience in all your relationships? Discern where you are in consciousness and co-create relationships that really work.

**Vistar Circle Training**
June 7, 9-1pm • $19
Come and learn about a new way to communicate as a group in higher consciousness. Learn how to lead, support and participate in discerning and downloading direction from the Unified Field.

**The Work of Byron Katie**
Fridays, 12-1:30pm (Ongoing)
Learn about who you are without your thoughts to increase your well-being.

**EVENTS AT:**
Albuquerque Natural Health Center’s New Location • 505-797-0540
4550 Eubank Blvd. NE Ste. 205, 87111
www.abqnaturalhealthcenter.com

Awakening Abundance Now!
First Meeting May 14, 6:30pm
Next meetings June 11, July 16, Aug 6
Learn Heart-Brain Connection and receive frequencies to manifest abundance (wealth, joy, happiness, whatever abundance means to you)!
My daughter is in the awakening abundance group and she was accepted to the Nurse Practitioner School and aced her statistics “online” course. Her attitude is changing and she is back to the caring and compassionate young lady I remember. She has rejoined Weight Watchers and has lost ten pounds!! Thank you! SW, Indiana

**Show Me the Money webinar**
June 11, 12pm
Do you desire more wealth? Are you seeking a new job? Have you tried to release the old and find the same patterns surface? It is time to learn the 7 secrets to successful wealth building.
Sign up on our website,
www.abqnaturalhealthcenter.com

**EVENTS OFFERED BY:**
Alternative Wellness Center
9809 Candelaria NE, Suite 1B, 87112
505-294-WELL (9355)
www.alternativewellnesscenter.org
www.meetup.com/Optimal-Health-Group

Location will be provided upon Required RSVP
FREE Meetings (Each at 7pm)!
ALL Are Welcome!

“Skinny Wrap” Party – Experience a fat burn, tone, firm wrap! Choose your date: May 14 or 28, June 11 or 25

Natural Healthcare You Can Do at Home: May 6

Green (No Chemical) Cleaning: May 20
Answers for Candida Yeast Overgrowth: June 3
Meetup – Topics to Be Announced: June 10 and 24

Essential Oils for Depression & Mood: June 17
Summer Body Pest Control – Mosquitoes, etc: July 1

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

**Psychic Mediumship Development Circle**
May 6, 20, 27 & June 3, 17, 24, 6-8pm • $10
Expand your psychic and mediumship ability through consistent practice in a safe and sacred environment. Your skill level and psychic and mediumship ability will increase the more that you attend the circle.

Email: candidcethomasintuitive@gmail.com
www.harmonicintonement.com

**Sound Meditation with Walter Snyder**
May 16 & June 20, 7-8:30pm • Donation
Sound Meditations: simple guided processes use breath and/or voice as a creative act awakening the code of optimal life residing in the heart center. Creating from the template of the code of life, enables optimal healing in all living systems by establishing balance through harmony.

Email Walter: waltjohnnn@gmail.com
www.harmonicintonement.com

**Singing Bowl Meditation**
Saturday, 7:30-9:30pm (Ongoing) FREE
Join us at Crystal Dove for a powerful meditation using crystal bowls that resonate with Divine Energy. Bowls harmonize our energy, provide greater balance. Add your wishes, hopes, dreams which increases manifestation. Our combined energies empower and strengthen everyone in love. (Doors close at 8pm).

**Events at:**
Mama’s Minerals • 505-266-8443
1100 San Mateo NE at Lomas
www.MamasMinerals.com

**Alternative Health Fair**
May 10, 10-3pm • FREE
Featuring Over 40 Healers from across New Mexico, Curanderas, Reflexology, Energy Healers, Chinese Medicine. And more. Mayan-Aztec Opening Ceremony 10am.

**9th Annual Art & Crafts Fair**
June 21, 10-4pm • FREE
Featuring over 125 Artists. Sculpture, Photography, Pottery, Quilts, Jewelry, Candles, Handbags, and more... Community Rocks! Live Music. Food.

**Events at:**
819 Vassar Drive NE
Albuquerque, NM 87106

**Self-Hypnosis Class**
May 15 and June 19, 6-7pm • FREE
David B Fisher, Clinical Hypnotherapist provides an overview of Hypnosis and a discussion/demonstration of Self-Hypnosis Techniques. Class will include Q & A. Space is limited. RSVP: 505-463-7392
www.davidbfisherhypnotherapy.com

**Carol Joyce Channelings**
June 1, 6:30-8pm • $20 Donation
Do you seek a message from a loved one or want to hear a message that will help you during these challenging times? Carol brings with her, her heart, spirit and 40 years experience. Carol’s messages offer advice for our highest good. Info: 505-884-4533

**AMMA Summer Programs in Santa Fe:***
*Held at Hilton Buffalo Thunder Resort*
30 Buffalo Thunder Trail, Santa Fe 87506
www.amma.org • www.amritapuri.org

**Meeting Amma – Public Darshan**
June 15, 10am & 7pm • FREE
Meet Mata Amritananda Mayi, renowned humanitarian and spiritual leader. As the embodiment of supreme motherhood, Amma welcomes and hugs every person who comes to her. Her presence and love brings reassurance to troubled hearts. Numbered tokens available at 8:30am and 5:45pm for the morning/evening programs.

**Devi Bhava Darshan**
June 18, 7pm • FREE
Incredible night filled with Amma’s most radiant love. Amma is costumed as, and is the embodiment of Devi (The Divine Mother). Impurity clearing water rituals, meditation, darshan, select ceremonies (weddings, first feedings and/or children’s rice ceremonies) and mantra chant. Please arrive early: numbered tokens at 5:30pm.

**Law of Attraction Group**
May 13 & June 10, 6:30pm • $5
This is a great place to learn and share your experiences and to activate more joy, love, happiness and prosperity in your life. Second Tuesday of every month.

Held at: Crystal Dove, 525 Central Ave NE, RSVP: Facilitator Jeannine Gabbei: 505-816-8616
www.meetup.com/albuquerquelawofattraction

**A Common Practice of Reiki**
May 4, June 22 & July 27
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 the day before—leave your name and phone number.

**NE Heights Residence**
Elizabeth Valsala: 505-299-0011
www.ReikiABQ.com

**Dowsing Photon Energies & the New Revelations of 2014**
May 18, 1:00-5:00pm • $10 at the door
Willow Benders Dowsers presents NASA engineer/master dowser Gary Plapp for an experiential workshop on changing your world through photon energy, sacred geometry, clearing detrimental energies, healing, transforming negative influences and dowsing awareness. An evolving holographic universe is inviting us to create a new way of being and a new world.

RSVP: dowsergary@comcast.net
Healing House
10240 Rempas Dr. NW, Albuquerque
www.LosLunasDowsers.org

**How To Use A Pendulum**
May 24, 3-4:30pm • $15
(Incl. literature, water, snacks)
How to use a pendulum for dowsing – popular class. Learn what your body wants/needs. Find unbalances in chakras and organs. Get “yes” or “no” answers. (I’ll have a few extras, but you may want to purchase your own. Mama’s Minerals, great selection, around $10).

RSVP/Info: Charlene, 505-933-2938
charlene@timetohealnm.com
www.timetohealnm.com

**How To Balance Your Chakras**
June 7, 3-4:30pm • $15
(Incl. literature, water, snacks)
Feeling out of balance? Learn simple techniques (you can use on yourself and those you love) to clear emotional blocks, traumas and limiting beliefs and balance your chakras. Feel happier, healthier and more calm and balanced. Bring your pendulum.

RSVP/Info: Charlene, 505-933-2938
charlene@timetohealnm.com
www.timetohealnm.com

**Matrix Energetics Study Group**
2nd Tues. of the Month,
6:30-8:30pm • $20
Have you completed Matrix Energetics Foundations, Level 1? Join facilitator Alix Seldon, certified ME Study Group Leader and practice! Info/RSVP/Location: Alix, 505-363-5679

Additional events added in between issues! Check the website often: www.trulyalive.net
Body Mind Spirit Expo
June 28-29
Saturday 10-6, Sunday 11-5
$10 for All Weekend
Natural Health, Personal Growth, Psychics. Explore over 60 booths and attend dozens of included seminars at this year’s Expo. Great selection of local vendors and the finest holistic vendors (from across the US), this expo offers a positive healing environment. Attendees will leave inspired!
Body Mind Spirit Expo
Location: NM Fairgrounds
www.bmse.net

Ongoing Events

EVENTS OFFERED BY:
The Ascended Masters Foundation
223 14th St SW • ABQ, NM 87102
505-850-2132
www.ascendedmastersfoundation.org

Prayer Community Gatherings
Mondays & Fridays, 7:45 & 8:45am
(Ongoing) • FREE
Become a part of our Prayer Community and gathers with us to deepen our personal relationship with the Divine through the spiritual practice of prayer & meditation led by Phaeryn Sheehan and Marie Marks. It is the perfect way to begin and end your week. Call: 1-626-677-3000, access code 55565#

Community Readings Now Being Offered by Phaeryn
More and more it is becoming evident that gaining personal individual wisdom through spiritual readings isn't as powerfully awakening as that of a Community gathering together to receive channeled transmissions. Given this new phenomenon, our Master Teacher and Channel, Phaeryn Sheehan, is offering her services to any sincere groups, gatherings and/or official Communities that feel receiving a channeled spiritual message would be a beneficial blessing for all. For more information, contact Phaeryn at 505-206-6139.

EVENTS AT:
High Desert Center for Spiritual Living
5621 Paradise Blvd NW, 87114
505-922-1200 • www.hdcl.org

Spiritual Mind Treatment – Healing Prayer
Sundays, 11:30-12pm • Free
HDCL practitioners are available after

High Desert Center cont’d
services for healing prayer sessions for any attendees of the services. Any practitioner wearing a stole is available for prayer work.

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

Introduction to Science of Mind
3rd Sunday of July & October
11:30-1pm (after service) • FREE
Learn what Science of Mind is all about with an overview of the concepts and beliefs, plus a brief description of the development of Science of Mind thought, as well as an explanation of its power and spiritual tools. No signup required – just show up.

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

Free Reiki Clinic
1st & Last Wednesdays 6-9pm • Love Donation
Experience this 10,000 year-old system involving the use of gentle, light touch applied to the body, to transmit healing energy. Reiki accelerates natural healing, heightens energy, reduces stress. Enjoy a 30-40 minute session of this relaxing body therapy offered by volunteers, experienced Usui Reiki Practitioners. Call Ethel Hayes: 505 659-6451

The Exchange: Subconscious Transformation and Brain & Mind Function • 2nd Wed 7-8:30pm • $8
Release stress, worry, unwanted feelings, thoughts, memories, physical symptoms, more. Uncover unknown beliefs. Open to happiness and abundance. Learn Faster EFT, a potent blend: EFT, NLP, Be Set Free Fast, and hypnosis. Sessions include new information, plus group practice or a live demonstration. Newcomers welcome.

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

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

Awesome Chair Massage
Mon-Thurs: 1-4pm
Fri, 1-7:30pm, Sat: 9am-1pm
$1/minute, $20 for $20 minutes
Shop for your favorite natural foods and supplements and enjoy a relaxing chair massage. Staffed by licensed massage therapists. No appointment necessary!
Vitamin Cottage: 505-292-7300
4420 Wyoming Blvd. NE

Additional events added in between issues! Check the website often: www.trulyalive.net
It’s a perfect coming together of the outer world as I sit here writing on this warm April afternoon. The weather is enthralling and my soul feels ready to shed the layers of winter and rejoice in the beauty of nature blooming all around me. This is setting an ideal stage for the inner surrender I’ve been practicing doing more of.

More than some books, the one on the cover of this issue, *The Ecstasy of Surrender* has been particularly helpful to me in letting go of some worn out thoughts, ideas and limiting patterns. Not a particularly breezy read, Author Judith Orloff M.D.’s message is powerful, with the ability to affect deep change.

Dr. Orloff suggests that meditating on the cover of her book can be helpful with surrender. Instinctively, I was drawn to do that even before I started reading the book. My intention is to work with the material over time; almost like a workbook, that I may ever deepen my surrender and trust in the great Life, within and without, so amply unfolding this afternoon outside my window...

Check it out and see what you think. Feedback is always welcome. Email me at: info@trulyalive.net with your thoughts. I’d love to hear from you.

Many blessings for a joyous May and June, 2014!

P.S. If you are reading a print copy of *Truly Alive* because you enjoy holding the magazine in your hands or reading in your easy chair or in bed: Print copies continue to be available in a multitude of racks throughout central New Mexico. If you would however, prefer to read *Truly Alive* online (either the online magazine or the PDF version on the website), please remember that *Truly Alive* is new every two months at (www.trulyalive.net). Free email subscriptions are also available by request (info@trulyalive.net).
The Family Farmers Seed Cooperative is a farmer-owned cooperative that produces high quality, USDA certified organically grown, open-pollinated seeds and garlic for commercial farmers, market growers and gardeners.

Their members are experienced seed growers located in seven western states. They believe that a de-centralized approach to seed production is vitally important to protect our seed systems and that organic farmers are uniquely positioned to protect food security and seed sovereignty.

Co-op Seed is 100% open-pollinated (OP), which means that saved seed will breed true and that farmers have direct access and control of their seed supply. OP varieties are reproduced through natural pollination via wind or insects. If particular plant traits are desired, natural mechanisms such as hand-pollination are used and undesirable plants are removed from the population before pollination begins.

This traditional breeding approach allows for continuous adaptation of a variety across diverse and changing climatic conditions and represents dynamic evolution in action.

Member Farms: Eel River Produce (CA), Gratitude Gardens (WA), Hobbs Family Farm (CO), Jardin del Alma (NM), L & R Family Farm (OR), Lupine Knoll Farm (OR), Meadowlark Hearth Farm (NE), Nash’s Organic Produce (WA), Prairie Road Organic Farm (ND), Prairie Seeds Farm (ND), Seed Revolution Now (CA), Seven Seeds Farm (OR), Wolf Gulch Farm (OR).

Buy your seeds from a known source like La Montañita Co-op. Shop the Co-op for organic flower, herb and vegetable seeds. All seeds at the co-op are non-GMO and untreated.

La Montañita is a cooperative community grocery store and regional food distribution network focused on the shared benefits of healthy food, sound environmental practices, and a strong local economy.

The Co-op:
- Cares about good food and how it’s produced.
- Buys locally, builds community!
- Empowers local producers.
- Supports Co-op values and community ownership.
- Co-op board is chosen its 16,000 owners.
- Participates in a growing local economy.
- There are member discounts and an annual patronage dividend.
Recent polling shows that 8 out of 10 Americans are in favor of use of medical marijuana and 58% are in favor of legalization. 86% of doctors believe it should be used for their patients with serious health conditions. Although medical marijuana (cannabis) is not dangerous — most Americans, including myself, do not want to get high or use a substance that is illegal in most states. Medical marijuana has high amounts of THC, the chemical that makes people feel “high” and is the part that makes it an illegal drug. Cannabidiols (CBD) are the compounds that provide the health benefits, but usually come with THC when it is derived from marijuana. CNN’s Dr. Sanjay Gupta recently hosted two documentaries about the health benefits of CBD (see our website for details: www.sanjevani.net).

Is there a way to get all the health benefits of CBD without the THC or high? Yes, now there is! Sanjevani Integrative Medicine Health & Lifestyle Center is proud to be the first in New Mexico to provide CBD products that are derived from hemp oil, not cannabis. CBD from hemp oil is completely legal and without THC. Get all the health benefits without the high or other negative aspects of marijuana.

The use of hemp for rope and fabric dates back to over 10,000 years. In the early 1900’s, we made most of our paper products (our currency and even bibles) from hemp. Unfortunately, hemp became mixed up with the marijuana plant (politically and economically driven out by those who had financial ties in the timber and pharmaceutical industries, etc.) and it was banned. Luckily, the Farm Bill that recently passed allows the use of industrial hemp to be used for making rope, paper products, clothing and other items. Hemp is sustainable, making it a better choice for the environment and our health.

What are the benefits of CBD?

- CBD is effective as an anti-inflammatory, powerful pain reliever (analgesic); anti-anxiety and natural relaxant.
- CBD has been shown to inhibit cancer cell growth (anticaeinogenic) and relieve nausea.
- CBD helps the immune system function more efficiently and may be helpful for autoimmune conditions such as rheumatoid arthritis, lupus, etc.
- CBD is a neuroprotectant and a powerful antioxidant. It has applications in treatment for Alzheimer’s, Parkinson’s, cerebral ischemia as well as brain and nerve damage from strokes and may help with neurological symptoms.
- CBD has been found to help with: focus in low doses; to be a safe sedative which helps insomniacs stay asleep longer (in higher doses), to be anti-spasmodic and antiepileptic, (which could be beneficial for those who suffer from epilepsy), Multiple Sclerosis (MS), ALS, and more.
- CBD has been found to be effective in treating gastrointestinal disorders like Irritable Bowel Syndrome (IBS), Crohn’s Disease, or Ulcerative Colitis and has shown some benefits for being beneficial to those with autism and other spectrum disorders.

How is CBD taken? CBD comes in a variety of choices as a dietary supplement. We offer a sublingual liquid (2 pumps = 3 mg), a gum (10 mg), and as a highly concentrated oil (10 gram tube = 2,350 mg). We also offer a line of body care products such as shampoos, conditioner and a salve for topical application.

Is CBD right for me? At Sanjevani, Sunil Pai, MD can assist you with the type of CBD product that may be helpful for you — whether it’s trouble sleeping or anxiety, MS or cancer. Come in today and see learn more. CBD is a dietary supplement that provides healing and wellness without the high. CBD is completely safe and legal.

Sanjevani Integrative Medicine Health & Lifestyle Center

Sunil Pai, MD
Integrative Medicine

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

INTEGRATIVE MEDICINE HEALTH & LIFESTYLE CENTER

9001 HOLLY AVE | ABQ
505.821.6300
www.sanjevani.net
www.sanjevanistore.com
www.bosmeric-sr.com
www.allergydropstherapy.com
www.floatabq.com
www.cbdproducts.org

In the early 1900’s, we made most of our paper products (our currency and even bibles) from hemp.
Awakening Abundance Now!
Brain-Heart-Soul Balancing

By Louise Swartswalter, ND, CBS, CNHP

Do you desire better health, more money, a new job, more clients, greater freedom? Learn the steps to create the brain-heart-soul connection with the Beautiful Balanced Brain Program; Awakening Abundance Group. Join us May 14th at 6:30 PM in the office for our Awakening Abundance Now Group. Please see the Community Events section of this issue of Truly Alive.

I was recently asked to present the Heart–Brain connection on the Ignite Your Wellbeing 2014 teleconference. During the interview, the host (an amazing practitioner and former ER nurse) shared that she was particularly interested in the heart because her father passed away from congestive heart failure. I picked up she had suffering in her heart. I cleared it and she immediately felt better. This is just one example of the power of clearing the heart or emotion attached to the brain memory. Both the brain and heart need to be addressed in conjunction because we are whole people. When the brain is addressed with the Beautiful Balanced Brain biofeedback program at the same time we are clearing emotions, the results are fantastic! Our clients get healthier faster, leave more joyful and truly allow their gifts to shine! ADD/ADHD, Autism, allergies, anxiety, depression, auto immune, past traumas and other health and neurological imbalances can be addressed with the methods combined. I love it!

Did you know that neurons in the subconscious mind fire at 20–40 million per second, while the neurons in the conscious mind fire at one per second? Working on both together provides the greatest result. The brain-heart connection is the key ingredient in optimal health, peak performance and creativity. The brain thinks the emotion and the heart feels the emotion. It is the feeling that carries a vibration and positive feelings such as love carry a higher vibration than negative emotions such as anger. It really is Quantum Physics.

When you have tried many modalities with little progress, it is time to address the Brain-Heart-Soul connection. Recently we added our own line of frequency enhanced products and supportive webinars such as Heart Health, Radiant Skin and Heart-Brain-Soul Balancing and Show Me the Money (June 11) to our website: www.abqnaturalhealthcenter.com. More new webinars and products are added all the time; so keep checking back.

Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Certified Natural Health Professional and health educator. Our team offers Biofeedback, Geotran integrations, naturopathy, life coaching, trauma release work, homeopathy, nutrition, kinesiology, Fascial stretch therapy (Melissa Kruse), Integrative Nutritional Analysis and ionic cleanse footbaths. We work with YOU to accomplish your wellness goals and correct imbalances in the least number of sessions possible. Call today for your appointment: 505-797-0540 or visit us at www.abqnaturalhealthcenter.com
By using certain plants known for attracting particular energies, you can bring your outdoor dreams into full bloom. For example, bamboo is used for luck, cactus for protection and chastity, columbine for courage and love and geraniums for fertility, health and love. Pine trees are one of the biggest protectors; energetically, it’s their job to protect your property!

Perpetual Landscape also integrates your plants into your yard with intention. As the customer, you write down the intention you and your family hold for your yard on a green piece of paper (green is the color of prosperity). Perpetual Landscape plants your intended foliage with these pieces of paper. Your yard will grow with your good intentions. You can just sit back and watch the miracle!

Blooming Times: If you enjoy having something blooming in your yard all year round, ask me which plants will work for that. May and June is the perfect time to plant late bloomers to flourish in August and September. These include coneflowers, grasses and salvias. May and June are also great to sow seeds of the cosmos, morning glories and sunflowers.

Perpetual Landscape can create an affordable water feature in that special spot; perfect for meditation. I look forward to working with you!

Rhonda

As a woman landscaper, you may find that I am more meticulous and gentle with your project. My team and I will take the time to do your project right; communicating with you every step of the way. We are hard-working, polite, experienced and treat your yard as if it’s our own. My rates are very reasonable and reflect more my love of this work than my desire to get rich doing it. In business for nine years, I have many satisfied customers and references. Call me to schedule your free estimate today! Landscaping That Lasts a Lifetime! Rhonda Owen, owner: 505-720-6950. Check out our new website: www.perpetuallandscape.com

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Youthful Beauty Returns
By Stephanie O’Connell

Do you have 20, 30 (even as much as 50) pounds you would like to lose? If so, you could be a perfect candidate for Lypossage. With this amazing treatment, you can release up to 10 or 15 inches (or more) in just six weeks (18 sessions).

Lypossage stimulates collagen and elastin, tones, trims and lifts the thighs, derriere, upper arms, abdomen and face. It can help prevent the sagging from loose skin that often happens with weight loss. Skin is smooth and the appearance of cellulite is diminished. (For many clients, it disappears!) Lypossage supports and enhances whole body system functions and leaves skin toned, lifted and radiant.

Cloud Nine owner Stephanie O’Connell says, “Lypossage is a powerful anti-aging therapy that works with the body’s natural detoxification processes. After completing the 6 week protocol, your lymph system will pull waste from your body much more efficiently. Because Lypossage re-educates the lymph system, it boosts your detoxification processes for the rest of your life, as long as you continue with maintenance sessions and a healthy lifestyle. It enhances and improves overall body wellness. It is truly an all-natural, total body makeover. I’ve seen lives change. My clients are ecstatic and have a renewed connection to their bodies. Many become more active and enjoy fuller lives. One client lost more than 27 inches (at age 62!). Another reduced by 22+ inches at age 57. Numerous clients report having a lot more energy! They love their new lives and absolutely adore Lypossage!”

Start with a Single-Zone, 6-Session Series, ONLY $295 (reg. $630). Save 54%! (exp. 6/30/14). FREE Consultation.

New Spiritual Leader Inspires Possibilities: Rev. Darlene Dunning

If Tony Robbins was a girl, could groove like Madonna, and inspire like Oprah with a wise, compassionate heart — you’d get Darlene Dunning. She’s the new Spiritual Leader of High Desert Center for Spiritual Living in Paradise Hills. Serving the west side of Albuquerque and Rio Rancho, Rev. Dunning replaces the Center’s retiring and founding leader, Rev. Jac Blackman.

In her 30-plus years of service, Darlene has assisted thousands of people to live a thriving life. Her services, classes and retreats — local and international — are engaging and transformational. She draws from the ageless wisdom of faith traditions around the world, yet makes universal spiritual principles in New Thought philosophy applicable to human needs and aspirations.

Darlene emphasizes exploring new possibilities for your life, reducing stress and enjoying community at a place where people from diverse spiritual paths feel welcome. In a loving atmosphere, community members experience the release of fears, anger, judgments and insecurities and embrace self-love, love for others and a greater Love.

You are invited to join in the 2014 theme of “The Power of Spiritual Living” during Sunday Celebration Services, 10 a.m. at the Center (see ad below for address and directions). Youth and family programs with child care are available.

A host of weekday programs for positive living, monthly healing service and meditation, as well as special events are also offered. Please join us for a class based on Debbie Ford’s bestselling book, 21-DAY CONSCIOUSNESS CLEANSE. Focus: Let go of the past that holds you back, Get honest about the present, Manifest the future of your dreams. The 4-week class is on Tuesdays, 7-9 p.m. starting May 6, and is facilitated by Sue Hoadley, RScP, Energy Healer, and Music Healer. Register at www.hdcsl.org or call 505-922-1200 or 505-897-0482.

Look for podcasts on www.hdcsl.org or visit facebook.com/HDCSL. The Center is dedicated to helping people discover spiritual tools and an inner power to transform lives and the world. We welcome you!

Stephanie O’Connell is a Lypossage Master Trainer, schooled by the creator and originator of the world famous Lypossage technique (Charles Wiltsie Ill). She has been Slimming, smoothing and detoxifying clients since 2009. To find out if you are a candidate for this rejuvenating treatment, call Stephanie at 505-298-9000 for a Free Consultation in her New Location at “The Cloud” building, at 5808 McLeod Road NE in Albuquerque. www.cloudninetherapeutics.com

High Desert Center for Spiritual Living ™

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Read more articles by both authors online: www.trulyalive.net
Burn fat, lose inches – firm, tighten & tone!

By Janet L. Hall, ND, CMI, CKP

Get great results in as little as 45 minutes with this amazing new botanical, natural body wrap that really works! I use these and have had wonderful benefits and slimming results. Men and women can lose anywhere from half an inch to 5 inches their very first treatment!

This great little application works wonders on your figure, reducing the appearance of cellulite and stretch marks while removing inches and unwanted pounds! Here are just a few great herbs and essential oils it uses (that have long been known for detoxing and health benefits):

- Horse chestnut
- Green Tea
- Ivy
- Bladderwrack
- Jojoba
- Limonene
- Butcher’s Broom
- Camphor
- Eucalyptus
- Horsetail
- Menthol

The wrap pack also contains “caprylic” which in the alternative field is used in the form of caprylic acid to relieve the body of candida yeast overgrowth. It has been yet another great benefit to my clients and me! Our wraps are also used for tightening and firming aging areas such as saggy arms, neck, etc. There is a specific pack as well for the face — to firm it up and give you a younger more youthful appearance. It really works!

At our clinic, you can get these wraps at wholesale pricing and have them delivered directly to your home. There, you can simply apply the wrap, put sweats on and go about your housework or just relax and watch TV. The 45-minute treatment continues to work for the following three days. I feel energetic, clear and uplifted after mine.

Have you had a wrap in the past that helped you lose weight, but it returned quickly because it was only water weight you lost? Well, this is definitely NOT one of those! You actually burn the fat, drinking water the entire 45 minute treatment in order to flush out the flab.

Experience it for yourself. See how exciting the results can be! We have a “wrap party” on specific evenings and Saturdays at my clinic. This way, you can enjoy some social ladies time, apply a wrap and accomplish your body toning and reduction goals at the same time! Because everyone is always so busy and eating on the go, after we wrap, we also talk about ways to alkalize and adjust diets and lifestyles (and other topics) to help understand our bodies better. Additional information is shared to prevent a build-up of toxins that cause us to hold on to weight.

Janet L. Hall is a Certified Naturopathic Doctor, Kinesiologist, Medical Intuitive, Biofeedback Specialist and Nutritional Counselor. Her Center is dedicated to healing and preventative health, life change and empowerment...helping people to “rise above!” 505-294-WELL (9355).

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Read more articles by Janet Hall online: www.trulyalive.net
Using water as a vehicle to medicate the public is morally wrong!

I can think of no better way to destroy a nation than to spread toxic substances far and wide.

~ Dr. David Kennedy, Producer and Director of Fluoridegate, An American Tragedy

On the back of a tube of fluoridated toothpaste: “Warning: Keep out of reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek professional help or contact a poison control center immediately.”

We have all heard throughout our lives that fluoride helps prevent cavities, whether in toothpaste or fluoridated drinking water. What is not mentioned is that fluoride is extremely toxic. Fluoride is listed as a lethal poison in both the Merck Manual and The Pharmacological Basis of Therapeutics. In the Clinical Toxicology of Commercial Products manual, fluoride’s relative toxicity is listed as more toxic than lead and slightly less toxic than arsenic and is referred to as a “protoplasmic poison”.

The Environmental Protection Agency has stated that they have no scientific data on the effects of fluosilicic acid or sodium silicofluoride on health and behavior, and with the exception of some acute toxicity data, were unable to find any information on the effects of silicofluorides on health and behavior.

In addition to the lack of scientific studies to prove that fluoride is safe for people to ingest, studies have proven that adding fluoride to drinking water is not effective in preventing tooth decay. The largest study of tooth decay in North America was done in 1986-1987 by the National Institute of Dental Research. In this study, three types of communities were selected for study; fluoridated, partially fluoridated, and unfluoridated. No significant difference was found in decayed, missing and filled permanent teeth.

Dr. Eugene Zimmerman (my oral pathology professor in dental school) and co-workers at the National Institute of Dental Research published in a 1955 issue of the Journal of the American Dental Association a 10-year study of Bartlett, Texas (8 ppm fluoride) and Cameron, Texas (0.4 ppm fluoride). No significant decay difference was found between the residents. Dr. Zimmerman also told me about using topical fluoride on children of migratory farm workers in Texas in the early 50’s, who usually didn’t see a dentist. The experiments were for topical use only, as fluoride was not envisioned at that time for use by everyone, and only topical use on patients with rampant decay.

Fluoride facts: The first commercial uses of fluoride were as an insecticide (1896 patent) and in rat poison (1921 patent). Fluoride can interfere with many important biological processes and vital cellular constituents and enzymes (IAOMT). Three studies have been published in the Journal of the American Medical Association linking hip fractures (osteoporosis) in the elderly to areas of water fluoridation (JAMA). 41% of all American children aged 12-15 are now impacted with some form of dental fluorosis (fluoride poisoning) (CDC 2010). The chemicals used to fluoridate water are largely hazardous byproducts of the fertilizer industry (IAOMT). Research has demonstrated a relationship between water fluoridation and reduced IQ in children (IAOMT). Once fluoride is added to water, there is no way to control who gets the drug or how much is ingested (IAOMT). People vary considerably in their sensitivity to any toxic substance. Infants, the elderly, diabetics, those with poor nutrition, and those with kidney disease are especially vulnerable to the adverse effects of fluoride (IAOMT).

In summary: Water fluoridation is morally wrong! We’re not giving people informed consent. Fluoride is a hazardous waste in the public water supply. Twenty five countries, representing 98% of Europe’s population, all reject fluoridation. Using water as a vehicle to medicate the public is wrong, in most countries, except the United States.
In my practice of holistic neurological medicine and surgery, I help patients identify and repair those issues causing damage or inflammation to their nervous and immune systems. That list can include potential structural issues, dietary stressors to the immune and nervous systems, infectious issues, as well as the exposure to an ever-growing list of environmental neurotoxins.

Added to the list is fluoride, which is indeed a neurotoxin. Extensive research studies dating back to the 1930’s* have shown its direct toxic effects on the central nervous system, as well as fluoride’s role in potentiating other neurotoxic heavy metals, such as Uranium, Lead, Aluminum, and Arsenic.

Fluoride is an environmental toxin that has absolutely no physiologic function in the body (only that of a poison/toxin), is sourced largely from industrial waste, and bioaccumulates in our bodies. We have no natural ability to excrete this toxin, therefore it accumulates in our tissues. Assessing the deleterious health risks of our exposure to fluoride must necessarily address the damage done by its accumulation from long term exposure.

In identifying and defining what is acting to poison our nervous systems, we can better understand and treat the escalating epidemics of neuroinflammatory illnesses. Fluoride added to our water or used as a dental treatment acts as a direct neurotoxin, potentiates the adverse effects of many other neurotoxins, and disables our cellular enzymatic systems. The known toxicity of this poison is sufficiently well established* to avoid it in dental treatments, including as a drinking water additive.

We can no longer afford to ignore the issue as to what ends up in our air, water, food, and subsequently our brains. Adverse neuroimmunologic reactions to processed foods and their chemical contaminants, to indoor and outdoor air pollution with petrochemicals and radiation, have become epidemic. Such reactions are being misdiagnosed by mainstream medical practitioners, and therefore not treated effectively. We see these reactions as epidemic rises in neuroinflammatory illnesses from autism to MS, ALS, dementias, the full spectrum of cognitive dysfunction, neuropathies, intractable pain syndromes and, developmental and attentional dysfunction in children and cognitive and mood dysfunction in adults.

In the seventies, we learned just how bad Lead was for us after having been exposed to it for more than fifty years. Now we’re adding silicofluoride to the tap water which, in the developing fetus, acts to draw lead into their bodies, concentrating in their brains and bones. In developing children and adults, fluoride bioaccumulates in the tissues and wreaks havoc on a multitude of enzymatic and cellular processes. You can measure these toxic elements in diseased bones, brains and bodies. (And I do, on every patient in my practice).

There is a multitude of sources of toxic fluoride, from toothpastes and dental treatments, to our fluoridated tap water, to additives in soft drinks, etc. Identifying what you’re consuming at all times has become imperative, as you often do not excrete the toxic components, nor absorb the healthful ones. Your brain and body serve as the store houses, as these toxins prematurely age and damage your nervous and immune system, as well as the body.

Once aware of the underlying causal link of environmental toxin to neuroinflammatory illness, what comes next? The next step is to identify your toxic burden, and become aware of those sources of greatest exposure, then find qualified care in the remediation of your burden and any damage done to your health.

*Please see my website www.drpamelacostello.com for a fluoride toxicity reference list.

If you’d like a brain health/neurotoxin burden evaluation and an individualized, comprehensive treatment protocol, please contact my office at 505-503-8325.

Read more articles by Pamela Costello online: www.trulyalive.net
Sinusitis is one of the most common conditions seen by Family Practitioners, affecting 1 out of 7 individuals in the United States. Dr. Robert Ivker, author of *Sinus Survival* has described it as an epidemic. It wasn't always that way. In the early 1980s, when I was working at Biogen S.A (a Biotech company under the directorship of Nobel Prize Winner Walter Gilbert in Geneva, Switzerland), sinusitis was barely on my radar. That is, until I met Francine, our Swiss lab technician who suffered terribly from recurrent bouts of excruciating “sinusite”, which left her incapacitated and unable to work for days at a time. If I only knew then what I know now, I could have spared her a lot of misery.

Sinusitis means inflammation of the sinus cavities, and this article will focus on infectious causes. Viruses, bacteria and fungi can colonize the cavities causing the mucus membrane lining to swell and the ostia, the openings that connect the sinuses to the nasal cavity, to narrow, resulting in the build-up of fluid within the sinuses. This creates the hallmark symptoms of pressure and pain. When bacteria are the offending colonizers, the sinuses fill up with pus. Other common symptoms include fever, nasal discharge, nasal congestion and headache, as well as tooth pain in the upper molars (if the maxillary sinuses are affected).

Recently, there has been a big shift in the way Western Medicine treats sinus infections. This came about after it was discovered that 90-98% of sinus infections are viral, not bacterial! Antibiotics are now only recommended if symptoms are severe and last at least 3-4 days, are milder and persist for at least 10 days, or if cold symptoms lasting 5-6 days which were improving, are followed by new onset of headache, fever and increased nasal discharge.

A landmark study published by doctors at the Mayo Clinic found that 96% of patients undergoing surgery for chronic sinusitis (a sinus infection lasting more than 3 months), had fungus growing in their sinuses as determined by culture. Innovative studies using the potent antifungal Amphotericin B twice a day as a nasal spray, which markedly reduces the substantial toxicity of the drug administered orally, have shown promise in treating chronic sinusitis.

The Neti pot has become a household appliance for many because it effectively decreases symptoms and medication use in sinus sufferers. But do you know from whence it comes? Both Jala Neti (nasal cleansing with thread—“nasal flossing”) are traditional Ayurvedic and yogic practices which originated in India thousands of years ago. Ancient yogic texts suggest that Neti also has emotional and spiritual benefits, including alleviation of depression and the development of clairvoyance! Sutra Neti should only be practiced under the guidance of an experienced yogi or Ayurvedic doctor. For Jala Neti with a Neti pot, be sure to use distilled or previously boiled/sterile warm water. A small study out of Stanford University found that xylitol, a low glycemic sweetener, was more effective at alleviating sinus symptoms than saline. Use ½ tsp of xylitol crystals in 1 cup of sterilized or distilled water; add ¼ - ½ tsp of sea salt for added benefit.

Acute sinus infections require more powerful medicine than a Neti pot to affect a cure. I primarily use Classical Homeopathy and the herbal combination Sinupret Forte. The latter is the #1 selling sinus/upper respiratory product in Germany, backed by multiple double-blind, placebo controlled scientific studies on over 3000 patients. Classical Homeopathy has the additional benefit of being able to not only eliminate an acute infection, but prevent them from occurring at all.

12 years ago Sandra, a delightful 55 year old woman from Raton, NM, consulted me with low immunity resulting in near constant, year-round infections (cold, flu and sinusitis), exhaustion, recurrent vaginal yeast infections, pain and weakness in her arms and legs, and systemic Candida, to name but a few of her ailments. She was forced to spend hours a day on the couch. 18 months before making the more than 3 hour trip to see me, she developed a MRSA infection of her sinuses, and had to have sinus surgery. The frequent courses of antibiotics were causing her Candida to flourish, which in turn was further weakening her immunity, resulting in more infections. It was a vicious cycle. Prior to seeing me, another practitioner treated her systemic Candida, and although it helped some of her symptoms, her health was still in shambles.
After confirming the presence of Candida in her stool, I set out to repair Sandra’s defective immune system, which was clearly the root cause of her problems. A combination of natural remedies and pharmaceuticals were used to combat Candida, and probiotics were given to recolonize her gut with healthy bacteria, followed by Permeability Factors, a supplement which repairs the intestinal lining and restores its integrity. A comprehensive blood test (ELISA ACT) was ordered to identify allergies/sensitivities to 377 substances—foods, toxic minerals, environmental chemicals and molds. She reacted to 11 of them, and they were eliminated from her diet and environment. Heavy metal testing revealed elevations in Bismuth, Lead and Mercury (virtually everyone I test has elevated Mercury in their tissues, likely due to dental amalgams and from consuming mercury-laden fish). She underwent chelation with DMSA, and purchased a Far Infrared Sauna, which also removes chemicals in addition to heavy metals from the body. Through Kinesiology Testing, I determined she would benefit from Transfer Factor, a powerful immune stimulant that has helped several of my patients.

Sandra’s health began to improve after her first visit, and she has never looked back. 12 years later, she still makes the trip from Raton to see me every couple of months, for a tune up. She came out of involuntary retirement and became gainfully employed again. Her couch was restored to its intended function as a place to congregate or sit and read, not a makeshift bed. Her sinus infections are markedly reduced, as long as she stays on Transfer Factor. Since patients suffering from seasonal and other inhalant allergies are at increased risk of developing sinusitis, it seems logical that controlling their allergies would also cut down on their sinus infections. The FDA has just approved Oralair, the first sublingual treatment for grass pollen allergy. We have been offering SeroSLIT sublingual immunotherapy (allergy desensitization) in our practice for years. It is so much safer and more convenient than allergy shots—just 2 sprays under the tongue once a day at home, and very effective. SeroSLIT’s main advantage over Oralair is that it treats all inhalant allergens—trees, pollens, molds, dust mites, cat and dog dander, as well as grasses.

Linda consulted me over 5 years ago with a history of Thrombotic Thrombocytopenic Purpura, a rare and serious bleeding disorder due to a very low platelet count, which was in remission since her spleen was removed in 1997, and hypogammaglobulinemia, an immune system disorder resulting in low levels of IgA and IgM antibodies. Linda’s immune system was triply impaired, since the absence of her spleen in addition to her low IgA and IgM made her extremely susceptible to bacterial infections. When she first came, she was getting 6-8 severe sinus infections a year, which were being treated with high doses of Levaquin (750mg), a very broad spectrum antibiotic. Her infections had not responded to the usual 14 days of treatment—she required 28 days to clear each infection. The first homeopathic remedy I gave her, Mercurius 30C, resolved her sinus infection, and drastically reduced the frequency of subsequent infections. Thanks to homeopathy, the ALCAT food allergy test, Iodoral (supplemental iodine/iodide), and Alkalol nasal rinses, her infections are down to 1-2/year, and she no longer requires antibiotics!

Sammy is a 2½ year old boy who presented to me with Developmental Delay, chronic abdominal distension, chronic sinusitis as well as recurrent ear infections (otitis media). At 1½ years of age, his nose began to drain a yellowish-green discharge that wouldn’t stop. His oxygen saturation dropped precipitously to 78%, and he was rushed to the ER and then admitted to the hospital. His CT scan showed a massive sinus infection, and he was treated with Ceftin for 21 days. Since then, his nose would clear up

My experience with Dr. Weiss as my doctor has been great. I can never thank him enough for helping me regain my health. I was ill for 3 years before I began seeing Dr. Weiss. I had been to many doctors, had taken constant antibiotics, and I was only getting worse. I had almost given up on getting well. Dr. Weiss’ knowledge about natural medicine and his willingness to search for answers to unusual health problems is a blessing. I’ve found Dr. Weiss to be a special doctor who truly cares about his patients. I recommend him to everyone who needs a good doctor.

Sandra L., Raton, NM
for 2 weeks at a time, and then start draining again. At age 2 he had to have tubes placed in his ears due to severe hearing loss caused by 4 ear infections in the preceding 2 months.

After a one hour Constitutional Homeopathic consultation, I prescribed Calcarea carbonica 200C, a highly potentized form of Calcium Carbonate, the active ingredient in TUMS. The process of potentization (dilution and succession-vigorous shaking) completely alters the healing properties of the substance being potentized. I chose this remedy because it has a track record of helping developmental delay and both chronic sinus and ear infections.

Those of you who have been reading my articles over the years will remember that one of the ways homeopathy heals is by promoting discharges from the body, so toxins and the disease can be eliminated. It therefore came as no surprise when Sammy’s Mom called me 8 days later to tell me he developed drainage from his nose, eyes and ears immediately after starting the remedy. She also told me that for the first time in 2 years, his belly was no longer distended. I knew we were on the right track. At his 1 month follow up, his mother couldn’t contain her joy:

“It’s been amazing. Everyone has noticed in the last month he’s much happier, more social, more playful. Because he can’t speak, I’ve been working on sign language with him for the last 6 months with no success. Ten days ago things started to click—it took him 1 day to learn the sign for “eat”, 1 day to learn “please”. A lot more vocalization, babbling. It’s amazing! Why didn’t I come to you a year ago?” Fast forward to 2014. Sammy is now 9 ½ years old, and he has never had another ear or sinus infection! His Mom describes his reaction to Calcarea carbonica as “miraculous”.

There is really no reason to suffer another day, or year for that matter, with sinus infections. Both Melissa Parra, CFNP and I can help you feel better and possibly even conquer this malady once and for all. But don’t take my word for it. Listen to what our patients, and their Moms, are saying. After all, Mother knows best.
By Sandi Ganshaw, RDH, BS

Buffalo Bill fans, my family has had Hall of Famer/Quarterback Jim Kelly in our thoughts and prayers. In 2013, having unexplained pain in his jaw, he saw his dentist who upon examination referred him to an oral surgeon. Jim was then diagnosed with an aggressive form of oral cancer, Squamous Cell Carcinoma. Squamous cells are thin and found on the surface of the skin and lining of body cavities, including the mouth. He underwent surgery last year but it has since reoccurred. He is scheduled for another surgery followed by chemotherapy and radiation.

This is a grim way to start an article, but as an oral health professional, this is one of the obligations to patients we have…to educate about the real dangers of oral cancer. Did you know that every day in the United State there are 100 new diagnoses of oral cancer and that one person, every hour of every day — will die from it? There is also an unexplained occurrence of oral cancer in those who have not been at risk in the past, namely non-smoking males and women under 50 years old. Considering these alarming facts it makes oral-cancer education and exams more important than ever.

The National Institute of Dental and Craniofacial research cites the most common risk factors for oral cancer as:

1. Tobacco and alcohol use. Using tobacco and alcohol together poses a greater risk than using either alone.
2. Infection with the sexually transmitted human papillomavirus (HPV).
3. Risk increases as we age.
4. Cancer of the lip can be caused by sun exposure.
5. A diet low in fruits and vegetables may play a role in developing oral cancer.

It is our responsibility at Sandi’s Smiles to ensure that our patients are treated with the highest standard of care, which includes a detailed oral cancer exam at every appointment. 505-480-7200.

Read more articles by Sandi Ganshaw online: www.trulyalive.net

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Dr. Orloff is accomplishing for psychiatry what physicians like Dean Ornish and Mehmet Oz have done for mainstream medicine...proving that making the connections between physical, emotional, and spiritual health are essential to being our best or healthiest selves. Dr. Orloff has spoken at medical schools, hospitals, the American Psychiatric Association, Fortune Magazine’s Most Powerful Women Summit, alternative and traditional health forums; presenting practical, intuitive tools to doctors, patients and everyday people. She is also a blogger for The Huffington Post, Psychology Today, LifeScript.com and PBS Next Avenue (boomer site). Dr. Orloff was voted “Most Inspirational Person” for the Readers Choice 2012 awards on www.About.com (a New York Times site.)

As a board-certified psychiatrist and assistant professor of psychiatry at UCLA, Dr. Orloff draws upon her intuitive abilities to help her patients and workshop participants. In her first book Second Sight, she shares about her struggles with intuition and learning to acknowledge and embrace her gift of intuition. Her second book, Dr. Orloff’s: Guide to Intuitive Healing shows how breakthroughs in healing our body, emotions, and sexuality can be accomplished by listening to intuition. Positive Energy (which has been translated into 23 languages), takes a probing look at the exhaustion epidemic in the United States and how we can reverse it. Her New York Times Bestseller, Emotional Freedom describes how to transform negative emotions into positive ones.

Dr. Orloff’s newest book The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life, describes the power of letting go in everyday life, health, and wellness — an enlivening and sane alternative to pushing, forcing, and over-controlling people and situations. A results-oriented book, The Ecstasy of Surrender shows readers how to thrive in our modern, task-heavy, constantly-wired lives.

Truly Alive: Why does “life become easiest when you are able to let go”?

Dr. Judith Orloff: Turrender is the secret key to success, spiritual evolvement and health. When you’re able to let go, you’re able to flow more with the guidance of life and intuition, and any messages you might be getting about life and how to lead it: instead of pushing, forcing and overthinking things.

When I was in my twenties, I had no idea what career to choose, and I was more of a writer and an artist. Then I had a voice come through in a dream that told me to become an M.D.; to obtain my credentials to help legitimize intuition in medicine. It wasn’t at all what I had intended, but because I trusted my guidance and flowed with it, I was taken to my true calling and destiny.

I had confirmations along the way that I was correct and on the right track. Every second, every minute it flowed. Surrender is when you go ahead with something that your guidance tells you to do and you’re carried by the flow.

TA: Why is it important to “get out of your head” before you can evolve into surrender?

JO: Surrendering means balancing your intellect with your intuition. When you get out of your own way and are able to sense (as well as think and intuit), you can experience an amazing balance. When you balance the head and the heart, you get right into the flow of whatever you want… success, intimacy, spiritual development, health – you name it.

I had a patient who wanted to find her soul mate desperately. She had many qualifications for her soul mate. She kept meeting guys that were just not right. Then someone came along who didn’t fit her qualifications, but yet intuitively felt right. She opted to go with her intuition and he turned out to be her soul mate!

TA: Would you explain why surrender is not “giving in” and how spirituality plays into surrender?

JO: People think surrender won’t work, because they think it means failure, weakness or giving in. But I’m redefining it as something much larger than that. You’re surrendering to a Power much greater than yourself that can help you gain more personal power and satisfaction; even ecstasy. Surrender is a process of building power, but not in an aggressive, over-controlling way.
As a physician, I believe that the fear of death affects our ability to surrender on every level. Because deep down inside, we're afraid of what's going to happen in the end. The last chapter of the book is about surrendering the fear of death and the afterlife. When you can make peace with that and have a belief that you're not really surrendering yourself, you're becoming larger, you're becoming more, and there is nothing to be afraid of — then it allows you to live your life more completely and more joyously now, without having that fear lurking underneath the surface. I have a meditation in the book to experience death, where I take people into death to experience the energy of it. Once they know how to do that, they won't be afraid of it anymore.

TA: You quote studies that show “we have a biologically determined set point for happiness”. If this is true, how can we be happier and experience more joy?

JO: You can change your happiness set point — that's the miracle. Surrender is the way to do that. By surrendering to what's positive, surrendering to a meditation practice, surrendering stress and negativity, that can reset your happiness set point in ways that nothing external can. For instance, it's been proven that if somebody wins the lottery or has some big outer success, their happiness only lasts a blip of time. It's not enduring, and the experience doesn't change the happiness set point. The only way to change it is what I said before — surrendering to those elements.

I've found the most effective practice to be the 3-minute “surrendering stress” meditation. You basically sit for 3 minutes and focus on the sacred breath or prana. Then you put your hand on your heart and you breathe out stress, and breathe in deep connection to yourself and the Divine. You focus on anything beautiful or positive, such as the sunset, a rock, a body of water or something you love. Use the 3 minutes to center yourself and then return to life. This will transform everything.

I have a patient who was going on a job interview, and she had all sorts of negative stories playing in her head. She wasn't good enough, she wouldn't get the money that she wanted, etc. She was working herself up to an anxiety attack. Right before she went in to the interview, she did the 3 minute surrendering stress meditation and was able to center herself and let go of that negativity and stress. She went in there perfectly calm and landed the job!

The cover image of the book is also a powerful tool for surrender. I suggest to people to meditate on it to create the outcome they want. It will help to spark the surrender process.

TA: You describe the difference between men and women with simple eloquence. Would you reiterate that for our readers?

JO: Men and women have different energies. Men are more goal-oriented and fix-it oriented. Women are more emotional and flowing; (and a generalization), more easily in touch with their intuition than men. So it's a very different mix. We each have a male and female inside of us, but women have a larger white matter tract that joins the right and left parts of the brain called the corpus callosum, so they are more able to integrate both emotional and mental activities: whereas men don't have that connection as much. As a result, men usually don't do more than one thing at a time (very well), and often can get overwhelmed if a woman is going on from one thing to another and another. It's easier for a man to process one thing at a time.

Women need to know that, and not just go from one thing to another to another, and instead, stay very focused with men. That helps the man to feel that he can help. Men love to be of service. They love to help, and they respond negatively if they feel like nothing they do is enough.

TA: How can surrendering fear transform our money situations?

JO: If you have a fear-based attitude toward money, it will constrict the flow of abundance. So it's really important that you deal with your fears about money wherever they came from (parents, early upbringing, or a spouse, etc.) so that you can surrender those fears and then surrender to the flow of abundance. Abundance is a flow; it's an energy that you really need to attune to. Fear will stop that flow.

TA: What can we do to surrender to the aging process and transition out of the body at death gracefully? How can we transform our (most common) experience of it which usually involves a lot of consternation and resistance?

JO: Because aging is so intimately related to death, they are intrinsically connected. So the older that people get and the closer they get to the ultimate surrender of death, the more frightened they can become. If you deal with the surrender to death at an early age, (such as in young adulthood) and practice lifting the fear of death early on — that reduces the fear factor and it doesn't feel as frightening. Then you have a real solid sense that your spirit will live on, and there's really nothing to be afraid of...you're not losing anything. You are changing form, (and that can be disorienting) — but the spirit lives on, and all you do is expand. You get more yourself, not less yourself.

In a sense, when in the body, you are dumbing down consciousness to fit into physical form. When you surrender the body, all of a sudden you are huge again; free and radiant…able to fly and soar. You're not bound by the limitations of the body. As part of surrendering, I think it's really important that people deal with the fear of death — not in a morbid sense, but in a real liberating sense so that it can help the aging process — and become less fearful.

TA: Can you share with our readers how surrender can expand our joy?

JO: The whole point of me writing The Ecstasy of Surrender was to help people surrender to their joy. And, to feel that joy — to really absorb and savor it more and more each day. It sometimes is odd how

continued on p22
An Interview with Judith Orloff, M.D. continued from page 21

we resist pleasure and joy. I see this with my patients and many people (including myself), we resist it. The fear and the difficulties are somehow easier to absorb and focus on than the joy. Surrender to joy every day, to the joy of being in the moment, and the joy of little things. Every day, wake up, open your eyes and surrender. Breathe and surrender. As you are drinking your tea surrender...looking at the Universe, the sky — walking in nature, surrender. See the divinity in your partner, surrender and revel in all of these things. Don't take anything for granted because life could be taken away in an instant, or it could turn on a dime. You never know when that time will come. So embrace the ecstasy of surrender and the joy of it as much as you can everyday!

TA: Is there anything else you would like to share with my readers?

JO: Even if you feel you can't surrender and you keep taking (whatever it is) back every day, it doesn't matter — just taking little baby steps in the right direction will get you the results you want. People always make too big a deal of big changes, like “I'm gonna transform my entire life” and everything related to that. Sometimes one little tiny thing is enough. Meditate on one little tiny thing the rest of your life and become enlightened. There don't have to be a million things you surrender to. Just find one you're happy with and stay with it awhile.

“Santa Fe is one of those magical power places where I deeply find peace. I was just there for two weeks over Christmas, and we went hiking in Bandelier and toured nearby sites. Of all the places I'm going to on my book tour I'm looking forward to Santa Fe the most.” — Dr. Judith Orloff


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Dr. Orloff will be in Santa Fe Thursday, May 15, 2014 – 6 PM Talk & Book Signing, The Ecstasy of Surrender — Santa Fe, NM, The Ark Bookstore, 133 Romero Street, Santa Fe, NM, For more info phone 505-988-3709 or go to www.arkbooks.com.
Dr. Joseph Mercola, well known for his expertise in natural medicine, wrote an article titled the same as this article. It points out the short-comings of mammograms and highlights the economics behind the push for more mammograms, MRIs and biopsies. In 2008, breast cancer screening was a $2.1 billion-a-year business and was expected to grow by another 5.4% annually. From these numbers, the projected numbers for breast cancer screening in 2014 would approach a $3.0 billion-a-year business – translating to additional profits in the millions. In 2009, when the U.S. Preventive Services Task Force recommended fewer mammograms over a woman’s lifetime, economic advisers to breast screening specialists recommended they work harder to keep their annual screening numbers up.

A 15 minute non-invasive test, thermography records heat emitting from the body. It can alert your doctor to changes that can indicate early stage breast disease.

**Reasons why proponents recommend breast thermography:**
- The entire chest is observed from the base of the neck to the bottom of the breast and armpit to armpit.
- It is non-invasive and no pressure is applied.
- It has the ability to examine dense breast tissue in young women and in men.
- Inflammatory breast cancer (IBC) is visible on thermography; it is not visible on an MRI or Mammogram.
- The ease of monitoring treatment protocols for effectiveness.
- It can identify fibrocystic tissue or increased hormonal activity in the breasts.
- There is no radiation and no harmful side effects.
- There is no damage to breast implants because there is no compression.
- There are no cancers risks from breast compression, which according to the Cancer Prevention Coalition can spread malignant cells by rupturing small blood vessels in as yet undetected breast cancers.
- Safety of repetition — thermograms can be done as often as desired.

Money, like water, is a carrier. It can carry blessed energy, possibility or intention, or control, domination and guilt.

Lynne Twist

Have you ever wanted to develop a profound sense of gratitude in your relationship to your money and the world? Immerse yourself this summer with deeply inspiring ideas and sustainable practices. Discover how to foster personal and financial growth. Whatever your income level or financial status, change your story about money and about your place in the world. Get on a new track for the rest of your life — a life of powerful direction, clarity and peace of mind!

Please join Maria Dion, RScP for these events in June:

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Sunday, June 1, 2014
Talk, 10am • FREE
Workshop follows 1–4pm • $25
Everyday Center for Spiritual Living
Santa Fe • www.everydaycsl.org

**Living in Sufficiency Workshop**
Saturday, June 14, 2–5pm • $25
Awaken to Wellness, Albuquerque
www.awakentowellnessnm.com

**Transforming your Relationship to Money**
8 Week Course beginning June 26
Includes class time, small group meetings & one free coaching session with Maria.
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**Read more articles by both authors online:** www.trulyalive.net
There is a schism in Healthcare. Allopathic standard medicine, including ObamaCare, is Big Medicine. Actually, this form of medicine is a little over 100 years old. It was started by John Rockefeller and Abraham Flexner in 1910. Standard medicine is often financed and controlled by the government. Alternative, traditional medicine began before history and is now Small Healthcare. The FDA, NIH, and AMA are generally hostile toward Alternative Medicine. Yet it survives and has many practitioners represented in the pages of Truly Alive.


Colleen: You were telling me about a woman with decreased hearing.

Dr. Summers: She had chronic sinusitis. Recent high winds and pollen counts aggravated it. Gentle pressure over the left maxillary sinus triggered pain. She admitted to having post nasal drip. Antihistamines gave her bad side effects and she refused surgical intervention by otolaryngologists.

CV: Was there an alternative approach?

Dr. S: Yes. I suggested warm packs over the sinuses, a Chi Kung maneuver, Fenugreek and Saw Palmetto. Fenugreek promotes drainage from the sinuses. Saw Palmetto, best known for its male prostate benefits, also increases sinus drainage. The combination is often beneficial. To this, a mast cell inhibitor medicine was added.

Combinations using a Standard and Alternative Medicine approach are often more effective than either alone.

CV: I understand that you administer intravenous vitamins?

Dr. S: Yes. Intravenous supplements are a tradition from Alternative Medicine. The ‘Myer’s cocktail’ (from the 1950’s) is still used today for muscle spasms, neck/back pain, chronic fatigue, fibromyalgia, etc. Dr. Douglas Brodie used complex supplement infusions for cancer in the 1970’s. More recently, David Perlmutter, MD, (a neurologist practicing in Naples, Florida) has championed intravenous glutathione for Parkinson’s disease. About two years ago, a family approached me to give Glutathione infusions to a Parkinson’s patient.

After some research I added many components from Dr. Brodie’s formula to the Glutathione. I was surprised and gratified by the positive lasting results. I have since used modified Brodie therapy on other neurodegenerative disorders with encouraging results.

CV: So summing up, would you say both Standard Medicine and Alternative Medicine have a place in a person’s care?

Dr. S: Yes. The benefits from Standard Medicine over the last century have been spectacular, but is focused in intervention after the health issue appears. Alternative approaches accent prevention, or are more individualized with far fewer side effects.

Dr. Summers is a 3rd generation physician who trained at the prestigious Washington University School of Medicine (St. Louis) in both Internal Medicine and Neuropsychiatry. He was a professor at three major Medical Schools. He holds eight patents in pharmacology and health supplements. Dr. Summers invented and patented the first FDA approved drug for Alzheimer’s disease. His latest patented product is Memory reVITALIZER®. In his interesting career, he has practiced in the areas of emergency medicine, wound care hospitals, general in-hospital medicine, nursing home medicine, and hospice. He currently has a private medical practice in uptown Albuquerque. www.wksummers.com
By Inga Madsen

We live in a time where people are pushed beyond their capability to trust their own inner guidance. They often get frustrated by all of the different messages they receive from their brains, the Internet and TV. It’s overwhelming. Deep down, we know that we learn through our experiences...sometimes very hard ones. We all ask ‘why is this happening to me?’ Your inner being is not answering your ‘why’. So who can you trust? Family? Parents? Partners? Friends?

One day we may be ready to ask ourselves, ‘what can I do to lighten this load?’ Why not try a 4-week meditation class or individual energy session/healing with me at Crystal Dove. You can learn how to go within for guidance instead of seeking answers outside of you. You will see how the challenges you experienced have given you tools to move forward. If you dare to feel your own pain, you can learn to release it. Very simple. Change your energy and change your whole situation by aligning with your soul; the source where true guidance originates. Learn how to be present to your guidance. The more you trust it, the better it gets. Many of your questions, especially the ‘whys’ disappear.

Yes, after the class or individual sessions, you will continue to have deep experiences, challenges, etc. And, you will be able to handle them more gracefully as they show up. Eventually, you will feel at ease with life - knowing help is there when you need it and that you have the tools to cope with any situation.

Kindly,

Inga

By Victoria L Magown

MyoRehab is still in Granada Square. We have moved to the building next door, 4273 Montgomery NE, Suite 130 East. Our phone number is the same 505-872-3100.

Due to health challenges, I will be treating patients on a limited basis in May, June and July. My goal is to increase treatment hours starting in August.

I want to thank all of my patients, colleagues and friends who have been concerned about me and sent their love and prayers. It worked! I am feeling stronger and much improved. Also, I am learning how to take care of myself in a healthier way.

Looking forward to a healthy and bright 2014!

To make an appointment for treatment, call Joni at MyoRehab at 505-872-3100. Conveniently located at 4273 Montgomery NE, #130 East Albuquerque, NM 87109.

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www.crystal-dove.com
During the early days of us humans living on our Earth Mother, our best guess at figuring out how to survive on Her was to watch what Her other Kingdoms did and do the same. As we grew in emulation of our non-human brothers and sisters, we began to realize more deeply that there was an extremely loving and yet, mystifying life force that was tendering every aspect of physical creation…and that this force was way beyond our native human understanding.

We watched animals (for example), retire into hibernation during the winter time, so we followed suit. We watched how the vegetation on Earth Mother’s soil would go through a metamorphosis of some sort each season that seemed to be in sync with all other species — as well as with the miraculously mysterious happenings in the skies above us.

We also observed that when we (or any other aspect of creation) went against the natural organic unfoldments of earthly life, there was trouble…sometimes big trouble like death, disaster, suffering and hardship. We were becoming aware and in sync with the mostly immutable laws of our planet as the first root race of humanity embodied on our mysteriously magical new home.

Because our early human minds were much more unadulterated with the toxicity that we are so dominated with today, we didn’t have yet very ingrained concepts of what the overall nature of reality was; we had both an experience of solid, dense reality as well as etheric reality. In other words, we were able to move back and forth between the two realities because the veils between the physical and non-physical were then very thin.

So when we, (for example), had a thought about an ancestor of ours who had ‘passed on,’ it was quite easy for them to actually visit us…coming into our moments as if they were still ‘wearing their bodies.’

It also didn’t take too long for our human intellects to observe that the newly born offspring of other species had the older members of their species taking care of the younger in both loving and protective ways, and that we had the capacity to do the same…a kind of phenomenon that just organically evolved into what we named as ‘mothering’ and ‘fathering’.

We also noticed another even more mysterious and magical happening. That was that other species seemed to have an instinctual kind of knowing and trust that some very nourishing ‘invisible’ miraculous Source was providing for them in an uncannily harmonious flow. Again, we followed suit and created our own version of this magical force through expressions of our tribal art, dance, song and storytelling. We finally couldn’t resist uttering primal sounds of ‘Mama,’ desiring to be showered with the all of the stunningly endless expressions of Her wild, deep, mystical Love.

Yes, you probably know where I’m going next! We have become orphaned from Her at our own unconscious hands and unwittingly replaced Her with many human inventions such as mechanistic science and technology. Yet, no matter what deadly and foolish mischief we get into, we must remember that, though we have left Her, She has not — nor will She ever leave us as our ultimate Mother. She awaits any and every opportunity to flow Her love to us in both earthly, as well as spiritual ways and is a constant seductive invitation to manifest Her Seasons in unison with Her.

The rewards of re-embracing Her Presence, both earthly and divine are the magical happenings of unexpected bliss, ecstasy, enchantment, breathtaking moments of real companionship and shape shifting experiences of satisfying and uplifting life adventures.
Look Younger, Feel Great About Yourself!

Before you choose an invasive procedure, consider affordable, Natural, Energy Lift Rejuvenation (ELR) Treatments

ELR Treatments ONLY $120
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Dr. Carla Garcia, D.O.M.
505.271.6608
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On March 30, 2014, an article in the Albuquerque Journal titled, “Facial Acupuncture Touted for Health, Beauty” did a great job of outlining how facial acupuncture works and is a natural alternative to cosmetic surgery. The article also covered the general benefits of acupuncture. If you are curious about a natural alternative to more drastic treatments to look and feel your best, check it out: http://www.abqjournal.com/376129/news/facial-acupuncture-touted-for-health-beauty.html.

What this article did not cover was that while facial acupuncture is a viable natural alternative, there is another option even more appealing for a wide range of clients. ELR™ (Energy Light Rejuvenation) uses cutting edge, patented technology to provide all the facial rejuvenation benefits with no discomfort. ELR™ re-educates facial muscles and addresses the underlying causes of visible aging. Colored light is applied to the acupuncture points in the face, which (in addition to facial rejuvenation) has an uplifting effect on the whole body. Clients love the benefits without any pain, redness, flaking or lost work time. Many find this colored light/microcurrent treatment so relaxing…they fall asleep on the table.

ELR™ TREATMENTS:
• Encourage Collagen Production
• Smooth Fine Lines & Wrinkles
• Firms Skin Tone
• Improve Skin Texture
• Diminish Blemishes and Breakouts
• Minimize Puffiness and Inflammation

In addition, because acupuncture meridians run through the face, clients report having longstanding issues improved along with their facial rejuvenations!

If you haven’t yet tried ELR™, schedule your first treatment with us today. I’ll treat one side of your face and you can view it in the mirror before I do the other side. Most people see enough difference with just one treatment that they purchase a series of 10 or 12 and plan for the minimal ongoing maintenance treatments on the spot. Dr. Carla Garcia, 505-271-6608, www.ThermographyNM.com

Read more articles by Carla Garcia online: www.trulyalive.net
Awakening to Consciousness: What It Is and Why It Matters

By Wendy Foxworth

You are evolving in consciousness. No matter what is going on in your life, whether positive or negative, the impulse of evolution is moving in and through you and your relationships for the greater good of all humanity, the earth and the universe at large. Getting the big picture about consciousness will assist you to see all things in your life as meaningful and purposeful so a life of ease and flow can be realized even in the midst of challenging times.

At the Center for Consciousness Education, we know your ability to evolve in healthy ways depends on your waking up to understand different dimensions of consciousness and taking the huge step forward by embracing responsibility for your alignment in consciousness.

We are awakening to know that everything is not only interconnected but also interdependent. Lately, due to much unconsciousness on our part, there have been an increasing number of tensions, crises between people as old systems break down, and new structures of the future emerge. The opportunities come again and again. Pain pushes until a vision pulls! The answers to our present day challenges will be found in taking steps forward into, and doing the work of, the next level of relational consciousness.

We at the Center, focus on the world we would prefer and are busy co-creating it. We help others gain the needed access to tools and methodologies that support them in embodying a more life-giving future for themselves so they can be a part of consciously co-creating a universal humanity.

CONSCIOUSNESS EDUCATION OFFERINGS FOR MAY & JUNE!

Sundays, beginning May 11, 11am to 1pm, Understanding the Forces at Work in Human Affairs: Spiral Dynamics with Wendy Foxworth, Center Director. There are multiple dimensions of reality at play in your life and this series will help you learn to consciously choose how to respond and interact with them. Highly researched, based in real-world applications and the latest findings of both organizational theorists and neurobiology. Together we can learn to support the co-creation of a positive future for all humankind.

Wednesdays, May 14 through July 2, 6:30 to 8:30pm, Parent Meditation with Carey Rose O’Connell. Discover the five pointed Self for the purpose of integrating your physical and soul selves. Develop relational and unity consciousness by learning about the mechanism of multiple perspectives. Cultivate an awakened meditative state that supports you to live in integrity.

Memorial Day Weekend: Friday May 23, 6:30 to 9:30pm & Saturday, May 24, 10am to 6pm, One With One: Deep Dive for Two Relationship Course with Wendy Foxworth (Coach) and Paula Getz (Corporate Executive). What’s known as negative drama at home or politics/gossip at work is called the MeWay. You can consciously learn about and shift your interaction pattern to the WeWay in just 10 hours. You can feel fulfilled, joyful, and invigorated in any relationship! Go to www.theway.com to register and for more information. Limited seating.

Saturday, June 7, 9am to 1:00pm, Vistar Circle Training with Carey O’Connell and Karina Guzzi. Come and learn about a new way to communicate as a group in higher consciousness. Learn how to lead, support and participate in discerning and downloading direction from the Unified Field.

Saturday, June 14, 9am to 5pm, Big Mind Big Heart: Finding Your Way with Wendy Foxworth. Dennis Genpho Merzel’s DVD will inform us of what is needed to make the shift from self-centered consciousness (ego) to relational consciousness (essence) in one day. Potluck lunch with water, coffee and tea provided.
Are you living the life you imagined? Do you have radiant health and well-being? Are you ready to transform your being into one of more ease, lightness, happiness? Are you ready to break the knee-jerk reactions which have been plaguing you all your life?

My broken arm was healed in 5 days! Doctor was amazed.
W.N., ABQ

My carotid artery was partially blocked. After going to Maggie, I had it re-imaged. No Blockage
B.E., ABQ

I’m more flexible physically. But more importantly, more flexible emotionally. I no longer have my quick anger trigger. I’m able to remain calm and centered and loving.
S.T., Corrales

My chronic headaches are gone!
A.R., ABQ

These kinds of results are possible when our corresponding “issue” is addressed on multi-dimensional levels. When the contributory issue is cleared in the Causal, Astral, Physical, and Psychic Planes, we have true, lasting healing.

Our aura, or energy field, consists of the energy or vibrations of love, joy and peace along with the vibrations of our “issues”. These issues are with us from the moment we experience being separated from Source to begin the journey into form.

As we become denser and assume a body, our issues begin to trouble us. They are anchored in all the dimensions but the psychic plane holds the pain of the unresolved issues in our lives. When all planes are cleared, we experience complete healing. The emotional attachments to the issues must be healed, the mental/belief attachments must be healed and the physical body must be healed of its restrictions, which limit the flow of energy. The healing I do clears all dimensions simultaneously.

Everything is energy vibrating, including us. We are used to vibrating at a certain pitch or frequency. This pitch includes the frequencies of our beliefs, physical restrictions, and spiritual awakenings. True change, or healing, happens when we can sustain a higher, clearer pitch. The higher and clearer the pitch, the healthier we are. All dysfunction, illness and discontent begin to change and heal as our vibration becomes clearer and clearer. Our issues cannot coexist with the pure vibration of love, joy and peace...in other words, the vibration of Source. The recognition that we are connect to Source, and have never been separate from It, is ultimately what heals us. Holding this vibration is one of my particular healing gifts.

Maggie has recognized her ability to heal since childhood. She has worked as a healer since 1986. Maggie is a licensed massage therapist (LMT #2431), certified in Reiki and The Reconnection™, and trained in Upledgers CranioSacral Therapy, CranioSacral for Pediatrics, Chikley’s Lymphatic Drainage and Lymphatic Drainage for the Brain, Structural Integration™, and Neuromuscular Therapy™. Her spiritual journey (which began as a child) has brought her to the realization of the unity and oneness of all. These two lifelong journeys intersect and create Maggie’s heartfelt desire is to help end all suffering and facilitate true love, joy and peace in all beings everywhere. www.HealingAcrossDimensions.com
The Source of What Ails Us
By Rev. Kylie Renner

Consider this...if suddenly it became impossible to cover up all of the junk we normally think we are hiding from the rest of humanity, would we be really motivated to deal with the source of what ails us? This question has a profound impact when we realize how much we are trying to hide from the world. You may be saying to yourself, ‘I’m not trying to hide anything.’ I find that is rarely true. A great question to reveal to yourself what you are actually hiding is: “What would I not tell someone about me or my life on a first date?” This is a pretty good indicator that we all have something we want to keep hidden, and to start to realize how heavy it is to carry around this luggage of shame, guilt that we hope to somehow keep hidden from others and spirit.

It is a heavy price we pay to feel as though we have something to hide; that there is some piece of ourselves we wouldn’t want others to see. In fact, it is a ridiculously high price when we realize that we are unable truly to hide anything really and the price is paid for nothing. The magnificence of spirit is present in the totality of who we are, and there is no way of hiding from that no matter how hard we try. So, how do I get motivated to actually cure what ails me, to transform it instead of just keep on carrying the untruths around? If people could see through our B.S. and our pretty words and all of the structures we have set up that seem like they’re protecting this identity that we wish to show the world, we might finally do what it takes to let it go. If it became impossible to hide, all of a sudden we would be willing — on a deeper level — to look at our own crap?

Let’s stop, and take a moment to wonder if we are willing to stop speaking and carrying around these untruths. Am I willing? Am I willing to stop hiding, and am I willing to be the magnificence of who I’ve come here to be?

My answer is yes — even though it’s terrifying. I am the queen of willingness and vulnerability and I can tell you I feel more vulnerable than I’ve ever felt in my entire life. And as terrifying as that is, what I realize is that this space is filled with more possibility than I’ve ever been available to before. It is filled with a new way of being on this planet; with people who know one another as expressions of truth and light. And it has the power behind it to transform everything. I’m committed to stop hiding and playing small and I believe this is a commitment that we all can make...a commitment to stop playing into our story of limitation and to truly free ourselves.

There are opportunities in front of us every step of the way; to shed what is untrue and to shine more brightly — if we just take them. Let us collectively demand something more from ourselves and let us be the force that is calling ourselves into the transformation powerfully, gracefully, and potently because now is the time.

Rev. Kylie Renner is the Senior Minister at the Albuquerque Center for Spiritual Living, located at 2801 Louisiana NE, between Menaul & Candelaria. Sunday services are at 9:15 and 11am. The Open Mind Book and Gift Store, open 10am to 3pm weekdays, carries a wide selection of metaphysical and inspirational books, music, jewelry and gifts. This is truly a great place to choose a unique gift for someone special. Call 505-881-4311 or visit online: www.abqcsl.org
My Recipe For Success

By All About Health’s Jeanette Joyce

Owner of All About Health’s Bill Haggard shares, “Jeanette Joyce came to me years ago for a colonic. I was working at a clinic owned by someone else back then. She was relocating from New York to Albuquerque and wondering about job opportunities as a colon therapist. I suggested that she set up in her home when she moved here. Meanwhile, I went into business for myself. Jeanette agreed to work for me and I was thrilled to have her on my staff.”

JEANETTE’S STORY:

The decision to become a colon therapist came following an accelerated recovery from parasites and candida with the help of colonics. Part of our training to be a colon therapist at the Shea Institute in Juno Beach, Florida included working on our fellow students. Even though I was telling my clients to eat organic and eliminate certain foods from their diets, etc., and I acknowledged the benefits of colon cleansing, I thought that nothing bad would ever happen to me. I figured I would eat organic every now and then; do colonics every now and again and take a few supplements here and there and that everything would be fine. (Walking my talk left a bit to be desired back then.)

Four years ago, I was hit with a diagnosis of Non-Hodgkin’s lymphoma. My world was turned upside down and I wasn’t sure if I would survive. When I gathered my thoughts, I realized that I had been around clients who healed from cancer, and I could too. My journey back to health began with a short stay in a holistic medical center. The doctors were wonderful and their direction played an essential role in my integrative process for recovery. Crucial for me were the colonics, juicing every day, the right supplements (for me), salt baths, infrared sauna treatments, Rebounding, and diet (no sugar, carbs, white flour or dairy). Looking back at my initial reaction to the diagnosis, (the common reaction of fear and panic that most people experience), I couldn’t see anything positive in it. Now, I look at it as a blessing in disguise...a sort of wake-up call. The healthy, disciplined lifestyle I now enjoy is the best part.

Colon hydrotherapy assists the body in pulling toxic waste out of the colon yes, but it also reduces the toxic burden on other organs including liver, kidneys, blood stream and lymphatic system. Most people don’t think twice about bathing or showering every day, but few put attention on the colon’s need for a lavage now and again.

And colonics aren’t just for those who have serious health concerns; they are an amazing tool for prevention. Consider having a colonic during a bout of PMS, if you have a cold, a fever or when you feel the onset of the flu. Allergies can also improve with colonics. Oftentimes, if issues like these are caught in time, they can be averted altogether.

We are exposed to more and more toxic chemicals and additives in our food supply, in the air we breathe and the water we drink. Over time, these chemicals and toxins accumulate in our bodily tissues and, if not removed, can lead to more serious health problems. Get started on a regular program of colonics today! You may be amazed at how wonderful you feel!

Call All About Health at 505-888-5858 and get your questions about colonics answered today. Jeanette and the colon therapists at All About Health can share about options to shift into a healthier lifestyle as well as a powerful cleansing program. Take it slow, or jump right in. Just get started! You’ll be glad you did! www.allaboutthehealthinc.com

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“I was nervous about getting a colonic. The actual experience proved amazing. Bill is so gentle, kind, informative. After, I felt so much lighter, more alert & awake. I woke up the next day with great energy and flexibility, without any morning stiffness. I would definitely encourage anyone who wonders what a colonic might do for them to try it! – L.H., ABQ

Bill Haggard, LMT #2554
Colon & Cleansing Therapist

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“This book was written to empower you to believe in yourself”, says author Clint G. Bridges. I am happy to say that it absolutely lives up to that promise. This beautiful work of Divinely Inspired sayings, poems and stories will indeed help you to believe in yourself.

Not only will it empower you to believe in yourself, but more importantly, it will help you re-claim your birthright as a Divine Child of God. Too many of us have forgotten our Divine nature and Clint’s book helps us remember what we really are, and how we can get back on the right path.

You can read this book, cover to cover, as I have several times but I have found its true worth in my life as a wonderful book for daily devotion. I pick up the book and open to a page and always find some inspired nugget of truth or wisdom to help me with my day.

I have known Clint for many years and have had the privilege to watch as this book went from Divine Idea to Divine Reality. He will be the first to tell you that he is not the author of this book—Clint has always called it “His” Book.

And once you read it, you will know its Source. SPIRIT Wisdom for Daily Living is a book of inspiration from our Heavenly Father set down in simple words by His loving servant. Thank you Clint, for being the vessel for Truth.”

Donna Watkins, ABQ

Clint G. Bridges is loving husband (of forty-four years), proud father of three children, and grandfather to nine beautiful grandchildren. Clint is a remarkable example of one who lives the values of honesty, truthfulness, compassion and loving kindness. He truly walks his talk.

Charlene Lewis
Intuitive Healer, Holistic Kinesiologist, Reiki Master, Hypnotherapist & Medium

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Body, mind & spirit...
When we begin to access our deeper inner wisdom, the conscious mind or ego usually resists. It may resist so much that your progress becomes derailed. How can we begin to process what the conscious mind is unwilling to acknowledge? For myself and my clients, I begin with compassion, love, and a process slowly awakening to self-awareness. It takes a lot of practice to be deeply aware of one’s self and how we respond to the many challenges we face — easier for some than others. This process can depend on how much of a facade we have constructed, how compartmentalized we are, and how honest we are with others and ourselves. Acknowledging your body’s truth, being truly open, honest and compassionate with yourself may put relationships and habits into jeopardy as you begin to recognize the old ways that are not working any more.

We naturally construct our lives so that we fit into our assigned places: at work, school, at home, and within different relationships. You create a space you fit into. This may have been done partially by creating the environment you wanted, but also by ignoring certain of your own needs and hacking off important pieces of yourself in order to stay in there. This often feels comfortable and safe, but it can also be restricting. This place you have carved out can begin to choke you. You might feel both an undeniable urge to break out and at the same time an equally strong fear of losing what you have worked so hard to fit into. You might have closed your eyes to some undesirable elements of your work, relationships, or your partner just so you could get along and fit in. The fear of rejection runs deep and wide in the psyche, because on a primal level, to be rejected from the herd (or the tribe), means you are going to die. You will be unprotected by the group. You will be alone. In contemporary terms, this means you could change or lose your job, your partner, your friends, your family, even your children. Your ego does not recognize that change can open you up to all kinds of wonderful new things; it knows only the fear of “what if?”

Even when you are making positive changes, there can be a lot of resistance from the entire milieu surrounding you. If you have the courage to change, the people around you may feel threatened by your courage and strength. They might want you to stay the same so they won’t have to make a change in their habituated responses to you. Your ego will tell you it’s not worth changing because you won’t fit into your comfortable rut anymore. You may experience distressing signals from your body, which is trying so hard to communicate with you. If you ignore the body’s messages, you can become physically ill until you connect the dots and begin to effect change in your life.

SO WHAT DOES IT TAKE TO MAKE A CHANGE?

At a profound level, it takes the recognition that what you are doing is not serving you anymore. It can take immense courage to undertake the process. It takes the acceptance that other people may not want you to change, or that they want you to change in a way that they approve of, not what comes organically from your own growth process. It means to accept your own evolutionary process in whatever form it takes. It will eventually take a relentless, yet compassionate internal honesty to grow into self-awareness and self-examination. Most of all it’s vital to have a support system to help you cope with the changes and to encourage and sustain your growth.

Ellen Santistevan, LMT #6535, APP, is a healing practitioner offering compassionate, intuitive bodywork and her own modality, Minimal Movement Therapy™. She also sells Earthing Products. Third Goddess Therapeutics is located at 4916 4th St. NW. Call to schedule an appointment: 505-250-4483. Read more about Minimal Movement Therapy: www.thirdgoddess.com

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Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Eat a rainbow of fruits and vegetables every day and with every meal—the brighter the better. Colorful, deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants—and different colors provide different benefits. Some great green choices include dark green lettuce, kale, mustard greens, broccoli, and Chinese cabbage—all packed with calcium, magnesium, iron, potassium, zinc, and vitamins A, C, E, and K.

Naturally sweet vegetables such as corn, carrots, beets, sweet potatoes, yams, onions, and squash add healthy sweetness to your meals and reduce your cravings for other sweets. Fruit is a tasty, satisfying way to fill up on fiber, vitamins, and antioxidants. Berries are cancer-fighting, apples provide fiber, oranges and mangos are a great source of vitamin C.

A daily regimen of nutritional supplements does not have the same impact that eating a balanced diet does. The health benefits of fresh fruits and vegetables come from numerous vitamins, minerals, and phytochemicals working together. They cannot be broken down nor replicated in pill form to provide the same benefit.

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FOOD IS LOVE and LOVE truly is what makes my world go ‘round. With love and appreciation, Joy Lynn

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By Joy Lynn of Joyous Creations

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The Abundant Life
By Marshall Estner

What does abundance mean to you? To me, having an Abundant Life means experiencing abundance in every area of life: physical/emotional health/well-being, relationships/love, a deep spiritual connection with the Creator and Earth Mother and work/finances. So many residing on earth at this time feel disconnected from many or all of these. I am here to provide support and help you shift your experience(s) to more of what you choose to experience now.

Coming from a grounded understanding of the universal laws of abundance, attraction and manifestation, it’s easy for me to see the challenges clients face when they desire increased abundance (particularly financial). Combining sound knowledge and 20+ years of experience in accounting, finance and taxes, with the broad understanding of New Thought consciousness, I help clients demystify their current situations and see a new path to freedom.

Need your books straightened out? Tax issues resolved? I can assist you, but my greatest fulfillment is in helping you understand the relationship between your occupation or business and the joy of creating financial abundance. Sage advice in developing personal and business skills, and helping you create a balance between your personal and transpersonal business life awaits…

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Trauma Impacts Brainwaves
By Regina Coffman

The various lobes of the brain are intended to be naturally balanced and the activities within them are intended to be in harmony. It is the trauma we suffer that causes some measure of imbalance. When this is the case, a difficult period in our lives can exacerbate the imbalance, with unpleasant consequences.

We all endure a measure of trauma in our lives. A trauma can be emotional and/or physical. Emotional traumas can range from the death of a loved one, being a long term care giver, unemployment, the need to file bankruptcy, raising a teenager ;-), to being made fun of as a child or growing up in an abusive home.

During all of this, the brain has one purpose… survival! Its primary job is to keep you alive, which it does in very sophisticated ways. One way is the adjustment of brainwave frequencies resulting in a trauma pattern. This is absolutely necessary for your survival but once the traumatic event has passed, the brain should reset or auto-calibrate to a healthier frequency pattern. Unfortunately, the brain often gets stuck in this trauma pattern.

The cost of an imbalanced brain — to individuals, their families and humanity is undeniable. Loss of sleep, lost relationships, lost health, lost love, loss of creativity, loss of life and loss of hope plague our world today. What we do helps people to view their world through a lens of love rather than fear.

Brain Balance and Harmony works together with Brain State Technologies providing state of the art computer technology, combined with the latest advances in neuroscience allowing the brain to regain balance. We are completely holistic and non-invasive. My passion is to help change the world one brain at a time… Are you ready?

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ARIES (3/21-4/19) MAY has you dealing with a financial slump while much energy is poured into a relationship. Social involvements are ill advised until after the 19th. Your strength has been tested over the past few months. Finally, Mars turns direct in its motion. That means life will have you more prepared for upcoming shockers and recent destruction. If you did the prep work these past few months, then your wagon is ready to roll. Partners and parties return with a new zest. You become more accepted and acceptable. Watch impulsive spending. JUNE is supposed to be windy to spread the seeds of life. As a Fire Sign, you are given free rein to express your thoughts and ideas. Others may see you as just a little too adamant, but at least you will liven things up a bit. Events in your life are created by you this month. There's usually an easy solution to self-created problems, but others will find it amusing. This month will have a clarity that your Sign easily perceives. The month is building to a climax around the 25th. There could be an explosive situation because of your need to feel free.

TAURUS (4/20-5/20) MAY feels like a birth month for Earthy Bulls. Even females of this Sign can be very bull-headed. Recent events have brought personal changes to your life. This “excitement” is designed to change your course a little. Good or bad, events in your life are significant and relative to your life journey these next few months. The full Moon of the 14th, plus candles, is all the light you need for romance. The 24th is best for new financial starts. Your mind is filled with a deep searching for truth. A philosophical way of thinking seems right for you. JUNE is about finances and self-esteem for the Bulls. All month, your earthy beauty seems to shine forth which brings earthly rewards after the 23rd. What's life without romance? This is your mood and character. The 3rd could be soft and seductive in many ways. The 8th is steamy. The full Moon of the 27th could send you back into your home in a domestic posture for a few weeks. The 28th is deeply passionate. Social involvements are ill advised until after the 20th. Events in your life are related to joint financial dealings. There could be hidden assets in the months ahead. You will like the 17th. Life is keeping you up later at night. The 23rd brings a change of focus to life. Safer to stay home than to drive on the 28th. Protect valuables, too.

GEMINI (5/21-6/21) MAY is a nice time of year for the Twins. New growth of nature is like new ideas growing and taking root deep in your subconscious. Health becomes an important consideration, and hidden matters come to light. A preparatory time of year. By month’s end, you will have been lifted into full operational mode. The 7th begins a time for sharp-mind thinking. Let your thoughts precede your actions. Any love delays will be cleared up by the 19th. Activity then becomes your greatest joy. Part of that joy is an activated romantic life lasting ’til summer’s end. JUNE continues that love ride. You could be making money from home this first two weeks, but after that, there could be a personal recession. Deep introspection in the final two weeks. Delays become common, but a positive attitude can turn delays into profit. The longer than usual period of Mercury retrograde (6/7-7/1) means that messages have great importance to future events. Pay close attention to the world around you this month. Expect the unexpected during the final week. Sometimes, a rose can grow in concrete.

CANCER (6/22-7/22) MAY is sweet to the feeling senses of the Moon Children. Though some may feel the loss of a friendship, others may hurt from a blow to their dreams in life. Recovery is brought by the full Moon on the 14th. Until then, just try to understand what it all means. Much will be uncovered after the 20th, lasting 30 days. The Crab is simply preparing for his emergence onto a new, warm beach. Mother’s Day could be messy, but Memorial Day will stir your emotions this year. Don’t let psychic experiences disturb you; the month ends on a positive. JUNE is nice for the Crabs to get away. Some may withdraw to their shell, while others will pack their shells to actually get away. You should find time to reflect on the meaning of things. There seems to be a subconscious reason for slight health problems. You dream of faraway places frequently. It’s a dream for cultural understanding. A yearly cycle is ending as you store away what you have gained and prepare for a new cycle to begin. The Sun lights your choices, but you as the Moon, reflect what matters to you.

LEO (7/23-8/22) In MAY, you can tolerate your responsibilities and still enjoy the beauty of nature with friends. The urge has been to travel to places from your past. That impulse becomes more of a possible reality as of the 19th. By planning well, it’s likely that you will be taking short trips while your eyes are on a long journey. There’s a desire calling you to find peace in other lands. That holds true until month’s end. Saturn warns not to do home construction until July 20th. Pouring foundations and making plans are fine. The full Moon of the 14th presents some important events as a new phase of your life takes shape. JUNE usually has a friendly feel to it. The Lions want to join in with friends to go playing and lounging in the Sun. You are accident-prone on and days around the 25th. Not a time to travel. The new Moon of the 27th could send you back into your home in a domestic posture for a few weeks. The 28th is deeply passionate somehow. Stubbornness is a fear of loss.

VIRGO (8/23-9/22) MAY usually feels nice to the industrious Virgos. You can open the doors to your workshop and enjoy nature at its finest. It's always good to shine a little light on the subject. There could be issues related to joint financial dealings. There could be hidden assets in a partnership. This full Moon on the 14th combines with other planetary factors to bring your focus to a professional brilliance in solving detailed issues. Only the 10th/11th weekend could bring confusion. Don’t drink and drive, or just watch out for drunks that weekend. Think and act on the highest of levels to patch a hole in your life. JUNE can lift the spirits of the Virgoan. Your work takes on added importance. Even little tasks seem to have glorious results. Panacea for the Work Sign. However, there are those times of delays
and car problems. You will be fine if you have not postponed any repair needs. Mercury goes retrograde on the 7th and Neptune goes retrograde on the 9th. This affects you and your relationship to this world. We are all here learning how to relate to the things we think are not part of us. Guard your money during the final week. Life has a new shine to it.

LIBRA (9/23-10/22) MAY brings upon a perfect passion for most Librans. A loving relationship is the greatest gift (besides dark chocolate) that you can receive. There’s a real blending involved. New social involvements are likely throughout the month. Your energy returns on the 19th. Even your career is a place of happiness and success for a few months. Travel is a definite possibility this month. Even world conditions can add to your bliss. Peace is possible which always brings a sigh of relief to you. Your partner is alive with nervous energy. The month ends with a victory. The 28th has positive changes. JUNE has its changes as your life choices are well thought out. A decision is more than just a decision. It becomes life altering. Many factors must be considered to keep your life in balance. I understand. Your career is spotlighted as the month begins. There’s an element of good fortune connected to new starts on this first day of June. You are ending some things and finding great value in meaningful involvements. Things are happening all around you this month, but mostly this month is different, mentally. Great joy can be yours.

SCORPIO (10/23-11/21) MAY is calling. It says to come out of your cave, which you can safely do as of the 19th. It has been a few months of isolation on some level. Changes are in store for all of us and sometimes that can be a threat to your fixed nature. Don’t worry, it’s for the best. Depth is the key word. Your mind wants to see and understand life better. Partnerships and social activities are on the scene, but it’s hard to participate. The 3rd is passionate. Responsibilities call on the 10th. Health is an issue that day too. There’s turmoil this month as ideals confront ideology. The 30th/31st is exciting. JUNE is a time of multiple organized thought processes. The Gemini month is 8 Signs after your Sign. It’s a realization of the Scorpioic functions such as birth, death, sex, and deeply occult matters. It’s a time of realizing that the greatest sense of satisfaction begins as a mere thought. From nothing comes something. Your month of June is about broadening your mind. There will be events to help that along. Finances are highlighted by the full Moon of the 12th. Your stage presence can affect deep changes for those who hear and see you. All matters of deep discussion are pertinent. The new Moon of the 27th is bound to be memorable as there’s much commotion to challenge your ability to make tough decisions. On a lighter level, it’s a time to change things around at home. If you feel stuck, Feng Shui has a cure. Change 21 things at home to change your life.

CAPRICORN (12/22-1/19) I would advise you to become a hermit this next two months. You don’t really feel like being nice anyway. The full Moon of the 14th stirs some issues within you. A secret involvement could turn a friendship into a romance. You could be caught in the closet, so to speak. Disparaging words could come from others, but you can just quietly plan how to eliminate their influence. Have you noticed how the forces of change are strongly working like an undercurrent to transform your life completely? JUNE still has Saturn moving retrograde. This ruling planet puts everything on hold as you are best advised to gather materials, pour “foundations”, and make plans for the future. Actual progress is part of this preparatory process. Soon, ol’ patient ones, you will be ready to build your dreams (after July 21st). Perseverance is the Goat’s best quality, but sometimes you have to let go and let God take over. Tear down unrealistic goals. The full Moon of the 12th puts your love life on trial. If something ends, there will be a new relationship start up around the 27th.

AQUARIUS (1/20-2/18) MAY could bring some amazing changes to your life. Career pays well and you can make some psychic investments at this time. You will be able to find a balance between home and career after some disturbing turns of events near mid-month. Recently a psychic asteroid hit the very core of your being and now you are left to make new beginnings based on the wisdom you have gained. You seem ready to do this. Your mind is considering new areas of interests that fit your value system better. Walls may be coming down around you. JUNE is filled with the new and exciting as your mind is searching for adventure and excitement. There’s a reason someone needs your attention. They want you to see them and their beautiful light shining brightly. Good health is related to sound emotions so don’t be too detached. Your income and career matters are on hold, or at least suffering a slow down. Someone from the past calls. They need answers. Don’t travel during the first two weeks if possible. The 14th is the worst. The final week brings up a health matter, but romance looks better.

PISCES (2/19-3/20) MAY can be a happy, romantic, talkative, travelling kind of month. Who wouldn’t want to feel the dreaminess of a Piscean? Just keep in touch with earth this month and all should go well. Your delicate nature may have to accept the intensity of the full Moon on the 14th. There are shocking events that build up to that day, but you can just float in your pool and have a Mai Tai. A recent loss is no reason to wipe that giddy smile off your face. The new Moon of the 28th promises to keep your life dramatic. JUNE has you focused on home the first 3 weeks and romance after that. There seems to be a happy relationship already, but this is a new twist. It may be difficult to swim out into the main stream, but that’s where the fun will be. Inner reflection is part of a five-month process starting around the 9th. An awareness factor on the full Moon (12th) is very illuminating. Intimacy doesn’t mean permanence as you discover on the 24th/25th. The Universe brings a better closeness after the 26th. Love washes down from the foothills to fill your stream with warmth.

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Lucille Friedland, M.S., Marketing Consultant & Trouble-Shooter, Grant Writer, Accountant, 505-504-3404, www.FriedlandMarketing.com

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resource directory

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- Picture or logo (required) + web link: $38
- Description text: $1.80/word

Classes/Workshop Advertisers = 75%*

*DISCOUNT with other article and/or ad

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Events that cost $0 - $20 to attend qualify for a FREE listing in the print & online magazines. Advertisers get priority inclusion in the print magazine. All FREE submissions will appear in the online magazine. Please email all event info to: info@trulyalive.net.

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- Description text: $1.80/word
- Up to 4 bold lines (optional): $44

Resource Directory, 3x = 15%*

Resource Directory, 6x = 25%*

Resource Directory Advertisers = 50%*

*DISCOUNTS with other article and/or ad

#### SPACE RESERVATIONS:
- JAN / FEB: DEC 1
  - JULY / AUG: JUN 1
- MAR / APRIL: FEB 1
  - SEPT / OCT: AUG 1
- MAY / JUNE: APR 1
  - NOV / DEC: OCT 1

#### CONTENT DEADLINES:
(articles, ads, pictures, logos, listings, etc.)
- JAN / FEB: DEC 5
  - JULY / AUG: JUN 5
- MAR / APRIL: FEB 5
  - SEPT / OCT: AUG 5
- MAY / JUNE: APR 5
  - NOV / DEC: OCT 5

#### 2-PAGE COVER SPREADS INCLUDE:
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- 1x = $1670
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Back Cover
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#### ARTICLES:
- Up to 900-950 words*: $557
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  - 6x = $483

- Up to 1200-1300 words*: $745
  - 3x = $704
  - 6x = $672

- Up to 1500-1600 words*: $892
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- Up to 1800-2000 words*: $1197
  - 3x = $1134
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- Up to 2100-2300 words*: $1444
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#### AD DESIGN RATES (plus tax):
- Print sizes and online equivalents.
- 1/8 AD: $325
  - 3.625 x 2.25
  - 1x = $557
  - 3x = $515
  - 6x = $483

- 1/4 AD: $360
  - 3.625 x 4.75
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  - 3x = $704
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  - 3x = $1134
  - 6x = $1071

- Pay Bi-Monthly:
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FORMAT FOR CAMERA-READY ADS:** Please submit all files in PDF format with all fonts and hi-res CMYK (covers) or grayscale images embedded. PDF ads must be optimized for printing. All fonts must be embedded into PDF file. All images must accompany digital files at 300 dpi and 100% of size. Colors must be CMYK.

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