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Your Highest, Most Joy-Filled Life p16
Enhance Your Natural Psychic Ability p17

An Enlightening Interview with Christine Horner, M.D. about her new book Radiant Health Ageless Beauty p18
DEEPAK CHOPRA

LIVE

Albuquerque

26.09.16

tickets and information

DeepakChopra.com

Eventbrite
Dr. Christine Horner takes you by the hand through her simple and fun 30-day program and shows you how you can enjoy a long life of radiant health and ageless beauty—no matter what your age.

If you fear growing older because you think your mind and body will start to falter...if you imagine that one by one your organs will begin to fail...this book is for you! Dr. Horner's book shows you another option. You don't have to settle for breakdown—first of your eyesight, then your joints, you mind, your skin tone and ultimately your heart. With this book, you can age gracefully and beautifully and stay radiantly healthy, limber and strong!

Radiant Health, Ageless Beauty by Dr. Christine Horner is a priceless compendium of accurate and effective methods guaranteed to assist us in looking and feeling our best for as long as we live. I highly recommend this book!

— Christiane Northrup, M.D.
The Future of Wellbeing: Transform from the Inside Out
Sept 26, 7:30-9:30pm • $79 + up
Join Deepak Chopra as he creates a roadmap for “higher health,” based on the latest findings in both mainstream and alternative medicine.
University of New Mexico, Student Union Building
MSC03 2200 Bldg 60 (Grand Ballroom)
http://www.eventbrite.ca/e/deepak-chopra-the-future-of-wellbeing-tickets-25493987202?ref=ebtnebtckt

EVENTS OFFERED BY:
Creative Holistic Integration (CHI)
Suchinta Abhayaranta, Th.D.
Held at: 8 Via de Estrellas, Santa Fe (unless otherwise noted)
Cell: 571-422-6734 • Land: 505-471-0167
www.chisuchinta.com

EVENTS AT:
Crystal Dove, Inc.
525 Central NE, ABQ NM 87102
505-842-5265 • www.crystal-dove.com

Holistic Self-care Tools for Caregivers
Sept 17, 10am–5pm • $100
Register: 571-422-6734

Mandala: Circles of Wholeness
Oct 8, 9 & 10, 9:30am–5pm
Day 1, Basic Techniques • $100
Basic Techniques can be taken separately or combined with Heart Centered Mandalas in a 3-day intensive.
Register: 571-422-6734

Family Constellation Circle
Oct 22, 2-6pm • $50
First Timers: FREE
Heal ancestral issues that surface in your life. Healing comes from acknowledging ancestral/systemic trauma, love, gratitude & compassion.
Held at: 10516, Karen Avenue
ABQ, NM 87111
Register: 571-422-6734
www.chisuchinta.com/family-constellations-circle.html

Reiki I Classes
Usui System 14-hr class
Sept 8-11 & Oct 13-16
Thurs, Fri 6-8 pm
Sat, Sun 1-6 pm • $150
Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 28 years, teaching for 25 years.
505-299-0011 • ReikiABQ.com
11930 Menaul Blvd NE, Ste 108, ABQ 87112

Usui/Holy Fire Reiki I & II Classes
Sept 24-25, Oct 15-16,
Nov 5-6, 9am-6:30pm • $315
Advanced Reiki Training (ART)
Oct 29, 9am-6:30pm • $225
Learn evolutionary Usui/Holy Fire Reiki with Lyn Valverde, MA, Usui/Holy Fire Reiki Master.
505-459-4954 • www.reikiwaysoleil.com

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

Deep Listening - In Spirit Communication and In Life
Sept 10, 9am-4pm
Limited Seating:
$79/person
Experience a profound difference in how to be present, listen without judgment. Transform the way you listen to others, on this side and in Spirit. Learn to transform the concerns of our lives, not theoretically, but from a simple meditative listening that includes others and yourself. Includes food and lodging. Retreat center in the national forest outside Albuquerque.
Jay Cutts, NM Ctr. for Meditative Inquiry/Retreat • 505-281-0684
144 Sedillo Hill Road, Tijeras, NM 87059
https://meditationNM.wordpress.com

Enhance Your Natural Psychic Ability: Tuning into Your Soul Self
October 15, 9am-4:30pm
Variable pricing from $74
Join Mary Roach and learn to recognize aspects of your true soul self and gain insights into your own life path. Access your Higher Self and soul consciousness to discover the guidance and personal wisdom you have been seeking.
Held at: Unity Spiritual Center
9800 Candelaria NE, 87112
Register, A.R.E. Hdqtrs: 800-333-4499
Local: Wanda Barrows, 505-890-0878
www.EdgarCayce.org/fieldconferences

Clarifying Meditative Work
An Extended Retreat
Oct 1-8 • $60 to $290
One to seven day silent retreat for people from any meditation tradition or no tradition at all. We’ll explore directly what meditative work is and how it sheds light on the concerns of our lives, not theoretically, but from a simple meditative listening that includes others and yourself. Includes food and lodging. Retreat center in the national forest outside Albuquerque.
Jay Cutts, NM Ctr. for Meditative Inquiry/Retreat • 505-281-0684
144 Sedillo Hill Road, Tijeras, NM 87059

Other events and workshops are available on the website www.trulyalive.net.
Over the past few months, I’ve had a number of readers ask me if Truly Alive was online as well as in print. I was surprised, as the Truly Alive cover has included that information since early 2012, when the magazine became an online magazine as well as a print magazine. However, in 2015, we changed the way that info appeared (from a prominent burst) to a more subtle rainbow effect above our logo. We did this so that we could celebrate 2015 as Truly Alive’s 25th year in the burst. So starting again with this issue, the burst containing our “Print + Online + trulyalive.net” info is back and prominent on the cover. If you would like to receive a FREE email subscription to Truly Alive, email me at info@trulyalive.net. You’ll receive an email with a link every other month.

The really nice thing about the online magazine is that there is always online-only content; so there’s more included in the online magazine. While the content from each issue of the print magazine is included in digital (searchable form), the additional online-only content is easily recognizable from the rest. You’ll find a blinking “www” icon next to all articles and events that are online-only…so you can easily scan and read only the items that are not otherwise in the print magazine. The website also has whole print magazine archives in PDF form back to 2012. So if you’d like to read something that appeared in the past, it’s all there for you. In fact, you can search the website by the last name of the author (articles) and all of their articles will come up in reverse date order (even though only the current issue is live). You can also search on a subject, such as “yoga” and everything related to yoga that has ever been on the site will come up. If you haven’t ever checked out the online magazine, take a peek. It’s user friendly and I think you’ll enjoy it!

The author on the cover of the September/October issue (Christine Horner, M.D.) is truly a hero. She championed women’s rights to have insurance companies cover breast reconstruction following breast cancer surgery and won. Read about her amazing success with this project as well as her newest book, Radiant Health Ageless Beauty in this issue. The book covers a broad spectrum of ways to become and stay healthy, naturally as well as beautiful as we age.

As the weather is cooler, I am so enjoying the shift in temperatures.

Happy Fall!

Karen Larré

FROM THE PUBLISHER

Copyright © 2016 TRULY ALIVE, A Living Naturally Magazine. All rights reserved.

Truly Alive, formerly Living Naturally Magazine is New Mexico’s holistic magazine & resource guide—created for those interested in natural, healthy, and spiritual ways of living. Serving the progressive, alternative health, spiritual communities since 1990, Truly Alive endeavors to help readers discover a healthy, natural approach and creative solutions to their individual life needs. Each issue is filled with articles by leading holistic doctors and practitioners, and spiritual ambassadors, providing the most up-to-date and comprehensive guide to achieving a healing lifestyle for body, mind, spirit and the planet.

Truly Alive, formerly Living Naturally Magazine, has been published in New Mexico since 1990 and currently prints 18,000-22,000 copies every two months.

Truly Alive’s material is intended for informational purposes only and should not be substituted for medical advice. Consult your physician or health care professional regarding your individual health concerns.

PRINTED WITH SOY-BASED INKS ON 40% RECYCLED PAPER.
**EVENTS OFFERED AT:**
Albuquerque Natural Health Center
4550 Eubank Blvd. NE, Ste. 205
ABQ, NM 87111 • 505-797-0540
www.abqnaturalhealthcenter.com
www.beautifulbalancedbrain.com

**EVENTS OFFERED BY:**
Candace Lord, Psychic Medium
505-328-3734
candacelordnm@gmail.com
www.candacelord.com

**EVENTS OFFERED BY:**
The Place for Healing
6312 Montano Rd NW, #A, ABQ 87120
505-933-9982
www.theplaceforhealing.net

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**Brain Boosters Class**
Sept 14 & Oct 12, 6:30pm
$20 - Bring a friend and split the fee
Feeling stressed, unproductive, or just bloated and tired? Join us for a free class on how to balance your mind and body using nutrition and stress-reduction techniques. Don’t let stress and fatigue hold you back from living your best life! RSVP: Limited

**The 5 Secrets to Detoxing & Living Vibrantly!**
September 24, 10am • FREE
Are you feeling bloated and have no energy? Do you get tired in the afternoon? Are you moody, depressed, have irregular sleep? Learn to detox in a safe and gentle manner and balance blood sugar, reboot your brain and regain energy!

**Singing Bowl Meditation**
Sept 3 & Oct 1, 7:30-9:30pm
Donations Accepted
Join us for a powerful meditation using crystal bowls that resonate with Divine Energy. The bowls harmonize your energy & provide greater balance. Add your wishes, hopes, & dreams to the circle which increases their manifestation. Our combined energies empower & strengthen everyone in love.

**Sound Meditation with Walter Snyder**
Sept 16 & Oct 21, 7-8:30pm
Donations accepted
Walter at: waltjohnn@gmail.com.

**Intermediate Mediumship Development**
“Practice Makes Progress” • $15
Sept 13 & 27, Oct 10 & 24, 6-8pm
A practice for the intermediate level medium. Enhance your skills, improve focus in a safe, comfortable, supportive environment. Prerequisite: Basic mediumship development course or practice. Pay at the door. Text RSVP appreciated.
Location: 9301 Indian School NE (Conference Room)

**Spirit On The Mountain A Celebration of Body, Mind & Spirit**
October 23, 11am-6pm • $5/door
Offering the best of psychic readers, intuitives, mediums, body workers, healers, and a variety of vendors. Booth space available.
Location: Elevation Fitness
2220 N. Hwy. 14, Cedar Crest, NM
Contact: Candace Lord or Elizabeth “Raven” Prosapio • 505-331-1740
raven1680@gmail.com
www.soulface.net

**Ghost Walk – Old Town Haunts**
October 30, 6:30-8pm • $20/person
Explore the history-soaked haunts of Old Town Albuquerque with your guide, psychic medium Candace Lord. Prowl the shadowy allies after dark as she tells supernatural tales from Old Town lore and personal experience! Stroll about 2/3 mile; good walking shoes best; goosebumps may require jacket.
Meeting location/parking instructions emailed upon ticket purchase
Tickets: www.candacelord.com

**Mindfulness Meditation**
Sept 21 & Oct 19, 6:30-7:30pm • FREE
Mindfulness meditation assists in bringing peace and enlightenment. 2 guided meditations: “meditation for the soul” & “mindfulness meditation. Lyn Valverde has practiced meditation for 28 years, and mindfulness meditation since 2006. RSVP:
Text/call: 505-459-4954
facebook.com/reikiwayssoleil

**Self Care**
2nd & 4th Weds, 6:30-8pm • $5-$10
The Place for Healing evening classes explore products/processes to care for ourselves & our households: Essential Oil Uses, Smudging, Kitchen Facials, Clean Eating, Crystals 101, & Self Massage. Facilitators have years of experience & love to share what they know. Please RSVP: 505-933-9982
facebook.com/healingfortheplace
www.theplaceforhealing.net

**Common Practice of Reiki**
September 17, 1:30-4:30 pm
October 8, 1-4 pm • $5
Reiki practitioners of any level, any lineage, are invited to give & receive team treatments, following a “common practice” (practitioners use designated hand positions & follow predetermined guidelines). RSVP required: call 2-24 hours before—leave your name & phone number.
11930 Menaul Blvd NE, Ste 108, ABQ 87112
Elizabeth Valsala: 505-299-0011
www.ReikiABQ.com

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**Additional Events Added in Between Issues! Check the Website Often:**
www.trulyalive.net
Learn About BOSS With Tom or Brandi September 5, 6-7pm • FREE
The Body Optimization System Studio (BOSS) at Santa Fe Soul is a one of a kind, modern health and performance facility. It offers state of the art, cutting edge wellness devices that are normally inaccessible to the general public. Learn about the awesome benefits.

Benefits of the O-Shot® & P-Shot® With Robyn Benson, D.O.M. September 12, 6-7pm • FREE
The O-Shot? It is a new & safe way to help women with urinary & stress incontinence & to improve sexual relations. The P-Shot is a specific method, protected by the US Patent & Trademark office, of using blood-derived growth factors to rejuvenate the penis.

Vampire Face Lift: Wow! With Robyn Benson, D.O.M. September 19, 6-7pm • FREE
The Vampire Facelift® offers a way of both restoring shape, and improving tone and texture, as well as literally rejuvenating new and younger tissue! Also learn about breast lifts.

Body and Brain Yoga & Tai Chi Special Open Classes • FREE Sept 7 & 23, 10am or 5:30pm Oct 7 & 21,10am or 5:30pm Gut health and belly button healing lecture and training.
6300 San Mateo Blvd. NE, C3, 87109 NW 505-792-5111 • Santa Fe 820-2211 www.bodynbrain.com

Intro to Profound Work of Toni Packer September 17, 2-5pm Suggested Donation: $10-$20
Toni was one of the most transformative meditation teachers of the past 40 years. She worked non-traditionally with our real life issues—relationships, fear, anger, self-esteem—from a spacious listening, grounded in compassion. Includes a short meditation, a taped talk by Toni, Q&A & discussion.
Held at: Wat Center, 145 Madison NE, ABQ
Info: Jay Cutts, 505-281-0684 meditationNM.wordpress.com.

Siddha Yoga Meditation Wednesdays, 7-8:30pm • FREE
Experience your Inner Self. Siddha Yoga is a spiritual path, based on the teachings and practices of an ancient lineage of meditation masters...a path of grace and personal effort, through which Siddha Yoga students may come to recognize the divinity within themselves and in the world around them.
Siddha Yoga Meditation Ctr in ABQ 4308 Carlisle Blvd. NE #201 Info, Ana: 505-291-5434 symcalbuquerquen@gmail.com www.siddhayoga.org

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
Vibrance Bursts onto the Restaurant Scene! By Chef Karen Hammer

More than great organic vegan cuisine, you’ll enjoy Vibrance you can taste® in every bite! Customers are raving about the food. You’ll also find Vibrance Vibrant in many ways; from the beautiful location adjacent to Nob Hill to its enchanting outdoor patio and views of the Sandia Mountains, to the amazing local art on the walls (all for sale) and local music… Vibrance is a total experience.

You’ll enjoy optimally organic cuisine, with sprouted vibrant salads, living foods, appetizers, entrees and out of this world desserts. And, take home a box of Vibrance’s special recipe flax crackers or kale chips. Unbelievable flavor you won’t be able to live without!

Vibrance offers the best of both worlds…fabulous (mostly) vegan dishes and one delicious vegetarian option—lovingly prepared with non-violent ingredients. We honor those who eat a broader variety of foods. It’s important that we all listen to our bodies and give them what they individually need for radiant, vibrant health!

Truly a sanctuary for wellness, the arts and healing, classes will be offered in scrumptious food preparation, nutrition, wellness and more. Speakers and educators will offer invigorating presentations. Also coming soon: cold press organic juices, energizing smoothies, tonics and elixirs.

Vibrance is now open Fridays and Saturdays for lunch and dinner (from 11am-9pm) and Sunday Brunch (10am-3pm). Our organic plant-based cuisine is mostly locally sourced as is our art and music. We LOVE Local! Join us on Facebook to hear about our latest events: https://www.facebook.com/abqeatfresh/?fref=ts&ref=br_tf!

Graceful Change By Lyn Valverde, MA, LMT# 7756

Would you like to clear blocks standing between you and the positive changes you seek, experience more clarity, reduce stress and anxiety; relieve pain and depression? How would it feel to be more present in the midst of chaos, increase your level of peacefulness and healing during times of loss and grief?

Perhaps you feel you know about Reiki; the hands-on alternative healing method. You may be familiar with its qualities of assisting on all levels: physical, mental, emotional and spiritual. Whatever your experience (or awareness of Reiki), Holy Fire, an evolutionary frequency of healing energy introduced to Reiki by William Rand in 2014, is a highly elevated form of Reiki which has revolutionized my practice and the experience of my students. Usui/Holy Fire Reiki is the combined Japanese lineage now added with the divine, Christ healing frequency. And it is incredibly powerful.

Blending Holy Fire Reiki with Life Coaching has ramped up my clients’ result, elevating them higher than ever before. Reiki Life Coaching adds a depth and dimension to the healing experience. Using a client-centered approach, and starting with each client sharing about what brought them to me, we bring clarity to the client’s healing points and set goals and intentions. Mindfulness meditation increases awareness and we integrate the healing intentions.

Client reports include reduced anxiety and pain, easier breathing, clarity in relationships and life decisions. When my clients leave the treatment room, I often hear, “I feel peaceful.” “I feel so light.” “I have absolutely no pain.” “I feel so much better.” “For the first time, since I can’t even remember, I feel joy.”

If you are ready for elegant transformation, call today!

Chef Karen Hammer has been a vegan/vegetarian chef for 7 years and her raw vegan/live food classes will be offered at Vibrance. She was trained in California and her passion for using foods for healing began in high school. She became aware that if we change the way we eat, we can enjoy an amazing quality of life. 4500 Silver Ave. NE, 87108. Reservations: 505-639-3401, email: vibrancetaste@gmail.com, www.vibranceabq.com.

Lyn Valverde, MA, LMT# 7756, has practiced & taught Reiki for over 15 years. She studied counseling & mindfulness meditation from Naropa University and is the author of Sweet Reverence. Call/text 505-459-4954 to schedule an appointment. www.reikiwayssoleil.com

TRULY ALIVE | www.trulyalive.net
STRESS RELIEF • RELAXATION
WEIGHT LOSS • FLEXIBILITY
PEACE OF MIND • PAIN RELIEF
GUT HEALTH

Experience an Internal Workout that vitalizes your gut and entire body from the inside out. Gut Health and Belly Button Healing lectures and training will be offered on September 7, 23 and October 7, 21 at 10am and 5:30pm at all three of our locations. Admission FREE. (Please RSVP.)

Do You Know? Your Gut Houses:
• About 30-40% of the blood in the body
• 90% of the body’s serotonin (happiness hormone)
• 50% of the body’s dopamine (joy hormone)
• Trillions of helpful gut bacteria
• The 2nd brain that links directly to the brain
• 75% of the body’s total immunity

The belly button is an important energy point to jump start your whole energy system. Learn How to: Exercise Your Gut and Boost Your Energy and Vitality, Quiet Your Mind and Gain Clarity, Enhance Digestion and Detoxification, Relieve Pain and Stiffness of Joints, Relax Belly Muscles and Internal Organs, Control Emotions and Balance Hormones, Improve Immunity and much more!

I just did Belly Button Healing on my mother and stepfather. They’re both shocked and amazed. My mother is an M.D., and she’s totally astonished at how effective this treatment is. Her shoulder pain is entirely gone. My stepfather keeps wandering around the house saying, ‘I can’t believe how good my hip feels! It’s totally straightened out!’ So on behalf of my whole family, thank you for sharing this training! It’s been very helpful already.

Nancy, NM

Make your appointment for a 1 hour private introductory session with Body & Brain Yoga. We specialize in Yoga, Tai Chi, Meditation and Belly Button Healing. You will see immediate improvement. Call either of our two Albuquerque locations or our Santa Fe studio to schedule your private intro session for only $15 today! Your whole being will thank you.

TJ’s Evergreen Herbal Market. Your Health is our Business!
As healthcare practitioners, our main goal is our patient’s well-being. In an integrative healthcare model, all practitioners need to learn to work together for a common goal. Dental professionals need to educate themselves about different treatments and diagnoses that relate to the body as a whole. Medical practitioners need to educate themselves about oral conditions and diseases that affect the overall health of their patients.

The oral cavity has the highest bacteria count of any area of the body. There have been numerous research studies showing how gum disease and bacteria in the mouth are associated with potential heart attacks, strokes, premature births, diabetes, etc. Also, there are issues of mercury (silver fillings), nickel crowns, biocompatibility of dental materials, electroalvanism/dissimilar metals, dead teeth, bite imbalances, chronic jaw infections, etc., and their potential effects on the entire body. In addition, the major organ acupuncture meridians flow through the oral cavity and the teeth can affect organs at a distance, through their effects on these associated meridian/energy pathways. Therefore, the health of our mouth is crucial to our overall health. As the body is all one piece, the oral cavity, teeth, and the dental materials within are vastly overlooked and important components in the systemic health puzzle. However, even though dentistry may be a huge, missing piece, the dentist cannot entirely eliminate the health effects of these issues alone, as an integrative approach to needs to be utilized, involving other health practitioners, in order to restore the body to its highest health.

The effects of dead, toxic teeth retained in the mouth, plus the toxic materials used in the mouth can create systemic toxicity in distant parts of the body that would not be apparent to a dentist or physician not versed in such information. An example of how a physician and dentist would work together would be the following scenario: A patient has a heavy metal (urine) test done at a physician’s office. The results indicate high levels of lead, mercury, arsenic, and uranium, etc. Since it has been known and quantified through clinical testing for decades that mercury vapor is continually released from silver amalgam fillings (see a portion of OSHA letter below), it is vital that the mercury fillings be replaced.

“Although there would be no difference between mercury vapor measured inside the mouth and outside the mouth, the exposure potential of intra-oral mercury would be much greater than that of extra-oral mercury vapor, as mercury is toxic through the routes of absorption and ingestion, as well as by inhalation.”—U.S. Department of Labor, Occupational Safety and Health Administration, letter to me dated Nov. 26, 1986.

The patient is then referred to a mercury-free dentist for safe removal of the fillings at the request of the patient and referring physician. After completion of the mercury filling removal, the patient can now be pronounced as “mercury free” in their mouth, but certainly not be systemically mercury free, as the mercury has been vaporizing from the fillings for years. Now the systemic detoxification continues under medical supervision. In addition, since teeth affect organs and structures at a distance through the oral acupuncture meridian system, certain meridians associated to the treated teeth may require stimulation and balancing by an acupuncturist.

Another example of integrative health care involving dentistry concerns dead, toxic teeth and high bacterial counts associated with periodontal (gum and bone disease). This pathologic condition is characterized by symptoms ranging from swelling and bleeding of the gum tissue, receding gums, bone loss and loose teeth. This disease process is present in
approximately 85% of the population. While periodontal disease is thought of as an older person’s affliction, as many as one-half of high school students have some form of gingivitis. Any degenerative condition in the mouth is a potential energetic disruption of the associated energy meridian and the bacteria can migrate throughout the body leading to higher instances of the following medical conditions:

**Heart Attack and Stroke:** Patients with periodontal disease are twice as likely to suffer a fatal heart attack and nearly three times as likely to suffer a stroke as those without periodontal disease. This association with heart disease is especially evident in patients under 50.

**Bacterial Infection and Diabetes:** It has been well established that diabetes predisposes patients to bacterial infections, including those affecting the oral cavity. Recent studies provide strong indications that periodontal disease can make diabetes worse, as diabetics with severe periodontal disease have greater difficulty maintaining normal blood-sugar levels. Dental researchers now recommend that periodontal inflammation be treated and eliminated in all diabetic patients in order to significantly reduce the risk of injury to the retina and arteries. Such treatment also often leads to a reduced need for insulin.

**Pneumonia and Other Respiratory Diseases:** Pneumonia occurs when bacteria dwelling in the oral cavity and throat are inhaled into the lungs where immune system defenses fail to fight them. Some bacteria that cause pneumonia thrive in infected oral tissues of patients with periodontal disease.

**Premature Birth:** There is increasing evidence that infections in the mouth have a direct link to inducing premature labor. In one study, researchers found that mothers of prematurely born babies were seven times more likely to have advanced periodontal disease as mothers whose babies were born at normal weight.

**Other Infections:** Patients with artificial heart valves and joints are at increased risk of suffering a serious infection when periodontal bacteria enter the bloodstream. In patients with artificial heart valves, the infection can be fatal unless promptly and aggressively treated with antibiotics.

**Headaches and “TMJ” issues** are major problems that can severely affect people’s quality of life, yet are routinely overlooked by dentists and physicians. Approximately 40 percent of all healthy individuals suffer from chronic headaches, and one out of eight people suffer from headaches so severe that they cannot function normally. Often, these problems are related to a common cause of chronic pain: TMJ Syndrome. TMJ stands for temporomandibular joint. This is the joint in the jaw that allows the jaw to open, close, move backward and forward, and from side to side. The term “TMJ Syndrome” refers to a malpositioning of the respective jaw structures and associated muscles. This condition results in muscle contractions, which are a factor in approximately 80 percent of all tension-related headaches. Some 75 million Americans are affected by TMJ Syndrome, but only about 5% of all TMJ patients are actually diagnosed correctly and treated for their problem.

Those medical doctors, chiropractic physicians, and bodyworkers that recognize the presence of a TMJ imbalance are of great assistance in the effectiveness of their own patient treatment when they refer to a dentist that is experienced in the management of head, neck and facial pain. Working together to keep the jaw in the balanced muscular position while the spine, sacrum, etc. are adjusted has resulted in life changing outcomes.

With an expanded scope of the benefits of integrative care, the patient is the recipient of a healthcare team dedicated to increasing their health and wellbeing, in a more effective way than could be provided individually.

**Dr. Bill Wolfe DDS, 505-299-6950 [www.drwolfe.com](http://www.drwolfe.com)**
By Pamela Costello MD, PhD, Holistic Neurological Surgeon, Neuroscientist, Doctor of Biological Medicine

**The Ancient Greek Physician Galen** (a great scientific researcher who advanced the disciplines of anatomy, physiology, pharmacology, neurology and pathology), as well as the Renaissance Physician Paracelsus, (the father of toxicology as a science), studied, practiced, and wrote in detail and at great length—their experiences with the neurological and physical toxicities of mercury exposure. Yet, two millennia later, medicine remains largely in the dark as to the role this poison plays in chronic, as well as acute, exposures.

Diseases of the nervous system are increasing at exponential rates. Neuroinflammatory illness such as autism, behavioral disorders, tremors and movement disorders, MS, ALS, Parkinson’s and Alzheimer’s dementias, psychiatric disorders, depression and anxiety, cognitive dysfunction, insomnia, memory impairment, neuromuscular weakness, neuropathies, tinnitus and hearing loss, headaches, and acute and chronic pain syndromes, are all reaching epidemic numbers. These illnesses are physically, emotionally, and economically costly, often causing long term disability and unnecessary suffering.

A number of environmental toxins have been well established as causes of neurological disorders and brain dysfunction.* The most neurotoxic of the list is the **heavy metal mercury**. All forms of mercury pose a significant threat to both the developing and adult nervous systems.* It has bio-accumulated throughout our aquatic and terrestrial ecosystems, and is now heavily entrenched in the food chain, with our nervous systems and bodies serving as deadly endpoints.

Neuroscientific research has demonstrated the neurotoxicity of mercury as causally related to a number of mechanisms. It is well established as creating deficiencies of such critical antioxidants as Selenium, as well as creating intracellular imbalances of other essential minerals in the brain, and it has been shown to cause disruption of neurotransmitters which are involved in the programmed cell death of neurons. These processes all impose substantial oxidative stress on our nervous system tissues, causing neurotoxicity and associated neuroinflammation. If left untreated, these potentially reversible and preventable processes lead to neurodegenerative disease and irreversible cell death.

Cases of childhood autism and multiple sclerosis, both rarities during my medical training and neurosurgical residency, as well as adult MS, ALS, dementias, cognitive dysfunction, and balance disorders, are increasing in all age groups. While acute mercury poisoning is more readily recognized by mainstream medicine as a cause of such neuroinflammatory illnesses, chronic mercury exposure typically is not. As we are initially exposed to toxic mercury in the womb, this is a critical oversight. I measure every one of my patients’ mercury levels, including my pediatric patients, and I am acutely aware of the levels of mercury with which children are being born.

How might our approach toward neurological disease be altered? Firstly, mercury fillings are entirely avoidable. As for industrial sources, the world stage is finally legislating tighter control of production, handling, and disposal of mercury, as has previously been targeted with the neurotoxin lead. For those stores of deadly mercury that have already found their way into our central nervous systems and bodies, your neurotoxic burden can be readily assessed and safely managed by a qualified licensed medical practitioner. Ongoing exposures can be addressed and corrected, including safe removal of mercury fillings by a biological dentist.

In summary, neuroinflammatory illness can be prevented, halted, and reversed, when accompanied by a neuroinflammatory and neurotoxicity assessment and followed by a safe detoxification protocol. Without this information, many patients suffering from neuroinflammatory illness are left with only a symptom related diagnosis, with limited treatment options.

*Please see the ‘links’ section of my website www.drpamela costello.com for a literature reference list. If you’d like to receive a comprehensive neurotoxicity evaluation, please contact my office at 505-503-8325 for an appointment.*
You had a car accident months ago and your back, shoulder and neck pain and/or headaches keep returning even though you have had many kinds of therapy. Don’t settle until you have been returned to the same condition you were before the accident. That’s the law.

My goal is to release the pain you have been dealing with on an ongoing basis since the car accident. I have 34 years of practice and knowledge and I’m still learning.

Driving to and from work, I see car accidents on a daily basis. Even if you have no broken bones, cuts or bruises, you will still suffer with Myofascial Pain and Dysfunction. Go to www.triggerpoints.net and find your pain. You will see it is usually coming from a place other than the painful area.

This is important to know since pain practitioners may only be treating the areas of pain and missing the source of the pain from the Trigger Points in the muscles.

But pain practitioners also need to understand the latest information and science about Fascia. This exciting field of Fascia Manipulation may be a major reason why your pain keeps returning. Fascia is stronger than muscle, so if it is not appropriately treated, the muscles never completely release their Trigger Points and stretch to their full normal length – pain free.

Another reason you may be having difficulty releasing all of your pain may be due to rotation of the torso. This can happen with any kind of injury, but particularly with car accidents. If you are the driver, the shoulder seatbelt only restrains the left shoulder.

The un-restrained right shoulder is allowed to “whiplash” with the neck. This action rotates the torso left. But your head and eyes want to remain looking straight – forward. If the left rotation is not released to neutral, it will keep the upper back, shoulders and neck in constant spasm.

Brought to you by www.MyoRehab.com and www.triggerpoints.net
MyoRehab is conveniently located in Granada Square, 4273 Montgomery NE, #130E, Albuquerque, NM 87109.

Call Joni at MyoRehab, 505-872-3100, to schedule an appointment.
As a certified medicinal aroma therapist with Wisdom of the Earth Essential Oils, I would like to share with you what I have experienced using essential oils.

Wisdom of the Earth Essential Oils are in complete harmony with each other. There is no discordance within these oils to distort the straight line of the healing powers which they possess. These oils have the ability to heal across all planes of existence (physical, emotional/mental, spiritual and beyond). As a practitioner who works with healing “Across Dimensions”, this is why I choose to work with, and immerse my life in Wisdom of the Earth Essential Oils.

Some of my experiences with the oils: I put Black Cardamom Seed oil on myself for the first time and immediately an acquaintance came into my awareness. I could see dark energy swirling around him. I knew immediately the dark energies were entities. As I watched this energy, it started changing. I just sat with the vision and accepted whatever wanted to happen. He was in my awareness for approximately 2 or 3 hours. At the end of that time, there was no more dark swirling energy and he then faded from my awareness. I was wonderstruck!

I asked Source (through Black Cardamom Seed oil) how she works with entities. She showed me how she surrounds the entity with unconditional love. These entities are touched by this love and acceptance and willingly and completely transform into lightness and brightness. Because there is no harshness in dealing with the entities, no pushing away or demanding them to be different, they have the room to just decide how they want to heal and transmute back into Source energy.

In further dialog with Black Cardamom Seed oil, I understood that all energy which does not flow is the same. So entities are just stuck energy and stagnation from trauma or disease. So they can be treated the same as stuck energy. I was lead to use Cardamom Seed oil with Mugwort oil to facilitate the clearing of especially stuck energy. After using this combination with clients, I was lead to add Galbanium oil which calls in the angels for exquisite balancing and healing with powerful light.

**Client #1:** A veteran of the Vietnam War, he has endured head and neck pain for decades and it has been getting worse. I was lead to use Galbanium oil with Black Cardamom Seed oil to enhance the flow of energy to the angelic realms, and then to add Mugwort oil. After applying the oils, energy which had been stuck for many decades released enough to allow his cranium to adjust.

**Client #2:** This client presented with what looked like a multitude of swirling entities around her feet and lower legs. I used Black Cardamom Seed oil on her feet and legs. Most of the entities were transformed by the end of the session. Over the next few days, all the dark swirling energy was gone. At the next session, there was dark heaviness in her bones. I used Black Cardamom and Mugwort as I ran my hands over her bones and talked with the darkness. All the heavy darkness was gone at the end of the session. She felt much better and lighter.

**Client #3:** This client suffered with migraines for 20 years. The energy in her head was very clamped down. I used Black Cardamom Seed oil, Mugwort oil and Galbanium oil on her crown chakra, 3rd eye and the base of her skull. Her head opened and unclamped and old stagnant energy was released.

These are only three of many essential oils. They are all wondrous! If you would like to experience a healing session along with these oils, call for an appointment. Or if you are interested in purchasing any of these wonderful oils, just call me. Maggie at HEALING ACROSS DIMENSIONS, 505-898-7853, www.HealingAcrossDimensions.com
Gluten Intolerance: What can you do about it?

By Janet L. Hall, ND, CKP, CBT

After you eat glutinous grains like wheat, barley, rye or oats, you may feel a terrible loss of energy, foggy thinking, constipation, or abdominal bloating and pain. The symptoms of gluten intolerance also include headaches, weight gain and irritability/behavioral issues. Gluten is difficult to avoid because it is in vitamins, lipsticks and is heavily used in food, especially in restaurants. Gluten intolerance causes Celiac disease over time. But now, there IS something you can do about it!

What Gluten is doing in your body: There is an enzyme called tissue transglutaminase that changes the gluten into a chemical that causes an immune response; inflaming the lining and creating toxins that destroy the villi of your small intestine. This causes improper absorption of your food and leads to malnutrition. The villi are also important for proper bowel movements, so constipation/diarrhea is common.

From there, leaky gut can set in. Particles of undigested food go into the bloodstream causing an all out alert from your immune system. Your body knows undigested food does not belong in the bloodstream and so it may store the undigested food in the joints to take care of it later, or it over stimulates the immune system and before you know it, you have an autoimmune disorder such as lupus or rheumatoid arthritis.

This is how we correct the problem: New research and testing has revealed that there are genetic predispositions to gluten intolerance and when genetic testing and Methylation therapy is used, gluten becomes tolerable again! Methylation opens the liver pathways so that gene expression (symptoms of dis-ease) can be eliminated.

There is a particular order in which genetic testing and Methylation must be done according to each individual’s unique body, using kinesiology. If you are tired of trying to find “gluten-free” foods, come in and be tested, so that you can go back to normal non-GMO food! (No one does well on genetically modified products.) This is the number one preventative alternative testing and treatment available and generally requires very little supplementation. This method extends time between exams—another great benefit! Supressing a genetic expression with Methylation can clear up symptoms and prevent dis-ease. You don’t have to fall into the same illnesses your parents did!

Janet L. Hall is a Certified Naturopathic Doctor, Kinesiologist, Herbalist, Biofeedback Specialist and Emotional Facilitator. She recently completed special training in Genetics & Methylation Therapy. Her center is dedicated to helping people “rise above” anything in their lives. 505-294-WELL (9355). www.alternativewellnesscenter.org
My son scolded me the other day for purchasing a chain brand coffee. My assistant/massage therapist reminded me that a corporate massage chain (that I have a membership to) was hurting therapists who want to have their own businesses. We have chain restaurants, grocers, and a myriad of other corporate retail businesses that we patronize on a regular basis. Well, like it or not, dentistry has gone corporate as well.

Gone are the days when a graduating dentist could hang up a shingle and practice as an independent provider. Many new grads are opting to work for a corporate-run chain and most often this is because of huge student debt, cost of startup, and the lure of higher income. Sometimes they work for a year or two and move on for better opportunities. I know as a child, I had the same dentist until I became an adult.

Most chains in Albuquerque are in high-traffic retail spaces, rather than in traditional professional buildings. Many of the chains are able to shave off overhead costs by buying supplies and equipment at greatly reduced prices. Purchasing in bulk to keep prices down makes it extremely hard for private practice to compete. I am certain both corporate and private dentists provide quality work, but I believe a privately owned practice has much more heartfelt dentist/patient relationships. A private dental office, where the patient feels comfortable and can place their trust means so much and seems to be lost in corporate-run dentistry.

Your dollar recirculates 254% more when you spend it with a Local Retailer. When you dine at a Locally Owned Restaurant, your dollar recirculates 287% further. The difference is so huge, according to a Civic Economics Survey of Independent Businesses, “a market shift of just 10% from chains to independents would retain an additional $179 million in the local economy every year.”

At Sandi’s Smiles, we strive to do just that. Give us a call: 505-480-7200, www.dentalcareinalbuquerque.com

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A young woman recently came into Crystal Dove to buy a singing bowl to help her get out of the difficult situation she was experiencing. In talking with her, it was easy to see that a sacral chakra bowl would help her the most. Strengthening the connection to the sacral chakra gives more energy to the pancreas, which encourages self-worth, self-esteem, and strengthens the ability to trust inner guidance. These are the things that most modern people need. It doesn’t matter what kind of background people came from or how they were raised, many still struggle with having self-appreciation and self-love.

Some may not even realize how much they dislike or distrust themselves. Yet underneath the surface of their awareness are very subtle energies that cause them to feel restricted, as though they can never have what they truly wish to experience in life. In addition, many times we hear individuals say, “I’ve had a bad upbringing” or “bad parents.” That may be true, but that doesn’t excuse you from your life purpose, which is to express the great power of love inside of you.

Underneath all of the layers of abuses and difficulties you have experienced is the real you, wanting to be expressed. Many people find this deep inner connection after they’ve gone through conflict and challenges. If we had it easy, we would learn absolutely nothing.

Sometimes the real you needs a helping hand to come out into broad daylight and be seen. At Crystal Dove, we always look at how we can inspire the people before us to be the best they can be. There is no such thing as pity; we don’t work on that level. We already see the real you. We only give you tools so that you can see it too. Remember, we’re all in this together. I look forward to seeing you soon.

Kindly, Inga
Miracle Detox
By Bill Haggard, All About Health

If you are a reader of my past articles, you already know how I feel about detoxing and how important it is to health and longevity.

For those of you who have viewed any of the PBS specials or YouTube videos titled “The Truth about Cancer”, you heard many speakers emphasize the importance of detoxifying your body; that it is essential and necessary. There are many ways we become toxic (smoking, drinking, consuming drugs…even pharmaceuticals), none of which kill you instantly, but accumulatively they can deeply affect the length and quality of your life. There are also mental and emotional toxins such as: worry, anxiety, fear, anger, hatred, rage, resentment. These generate toxins that the body has to deal with, sweep up, eliminate, or bury. This too is cumulative.

The environment is another source from which we take in toxins. We breathe global air and consume additives in foods and drinks. So you see, there is no shortage of toxic exposures on a day to day basis. It’s the accumulation factor that takes us down as our bodies reach their limits or capacities to store them.

Then off to doctors we go…where we are more than likely to receive pharmaceuticals to treat our symptoms—more toxicity.

If the doctors or therapists are not addressing the “cause” of why you have a symptom, then you will only develop more troublesome symptoms down the road, by taking what they have to offer; even if you get relief from your current issue.

If you are violating the rules, or laws of health, you will always be looking for a pill to fix you. It’s what you choose on a daily basis that is either healing you or killing you.

Here at All About Health Cleansing and Restorative Therapy Center, our focus is to help people get rid of their toxins by supporting the most important organ of elimination: The Colon. As it is cleansed of stagnation, putrefaction and fermentation, all the other organs and filters that have been overworking (because of what has been sitting in the colon) start working better and more efficiently (as they were intended).

Colon therapy removes toxins much more effectively than any other method. At All About Health, we have been recognized as the best in New Mexico because the water used in our colonics goes through (5) different stages of filtration and purification; in addition to the specialized ingredients we use as additives.

AAH may now in fact, be giving the best colonics of any clinic in the U.S. or perhaps the world, since the addition of the computer generated “PEMF” machine (“Pulsed Electro Magnetic Field” device), which I recently purchased. It is tuned to the frequency of the vascular system and increases the activity in arteries, veins, capillaries and micro vessels throughout the body, so toxins in the blood get delivered to the colon and the nutrients get delivered to their appropriate destination(s) in the body.

Releases from the colon are substantially increased and supported by the pulsating energy, so there is less (or no) cramping during a session. People are leaving feeling cleansed, energized and happy.

Experience this new dimension of intestinal cleansing at AAH, and say goodbye to feeling tired. Reclaim a new, revitalized you, free of toxins. This could be your moment to experience your miraculous detoxification with the aid of this German engineered, Swiss-made, amazing Bio Electro Magnetic Energy Regulation device. Look forward to seeing you, be well.

Love, Bill

With more than 25 years of experience in colon hygiene and natural therapeutics, colon health and natural health education is a passion for Bill Haggard. Get educated. Get started and get your life and vitality back. You don’t have to be sick, tired or in pain. Start your house-cleaning and reclaim your health! Schedule your next cleansing today! Call 505-888-5858, www.allabouthealthinc.com.

Your Good Health Starts Here!
From the NIH website: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351

“...The gastrointestinal system plays a key role in the complex mechanisms of immunoregulation. Indeed, it represents almost 70% of the entire immune system...”

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READ MORE ARTICLES BY BILL HAGGARD ONLINE: www.trulyalive.net
Autumn, cooler temperatures and pink ribbons are here again! Pink ribbons are here to remind us that October is traditionally “Breast Cancer Awareness” month. Here at the Thermography Center and in many Integrative Medicine clinics, we prefer to call it “Breast Health Awareness” month.

This Truly Alive issue features my friend, Dr. Christine Horner; a big proponent of breast cancer prevention through Ayurveda and natural medicine. Her first book, Waking the Warrior Goddess: Harnessing the Power of Nature & Natural Medicines to Achieve Extraordinary Health has helped women defeat breast cancer and reclaim their health. She favors thermography, ultra-sound and breast palpation over mammography and outlines programs that focus on nutrition to restore health and vitality.

Dr. Horner has been interviewed numerous times about her stance on breast health and breast screening. A poised and articulate spokesperson for women’s health; she says she has very strong opinions about mammography. For her interview with Carol Alt, visit: http://tinyurl.com/hw7qmfs. She says “Mammograms are not good for small breasts, large breasts, dense breasts, young breasts, implants or reconstructed breasts.” That pretty much covers most of us.

In a different interview with Randy Alvarez of The Wellness Hour: https://tinyurl.com/hxw9mv4, Dr. Horner says, “Mammograms don’t help save lives,” a position supported by several clinical trials and articles in peer reviewed journals. She goes on to say that there are other imaging techniques that “are much better”. “We have been indoctrinated to get mammograms. Mammograms use radiation and radiation causes cancer AND radiation is cumulative.” She says that one (1) mammogram is the equivalent of 40 chest x-rays.

Breast cancer has to have calcium in it before it can be seen on a mammogram and these calculations cannot be seen through dense breast tissue. In a recent mammogram report for one of my patients, the report says: “The tissue of both breasts is extremely dense, which lowers the sensitivity of mammography.” Many of the mammogram reports that come across my desk have similar disclaimers for dense breast tissue. At the Thermography Center, we keep a woman’s breast history on file to include mammogram and pathology reports. There are times that we may recommend further imaging techniques because of something on the thermogram or in the physical breast exam.

Thermography is not affected by tissue density. It is a physiological study based on heat and blood vessel patterns. Cancer recruits its own blood supply and new blood vessels grow to feed the growing tumor. This shows up as increased heat on a thermogram. It takes a picture of the infrared heat being emanated from the body and can be done safely at any age.

When asked about the BRCA genes, Dr. Horner explains that people with a BRCA gene mutation have a predisposition to a higher incidence of breast cancer and their breast tissue is far more sensitive to radiation. “If a person with a mutated BRCA gene has a radiological study, like a mammogram, the risk of developing breast cancer increases 90%”.

BRCA1 and BRCA 2 are genes that produce tumor suppressing proteins that help repair damaged DNA. When either of these genes has a mutation and does not function properly, cells are more likely to experience genetic damage that can lead to cancer. Many women with a family history of breast cancer choose to get tested for BRCA gene mutation.

Most people find their breast cancers through physical examination; one of the recommended screening techniques that Dr. Horner prefers. Please be aware that at the Thermography Center, we not only do thermography, but we also provide physical breast exams at no extra charge to our thermography patients.

Tips to prevent breast cancer include a plant-based diet, exercise, sufficient sleep and stress management. Please call our office to schedule your thermogram and physical breast exam. We are happy to answer your questions about breast and overall health concerns. 505-271-6608, www.ThermographyNM.com
On the afternoon of Saturday, July 23rd, a group of ten unrelated people, came together to experience a Family Constellations Circle in Santa Fe. On arrival, whoever wished to receive an FC process placed their name in a basket. This experience was shared by a woman who received a process.

When my name was picked at random, I shared my issues and history with Suchinta privately. I have had years of digestive problems such as extreme obesity, food intolerance and overgrowth of fungus. I was born prematurely to a mother who tried to abort me without success. A month after I was born, she fed me cereal. I was sexually abused by my stepfather from the age of 2 until 9 when he died in a car accident. Suchinta was guided to do a “blind” process. The representatives did not know what my issues were, or who they were representing. Each person they represented was named “A,” “B” “C” and so on.

Returning to the rest of the group, Suchinta asked me to constellation myself before I was born – (A). I picked a woman who reminded me of myself earlier in my life. Prompted by Suchinta, I “constellated her” (see website for details about this). When Suchinta questioned her on what was on her mind, she described my life perfectly with details that she could not have possibly known. This meant that my soul KNEW what was coming! It was amazing and truly astounding.

As I “constellated” each person, I named them by letters of the alphabet. I positioned each representative in the constellation circle according to where I felt they should go in relationship to me and each other in the circle of my life.

I called into the circle—myself (after I was born), my mother, father, and stepfather. All responded in ways that were in total alignment with their respective roles. They revealed things that made perfect sense according to the issue(s) that were being played out, and my relationship with and feelings toward each of them.

With no knowledge of one another, ordinary people can, through this process, “channel” personalities, emotions and information from those they are assigned to represent with incredible accuracy, simply by drawing subconscious information from the energy field!

After all communications clearly established the validity of each role and their communications solidified the clarity of the issue(s), Suchinta guided the resolution stage of the process. She did this symbolically, through the representatives. The issues and relationships were re-ordered. This provided deep closure to the associated trauma and wounds I had carried all of my life. It was absolutely profound!

A few days later, I had a one-on-one Creative Holistic Integration (CHI) Session on Skype with Suchinta. The following evening, my daughter had an incredibly healing conversation. We had not spoken directly in more than 1.5 years, as she had not felt “safe” due to our difficult relationship in her growing up years. It was a miracle!

Read more comments from past FC participants: [http://www.chisuchinta.com/experiences-of-constellations.html](http://www.chisuchinta.com/experiences-of-constellations.html)

Register for the next Family Constellation Group session, Saturday, October 22, 2–6pm in Albuquerque: [www.chisuchinta.com/chi-constellations-program.html](http://www.chisuchinta.com/chi-constellations-program.html)

First timers always attend FREE.

Schedule a free 60-minute, 1:1 introductory CHI session: [www.chisuchinta.com](http://www.chisuchinta.com)
An Enlightening Interview with Christine Horner, M.D. about her new book Radiant Health Ageless Beauty

by Karen Larré, Mary Anne Weaver and Carla Garcia

Christine Horner, MD is a nationally known surgeon, author, and natural health expert residing in San Diego, CA. She holds two board certifications: the National Board of Surgery and the National Board of Plastic Surgery. Dr. Horner was recognized as a leader in her field shortly after starting her plastic and reconstructive surgery practice because she successfully ran a national campaign to pass laws requiring insurance companies to pay for breast reconstruction following mastectomy.

Dr. Horner’s five year crusade—the Breast Reconstruction Advocacy Project or BRA Project led to the passage of laws in thirty-five states and a federal law. The federal bill, The Women’s Health and Cancer Rights Act was signed into law by President Clinton on October 21, 1998. The law was unprecedented because it was the first law Congress had ever passed requiring insurance companies to pay for a specific surgical procedure. Her campaign involved several meetings with President Clinton and Hillary Clinton.

Dr. Horner has been featured in dozens of national magazines including Glamour, Ms. Magazine, Elle, Allure, Family Circle, Ladies’ Home Journal and Women’s Health Weekly. She has been a regular contributor to magazines including Low Carb Energy, Let’s Live, the Doctors’ Prescription for Healthy Living, the American Cancer Society’s TLC Magazine, and she currently writes columns for the Breast Cancer Wellness Magazine, and Wellbella.

Dr. Horner has appeared on numerous national television shows including The Oprah Winfrey Show, NBC Nightly News with Tom Brokaw, FOX and Friends, CNN, A Healthy You and Carol Alt. She has also been interviewed by Dr. Oz and Dr. Mercola. In February 1999, Glamour Magazine honored her as their “WOW—Woman of the Month.” In 2000, Oprah Winfrey Show, NBC Nightly News/T_h e national television shows including 

Breast Cancer Wellness columns for the TLC Magazine, and she currently writes Living, the American Cancer Society’s the Doctors’ Prescription for Healthy including a regular contributor to magazines Women’s Health Weekly. She has been and Family Circle, Ladies’ Home Journal Glamour, Ms. Magazine, Elle, Allure, dozens of national magazines including President Clinton and Hillary Clinton.

In 1999, Dr. Horner worked to create the first ever syndicated television news segment exclusively focused on Complementary and Alternative Medicine and natural approaches to staying healthy. It aired on WCPO-TV and then WLW-TV in Cincinnati. Dr. Horner was the host and medical editor. In 2001, it was syndicated on the WISDOM Television Network, reaching 5.5 million households.

In June 2002, Dr. Horner left her plastic surgery practice so that she could dedicate herself full time to writing and teaching about her passion: prevention-oriented medicine and how to become and stay healthy naturally.

Dr. Horner’s first book, Waking the Warrior Goddess: Dr. Christine Horner’s Program to Protect Against and Fight Breast Cancer, was the winner of the 2006 Independent Publisher Book Award (IPPY), in the category of Best Book of the Year for Health, Medicine and Nutrition.

Truly Alive: There is a great deal of information about nutrition and supplements in Radiant Health Ageless Beauty. Can you explain to our readers why this impacts longevity and good health?

Dr. Christine Horner: Ancient systems of medicine such as Traditional Chinese Medicine and Ayurveda, and even the founding father of Western Medicine, Hippocrates, emphasized, “Let food be your medicine and medicine be your food. We have forgotten this. As a doctor I did not receive even one course on nutrition. Twenty years later, I returned to my medical school as a guest lecturer and was shocked to discover that there will still no courses on nutrition in their curriculum. Medical education focuses strictly on diseases, symptoms and how to treat them such as cutting things out or the use of drugs.

One of the keys to enjoying extraordinary health and longevity is consuming nourishing foods. In general, plants have the highest amount of nutrients for our bodies. In the book, I describe the nutritive qualities of various types of plants; vegetables, fruits, nuts and seeds. I summarize extensive research specifically identifying which plants are able to act as medicines or protect against certain diseases or aging. I do the same for supplements. Supplements are essential if you want to supercharge your body because the nutrient quality of food is too low due to the way it is currently grown. Even if you eat medicinal mushrooms and turmeric every day it is not enough.

There has been an explosion of research in nutrition, how it affects our DNA and which genes are being turned on or off. We now know there are certain dietary supplements available that make a huge difference in being able to combat many of the
processes of aging. Supplements high in antioxidants or anti-inflammatory properties help preserve the length of our telomeres—section at the end of our chromosomes that determine our life span. It is also possible to lengthen our telomeres and increase our lifespan by taking certain key supplements. As a certified practitioner of Ayurveda—it’s amazing and beautiful to me that the recommendations made by Ayurveda 5,000 years ago on how to prevent disease and enhance longevity are now being confirmed by modern research.

**TA: Please explain the difference between “healthcare” and “disease-care” and why understanding this is important to “Radiant Health.”**

**CH:** I completed 15 years of education and training after high school. I am board certified in surgery, plastic surgery and medical. However, with not one class on health or nutrition, I knew nothing about health. Nothing! When I was introduced to Ayurveda, I learned the rules of being a human being. If followed, you’ll enjoy good health. To me, these two systems are 180 degrees apart. One talks about treating diseases (which they do very poorly), rather than getting into the root causes. The other teaches what is specifically needed to prevent disease and also what is needed to enjoy extraordinary health, which is its most valuable point.

**TA: What are the three pillars of health?**

**CH:** According to Ayurveda, there are 3 major pillars of health. 1. Diet and digestion. If you are eating the best diet but you can’t digest it, it doesn’t matter. 2. Sleep. Thousands of studies show the importance of sleep and the effect it has on us. 3. The third one is a little hard to describe. The best way to say it is, ‘control of the senses.’ We can overeat, listen to loud—caustic music, look at computer screens for hours, etc. All of these things take our bodies out of balance when done to excess. This is about not overdoing things but rather, living in balance. It is about avoiding addictions or over stimulating the senses.

**TA: What one thing affects our health more than diet and genetics?**

**CH:** Emotions and feelings. Specifically, feeling loved and supported. Research shows that when you feel loved and supported it affects your health and longevity more than anything else. When in a toxic relationship, even a healthy diet, exercise and plenty of sleep will not compensate. The probability of contracting a deadly disease becomes really high. Every thought we think, every emotion felt, releases biochemicals in the body. These molecules attach to receptors on our DNA and immune system. The way it affects longevity is much more than just the length of the telomeres. This means our emotions could turn on or off genes that promote longevity or promote disease. Chemicals that correspond to feeling loved and supported promote longevity. Stress in relationships produces the type of chemicals that have an opposite effect, such as shorten the telomeres, dampen the immune system, etc. Surround yourself with people who are loving and bid the rest adieu. (Christine—laughs and says, “I’m ruthless!”)

**TA: Chapter 6 is titled “Medicinal Movement”. How does exercise promote longevity? And is there a particular type of movement that is especially “medicinal”?”**

**CH:** Years ago, we used to think it was important to do aerobic exercise primarily for the benefit of the cardiovascular system. But there is more. Lots of research has been done on the physiological effect of exercise including on the DNA and its genes. We now understand exercise is like sleep; it is pure medicine. Our bodies are designed to move. When we move, there are innumerable physiological changes that occur. It reduces stress and the risk of disease, promotes immune system health and the release of enzymes that lengthen the telomeres. The overall benefits are extraordinary. It is akin to a magic pill or fountain of youth that cures all ailments.

Regarding types of exercises; just brisk walking is great. Reducing the amount you sit is also incredibly important. If you sit 5 or more hours a day, this will increase your risk of disease and shorten your life span, even if you exercise. So get up and walk around even if only for 2 minutes every hour. It can mitigate a lot of the negative effect. A 2 year old study showed that if you jog for only 5 minutes, it reduces your risk of cardiovascular disease by 48%.

**TA: Part of radiant health involves removing “toxins” from the body. Is there a painless detoxification treatment?**

**CH:** The most effective one is from Ayurveda called Panchakarma. It means 5 actions. These treatments are performed in a spa-like setting, meaning they are relaxing and luxurious. Research shows that Panchakarma has an incredible ability to pull toxins out of the body, particularly out of the fat cells where they accumulate in the greatest concentration levels. The NIH was so impressed with panchakarma, that it gave millions of dollars in grant money to study its effectiveness at removing toxins such as Agent Orange. Panchakarma has been proven to be the most effective method. If you can’t afford to go to a spa, at home cleanses, though not as effective, are still helpful in removing toxins. For example, drinking teas made from dandelion root or milk thistle are helpful for stimulating detoxification enzymes in the liver. Additionally, there are at home regimes for colon, kidney and liver cleanses. Larger communities usually have infrared saunas available to the public. Heat mobilizes toxins. Infrared in particular adds energy to our cells. This is very important because cells filled with toxins lose energy. It is difficult for weak cells to excrete toxins. An infrared sauna pulls out 10X more toxins that a regular sauna. This includes heavy metals as revealed by sweat analysis.

**TA: Is there something else you would like to share with our readers about the book?**

**CH:** Though my book is comprehensive, continued on 20
An Interview with Christine Horner, M.D.
continued from page 19

it is simplistic, easy to read and practical. The suggestions are easy to implement. When you start implementing even a few of these suggestions, you are going to notice a dramatic shift in your health and how you feel. You can pick and choose. For example, sipping hot water throughout the day (according to Ayurveda) is one of the best things you can do. I give you the things that are the most effective. Contrary to popular belief, getting a disease is not normal. You don't have to! Who doesn't want to experience joy simply because of being healthy?

TA: Your previous book, Waking the Warrior Goddess is about fighting and protecting against breast cancer. This issue of Truly Alive will include information about the month of October, aka “Breast Cancer Awareness Month”. Dr. Carla Garcia, a very well recognized Thermographer, has written about your book and your featured television interviews. Would you like to share your feelings about thermography as well as anything about breast cancer awareness?

CH: In the last couple of years, research has conclusively proven that mammograms are not safe. The claimed benefits have been grossly exaggerated and the harms they cause have been way, way underreported. The conclusion is that they cause more harm than good. Switzerland is phasing out mammography. They assert that it is immoral and unethical to continue to recommend a technology that causes more harm than good. There are non-invasive techniques with much better efficacy that do not increase risk or cause harm. I absolutely recommend Thermography. It is the only preventative technology currently available where changes (early warning signs) can be picked up before a tumor forms and can be easily reversible with simple diet and lifestyle changes. I also recommend doing ultrasound in conjunction with thermography. There are more sophisticated ultrasounds available including 3-D and elastography. The latter measures the flexibility of the cell membrane and can pick up super small areas that deviate from normal. Self examination is also effective. 70% of women who have breast cancer find it themselves.

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

CH: I offer telephone or Skype consultations mostly for newly diagnoses breast cancer patients to help them with a personalized integrative treatment plan. Research shows that when specific diet and lifestyle changes, along with certain dietary supplements are done in combination with Western medicine, the outcomes are 3X better compared to just Western Medicine alone.

Visit: www.drchristinehorner.com to learn more about Dr. Horner, read testimonials on her new book from Dr. Oz and Dr. Mercola, schedule a consultation, read her Top 12 Breast Health Tips, schedule a speaking engagement and more.

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Platelet Rich Plasma Injections with Prolozone, What Can It Do for Me?
By Jan C. Jay DOM and Joseph A. Jaros MD

Enhanced healing is possible when platelet concentration is enhanced with prolozone. How does this work? Activated platelets “signal” to distant repair cells, including adult stem cells, to come to an injury site for example. Increasing the volume of platelets accordingly increases the influx of repair and stem cells. Because the concentrated platelets are suspended in a small volume of plasma, the three plasma proteins: fibrin, fibronectin, and vitronectin contribute to a powerful repair matrix.

“Platelet rich plasma” is defined as “autologous blood with concentrations of platelets above baseline levels, which contains at least seven growth factors. Cell ratios in normal blood contain only 6% platelets, however in an injection including prolozone, there is a concentration of 94% platelets. Platelets contain a number of proteins, cytokines and other bioactive factors that initiate and regulate basic aspects of natural wound healing. Circulating platelets secrete growth factors, such as platelet-derived growth factor (stimulates cell replication, angiogenesis), vascular endothelial growth factor (angiogenesis), fibroblast growth factor (proliferation of myoblasts and angiogenesis), and insulin-like growth factor-1 (mediates growth and repair of skeletal muscle), among others.

Growth Factors in prolozone injections (PRP granules) are released when platelets are activated. After activation, secretion of growth factors begins within 10 minutes. The viability of the platelets and continued release of growth factors into the tissue continues for seven days. Meanwhile, the platelets stimulate the influx of macrophages, stem cells and other repair cells. This combination has a strong effect on healing and can have a significant healing effect on chronic injuries. Platelet Rich Plasma Injections with Prolozone can improve:

- Shoulder Pain
- Osteoarthritis including the Wrist or Fingers
- Wrist Tendonitis
- Tennis & Golfer’s Elbow, Wrist Tendonitis
- Knee Pain, Hip Pain, Hamstring Tendonitis
- SI Joint Arthritis
- Foot and Ankle Pain
- Achilles Tendonitis, Plantar Fasciitis
- and More

Platelet Rich Plasma Injections with Prolozone is one of the treatments we offer at Enhanced Wellness. To learn more about the infusions we offer or our practice, please visit: www.EnhancedWellnessNM.com or call 505-323-8100.

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Revitalize, Invigorate, Enjoy!
Dr. Jan Jay, DOM & Dr. Joseph Jaros, MD

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Truly Alive | September - October 2016 21
Breast cancer, lumps, breast pain and sagging breasts are all very common occurrences and concerns for women in today’s world and increasingly for men too! If you are experiencing one of these challenges, consider the following solutions in addition to a self-care lifestyle, regular breast massage and monthly self-examination.

1. **Whole Foods.** More than anything, choose an organic whole food diet and one free of pesticides, herbicides and plastic drinking bottles. The toxic buildup from these offenders can contribute to massive havoc in your breast cell tissue and to hormone imbalance. One of my favorite supplements to help detox chemical buildup in breast tissue is calcium glucarate. I also recommend a good multivitamin, Vitamin D and Chinese herbs to promote breast and hormone wellness.

2. **Exercise.** Exercise (at least 3-4 x week). This is key for your heart, brain and yes, your breast tissue too. Walk daily, take a Zumba class and lift weights. Be sure to wear a support bra that is comfortable and not too tight around your breasts for improved circulation.

3. **Bra Breaks.** Did you know that underwire bras are hazardous to healthy breast tissue? Underwire bras hinder healthy lymphatic movement in and around your breasts. Whenever possible, let your boobs breathe and be free—especially when at home at night and weekends.

4. **Consider a natural PRP (Platelet Rich Plasma) Breast lift.** Did you read recently that Jennifer Aniston had this non-surgical procedure done? Most of the world does not know this option exists. Learn more at: [www.robynbenson.com/v-breast-lift](http://www.robynbenson.com/v-breast-lift).

5. **Stress less and meditate more.** Stress wreaks havoc in our bodies. Instead of stressing, find ways to allow more flow, more fun and more fabulous moments in your life. Meditate and allow your body the proper rest it desires. This will help you age better, with more radiance and vitality in your skin and all your body tissues.

**Mentoring for mind-body-spirit healing and harmony, meeting the needs of each person or animal on their journey of transformation.**

If you are truly ready for a life change; to experience life at your next highest level, give me a call. Local or long distance sessions available. Lynne McMahan, Ed.D., 505-400-3168, enlighten.reiki@gmail.com, [www.lightenreiki.com](http://www.lightenreiki.com).

**For more info on how to live better and age healthfully, visit [www.robynbenson.com](http://www.robynbenson.com), 505-986-1089, robyn@robynbenson.com.**

**My possibilities are as limitless as the Infinite in which I live and which lives in me. – ERNEST HOLMES**
Enhance Your Natural Psychic Ability:
Tuning into Your Soul Self

With Popular Psychic Trainer and Lecturer Mary Roach

According to the Edgar Cayce material, psychic ability is a natural component of soul growth; one that is enhanced through empathy and our connection with one another and our soul self. This program is designed to give you hands-on experience perceiving your innate intuitive talents…exploring how you are truly more than a physical body.

With practice and by focusing your awareness, you can recognize aspects of your true soul self in everyday life. Your intuition is like a muscle: it grows stronger when you use it in a steady, healthy way. Not only will you be able to implement techniques that will enable you to give a reading to another person, but you will access your Higher Self and soul consciousness to discover guidance and personal wisdom for your spiritual journey.

Mary Roach has given thousands of readings over the past 25 years to clients from the United States to Thailand. Generally booked six months in advance, her work has been highlighted in several television features, as well as in various books and publications.

Mary’s work focuses on empowering individuals to discover their life’s purpose, heal karmic patterns, and become co-creators with the Divine in their lives. She has taught courses and led workshops for 20 years, created popular hands-on approaches to using intuition, and helped countless people understand purpose in their life’s lessons. Mary has a Master’s degree in Transpersonal Studies and wrote her thesis on “An Overview of Consciousness,” based on her readings.

The more you use your intuition, the more confident you will become and the clearer your insights will be. This is a program you won’t want to miss!

Here is what past attendees had to say: “Great energy and strength in her delivery. Lots of humor in her teachings. She’s very gifted”. “I could listen to her for days!” “Powerful, relevant, useful.”

A.R.E. PSYCHIC TRAINING WORKSHOP

With Popular Psychic Trainer & Lecturer Mary Roach

Through thine understandings, through thine experiences ye have been and are endowed with an intuition that becomes what ye term psychic force in any abilities, in thy powers. — EDGAR CAYCE READING, 1440-2

- Understand your unique soul patterns and your personal life’s purpose
- Tap into your inner wisdom and discern the difference between the soul’s voice and the ego’s voice
- Examine the process of spiritual development using intuition as a God-given birthright
- Receive coaching that will enable you to do a reading for another person
- Tune in to insights for your own life path

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MARY ROACH, MA
Mary has taught courses and led workshops for 20 years, created popular hands-on approaches to using intuition, and helped countless people understand the meaning and purpose of their life’s lessons.
Are you seeking to become more of your authentic self? In the experience of being who you really are (pure spirit in human form) lies your freedom, incredible health, abundant joy and happiness.

As beings who are inhabiting the earth at this time in history, we are affected by mass consciousness and the consciousness of the planet as a whole. Many of us yearn to experience ourselves as Divine, even as responses come out of us which are far from Divine. A part of us knows deep down who we really are, and came to experience ourselves as Divine while in the body. This task has required many changes in ourselves and in our experience of planet earth...one more centered in love, light, harmony and oneness. And it hasn’t been an easy road. The current level of evolution on planet earth is quite interesting.

Because mass consciousness (and our patterns and programming) are so strong, sometimes we need help from someone who can see and maintain sight and knowing of who we really are. Tools for shifting can also be very helpful.

My sessions are most often several hours long, and include a discussion of the most pressing current “issue”, a Tarot Card reading, an Astrology reading, Affirmations While Power Dancing and Breath Work. I have found that this combination of tools enables deep transformation in just one session. Clients are visibly changed; lighter, freer and happier as a result. They are able to maintain feeling more joy in daily life and their upliftment facilitates new levels of health and well-being.

In a way, Ray’s treatments reveal what is really hidden from our heart, mind, and inner knowing. They open us up to our soul self/higher self and take away the blind folds and the pink glasses.

T.J., Santa Fe

If you are feeling bloated and have low energy, get tired in the afternoon, are moody, depressed, unfocused or have irregular sleep, this is for you! FREE workshop: September 24, 10am in the Albuquerque Natural Health Center office. See Events page 4.

If you have any of the above symptoms, it is time to detox. You may have tried products in the health food store, online and also invested money and time with a host of practitioners. If you are still not living your optimally healthy life, then let’s get you there!

I have been “in your shoes” and had to find the path to building vibrant health and a super-charged brain. Through helping over 10,000 amazing individuals over the past twelve years, my signature system was created. Now, I can teach you to ensure the result you are looking for. I will give you as much as I can about the first secret here and invite you to join us September 24, 10am in the office for a life-changing workshop, The 5 Secrets to Detoxing and Living Vibrantly. Are you ready?

The first secret is detoxing your body and finding the cause of the imbalance. Western medicine treats symptoms, whereas Naturopathy finds the cause and guides the individual through detoxification and balance. It is the combination of environmental toxins, an unhealthy diet and pathogens that pose a threat to humans. Chemical and metal poisons bind in the tissues, attract parasites and have an affinity for the nervous system. Blood tests often do not show these because they are in the tissues and nervous system. Join us September 24th in the ANHC office. See Events page 4.

I have seen many healers and no one does what you do!! I feel so different—you have changed my life, thank you, thank you. This is the best session and integration I have ever had!

H.G. Albuquerque, NM

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There are many who are sending out e-mail communications to a group for meetings who may find themselves barely managing this task. Reasons may include:

- A growing membership.
- The steps needed to perform the task are too numerous.
- There are a plethora of rules and considerations.

Either way, it doesn't feel like an easy nor comfortable task to perform on a regular basis.

There are a couple of great options out there that can assist with this intent! One option is to create either a “distribution list” or a “group” within your e-mail service; and enter all the different e-mail addresses of people who belong in the group. Then when it comes time to send out a communication, just enter the name of the “distribution list” or “group” into the “blind carbon copy” recipient (Bcc) field and it will send to all its members automatically.

The other option is to utilize a mailing list service such as MailChimp and Constant Contact. This is the better option if your group has many members, and you would like to have people sign up online. These services help you figure out all the considerations and allow the option of an elegant communication with images and decoration.

These suggestions can help you manage a growing mailing list; making it easier and a more comfortable routine task. If you would like to know more, please feel free to contact me or check out my website.

Having worked on computers since my “tweens”, and due to extreme and humorous circumstances; I developed a level of thoroughness that led me to discover higher ways to work with customers. After going on a walkabout for a couple of years to develop the spiritual aspects of myself; I decided to bring spirituality into my trade. My service offerings are available on a “pay as you can” model, with an emphasis on empowerment. Peter Trinh, www.trinhtech.com.
Join Deepak as he creates a roadmap for “higher health,” based on the latest findings in both mainstream and alternative medicine:

- Are we in the midst of a major paradigm shift in science?
- Is there an ultimate reality?
- Does consciousness conceive, govern, construct and become the physical universe?
- How does our understanding of consciousness also enhance our capacity for total well being (physical, emotional, spiritual, social, community, financial and ecological)?

Deepak will address all these questions as well as practical ways to experience higher consciousness, transformation and healing.

Deepak will also share his latest work and show how positive emotion-based living and peace foster natural and timeless beauty and a revolutionary new way of helping you realize the true beauty that is your birthright.

DEEPAK CHOPRA is the author of more eighty books, translated into over forty-three languages, including twenty-two New York Times bestsellers in both the fiction and nonfiction categories. Deepak is the Founder of The Chopra Foundation, Co-Founder and Chairman of the Board of The Chopra Center for Wellbeing, Founder of The Chopra Well on YouTube, and serves as an Adjunct Professor at Kellogg School of Management at Northwestern University, Adjunct Professor at Columbia Business School, Columbia University, Clinical Professor in the Department of Family Medicine and Public Health at the University of California, San Diego, Health Sciences, Health Sciences, Faculty at Walt Disney Imagineering and Senior Scientist with The Gallup Organization. The World Post and The Huffington Post global internet survey ranked Dr. Chopra #40 influential thinker in world and #1 in Medicine. TIME Magazine has described Dr. Chopra as “one of the top 100 heroes and icons of the century and credits him as “the poet-prophet of alternative medicine.”

Join Deepak Chopra, Live in Albuquerque: Monday, September 26, from 7:30 - 9:30pm, at The University of New Mexico Student Union Building. For more information visit: www.deepakchopra.com.
When most people think of inflammation, they think of pain, redness, swelling and heat that accompanies an injury or infection somewhere in the body. Little thought is given to the actual process behind the swelling and pain. Inflammation is the body’s compensatory reaction to an injury or insult in any part of the body. It mobilizes messengers that bring immune cells and hormones into the area to “clean up” the damaged vessels and tissue, and return the area back to normal function. So a certain level of inflammation is necessary for optimal health.

It’s when this important process becomes chronic or excessive, that other, more detrimental events occur…especially when inflammation arises in an area that you cannot see or feel; such as the lining of your blood vessels, around your heart, in your gut or in your brain.

There are many factors that create excessive inflammation in the body. The most common is the “Standard American Diet” or SAD. Consumption of sugar and starches is probably the single biggest contributor to causing inflammation. Yet according to the USDA’s food pyramid, we are encouraged to eat 6 ounces of bread, rice and other grain products every day. Current research has shown, several times over, that sugar and starches are extremely inflammatory to ANY tissue in the body. Please be aware that the USDA’s food pyramid was NOT developed based on sound nutrition information, but was very politically derived by members of the meat, dairy and cereal industry. For more information on this, Marion Nestle’s book, Food Politics is an excellent read.

So it would appear that the food industry is encouraging all of us to eat a pro-inflammatory diet. It’s no surprise that heart disease, dementia, obesity and diabetes are at their highest levels EVER in our country today.

How does inflammation cause all this damage? It starts in the G.I. tract with the ingestion of grains, like gluten. Our bodies cannot manufacture the enzyme peptidase, which is required to break down gluten proteins. As a result, undigested gluten particles tumble through the intestine, causing breaks in the tight junctions between the cells. This allows undigested gluten particles into the gut wall. The body recognizes the gluten particles as a foreign substance and initiates a full blown attack. This creates an inflammatory response in the gut wall that easily spreads throughout the entire system. This is known as “leaky gut”. Although it occurs in everyone that eats gluten, many people don’t notice any symptoms…so they see no reason to stop eating gluten or other grains. I am quite sure the food industry would rather you not know and understand this either.

As this inflammation spreads outside the gut, it causes enlargement of the pores in the arterial walls, which initiates the onset of arteriosclerosis, hypertension and heart disease. The development of these conditions is very slow and takes years before the end result is fully realized.

Fortunately, we now have very sensitive tests that can detect inflammation in the arteries and can show if you have “leaky gut”. Adjusting the diet and taking the right supplements can bring the level of inflammation down to a healthier state.

This is the basis of what I do - helping you get on the right track for optimal health…identifying inflammation, helping you repair a leaky gut, and treating the root cause is the cornerstone of my practice. Not knowing your risks can be risky.

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For the last two years, people in the media like *The Wall Street Journal* and *New York Magazine* have reported on Micro-needling. *Real Self Today* says Micro-needling will be the hottest aesthetic trend of 2016, as predicted by the majority of 500 board-certified doctors polled by the site. *ABC News* featured Micro-needling in this 3 minute video: [https://www.tinyurl.com/hvd3e25](https://www.tinyurl.com/hvd3e25).

The downside about a procedure like Micro-needling becoming very popular is that people with little or no medical training begin offering the procedure. Beware of “Spas” that offer Micro-needling at very low prices. Most of the time they are not under medical supervision and there is not a trained medical professional on staff. Without medical supervision micro-needling cannot exceed a depth of 0.50 mm. To get the most benefit from Micro-needling; the skin penetration depth should be between 1.0mm and 2.0mm. When calling to schedule a Micro-needling treatment; ask if there is licensed medical professional on staff...an M.D., D.O,M, C.N.P. These professionals have an “N.P.I.” number that you can request or can look up online. There are mild risks to any procedure and you want to make sure you are working with the safest, most credible source for treatment and somebody who has been trained in “sterile” technique. There are several devices created for home use or used in other clinics that actually cut and tear the skin, causing increased pain, bleeding and poor healing time; and do not penetrate to the ideal depth for elastin and collagen production.

Micro-needling works much the same way lasers do but without the side effects and the high cost. We use a disposable 36-pin needle tip for maximum results. A pen-like device is used to create micro channels that absorb the pharmaceutical grade serum used during the treatment. The redness fades away in 3 to 48 hours. Most patients describe the sensation during the treatment as a prickly feeling much like sandpaper being rubbed across the skin.

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

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**Micro-Needling Can Take Years Off**

By Dr. Carla Garcia, DOM

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Dr. Carla Garcia, DOM 4550 Eubank NE, #105 505-271-6608 [www.ThermographyNM.com](http://www.ThermographyNM.com)
The symptoms of being in flight-or-flight can cause havoc in our life. The mammalian nervous system has 2 main programs: fight-or-flight, and relax-and-connect. When we are in fight-or-flight, our awareness and energy is focused outward, to protect us from threat. When our nervous system is in fight-or-flight, the body’s self-regulation, self-healing capacities get diminished, and everything is primed and ready for the saber-toothed tiger attack. It is possible to get stuck in this state, the state of being always ON GUARD. It can be caused by a vehicle accident, a divorce, any kind of trauma, or anything that we perceive as a threat that our body hasn’t recovered from. When we are perpetually in this state, it makes ALL HEALING difficult—and then we experience symptoms. Symptoms of being stuck in flight-or-flight can be difficult in:

- concentrating
- sleeping
- relaxing
- recovering from an injury
- feeling at ease, focusing, enjoying and feeling confident.

Also it is often the cause of chronic pain—the kind doctors have a hard time treating. This type of long-term trauma can affect your adrenals and thyroid.

NETWORK CARE offers a simple solution to this condition and all of its symptoms. Gentle spinal entrainments are given to help the nervous system recover its capacity to experience relax-and-connect. As the body re-learns how to relax-and-connect, symptoms can change, perception can change, and they way you experience yourself and your life can change. The chronic pains and concerns can also change, and life can get better.

Dr. Trey Stiles has been practicing Chiropractic Network Care since 1992. He has attended over 70 seminars, (1400+ hours), learning from Dr. Donald Epstein, the founder of this method. Network Care has been Dr. Stiles’ passion for over 2 decades. He is well versed in the application and delivery of this modality, having cared for tens of thousands of people, and looks forward to sharing his expertise in this unique, gentle-yet-powerful healing modality with you. www.resourcing.center, 505-453-5853.

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Is BEMER Knocking On Your Door?
By Trey Stiles, DC

Historically, my husband and I had not been into machines used for healing—we had been “hands-on” only practitioners for decades. After a year and a half of knock, knock, knocking at the door of my life, I finally allowed the BEMER in. Here’s how it happened.

In June 2015, my college-aged daughter was sick with severely swollen glands and conditions lined up for us to use the B. Spot applicator of the BEMER on her throat. The dramatic beneficial results of this one experience led me to immediately purchase my own BEMER to use with our family and in my healing arts practice, and to become an Independent BEMER Distributor.

Since that day, as my knowledge and usage of this technology/device has increased, my appreciation and respect for it has deepened and grown as well. My personal experience is that although the particulars of my life have remained constant, my negative stress level has dropped significantly, my capacity for managing our very busy lives has increased, my middle-aged vision has improved, my immune system seems to be stronger as evidenced by the lack of my getting “sick”, and I feel overall happier and healthier, with an increase in my universal sense of well-being.

I am so delighted and grateful to be able to offer the following BEMER related services to you: sessions in my office to those of you not yet owning your own device, sales and training for those of you interested in purchasing your own device for use in your home or office, and sales and training for individuals or businesses interested in joining my team of Independent BEMER Distributors.
Once, several friends took a week-long sailing trip. The trip was carefully organized. Each person was given a list of food provisions to bring on the trip. Everyone met at the appointed time at the marina and carefully loaded their gear and provisions before they set sail. That evening, two people went below deck to make dinner. After just a few minutes, those on deck heard a loud wail, “Oh no—we forgot the salt! How are we going to flavor the potatoes?”

Upon hearing that, a man who was on deck went below and returned to deck with a stockpot. He leaned over the side of the boat and with a dramatic sweep, filled the pot with water, saying “Here is our salt!” The friends boiled potatoes in sea water, and their meal was one they enjoyed and remembered for a long time.

Sufficiency is the certainty that when we look around and within ourselves, we will find what we need. We engage in life from a sense of our own wholeness and perfection, rather than a sense of separation or lack. The resources we have are vast. The answer is right there. But sometimes our fixed, static view allows us to see only what is in front of us, or what we are already looking for. Because we are looking for salt in the form of a saltshaker, we miss the ocean!

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Aries (3/21-4/19) September: Life gets better as the month moves along. Hopefully, the news about health or work wasn’t too serious. Hidden feelings could surface on the 12th. Emotional stuff. Just run. Your chance to be dashing and daring comes after mid-month. Just dial yourself down a notch until then. Suddenly, it seems to be just fine to be unique. People even want it from you. Things seem romantic on the 18th, and you’re ready to boogie. The final week brings up that work thing. You will find energy for that, also. October: You are bustin’ but with career stuff. The Rams can always get their hooves into gear instantly when necessary. Sometimes you get fired up to do something, but you hit a rubber wall on the 5th. Truth is hard to fight, but undamaged, you are able to bounce up and continue netting those profits. The 11th is for the natural pursuit of pleasure for escapism. The Full Moon on the 15th lands in your Sign. Though you stand in the limelight, there is trouble all around. The 19th has you aligned with your deeper power. That carries you through.

Taurus (4/20-5/20) September: There could be a slight imbalance to your life due to a strong work focus. The stars warn to not let a friendship loyalty ruin a good relationship. Be tough on the 11th, but protect your pretty face. An attraction on the 18th could have you getting further involved, unless of course, you want something permanent. The one you meet after that, the next day, is better for your health. Love can feel like it’s bound to last forever as the 23rd arrives. Clothing becomes optional. October: Fall is all around as you spend cool evenings cuddled up with more than a book. It is good to shower your partner with love and affection. This is the time of year when the Bulls methodically prepare for winter. You always take good care of your stuff and your stuff loves you for it. Take advantage of the 1st day…a very romantic start to the month. On the 5th, if you waited before, tonight’s the night! Your relationship takes on a higher meaning starting the 18th. A dream gets shattered on the 25th, but nicely restored on the 26th. Hard work pays off on the 29th.

Gemini (5/21-6/21) September: Your good friend, Mercury, is trying to keep you down on the farm, or at home. Something there, is about to blow. Hopefully, not too serious. Kudos for any repairs completed during this Mercury retrograde until the 21st. New ideas are best begun after that. The 2nd was a good day despite the day before. The 12th brings troubling news. The 20th-23rd are real power days for you. You could strike a blow for change, but you have a mighty foe. Words can be your sword. Dub a knight. October: Life seems to be speeded-up as unforeseen damage keeps many from reaching their winterizing objectives. So, this month is a flurry of activity. Your earthly work is in the home, but your spiritual work is being in touch with your core self. Yet deeper, there is a single force of unity, but that force has no control of the free Gemini spirits within. Danger lurks on the full Moon of the 15th. Be careful. Your words become too extreme the final 12 days.

Cancer (6/22-7/22) September: The Solar Eclipse to start the month is not visible in the West. Africa is most affected, probably more Libya focused. This can create a real and psychic swirl of energy that can carry away some of those crotchety attitudes. You won’t lose your feeling nature, don’t worry. You may have to deal with someone’s injury this month, or next. Brush up on your First Aid. You might enjoy the beauty of the world around you despite the sadness in the world. To feel is your nature, but sometimes a curse. October: The Crustaceans could start a plan for the next 2 weeks to improve their image or launch a new career. There will be so much going on the 14th and 15th, that you must be a part of it to benefit. All sea beds lead to home for the Crabs. The home is your shell. It’s meant to keep you safe. It’s a good place to be when Pluto opposes your natal Sun. This threat has passed for the first two weeks of Cancer, but birthdays the final two weeks (7/8-7/22) should find out when that aspect occurs. It brings deep emotions from the experiences of life.

Leo (7/23-8/22) September: With your radiance like the Sun and an eye for love and beauty, the Lions can find the good in the worst of situations. Just guard your belongings wisely over the next few months. You tend to prevent boredom by creating your own drama. This month the drama is served up on a silver platter for you. You need that drama, but on a more spiritual level, you find yourself doing deep self-analysis. What is it that builds your self-esteem, and why? Love arrives like an ocean swell near the 25th. Be careful on the 13th. October: The Lions find glory in the fall season. Like the Sun in its yearly cycle; you see the beauty of nature in its maturity. You can see life that way too. As fall approaches, you have a strength to speak out for change. But that force has no control of the free Gemini spirits within. Danger lurks on the full Moon of the 15th. Be careful. Your words become too extreme the final 12 days.

Virgo (8/23-9/22) September: The month starts with a bang on the 1st. The Solar Eclipse that day leaves you prone to losses or injury until year’s end. What can you do? Walk like an Egyptian? Just be careful with things around you. At least, the 2nd brings good fortune your way. August Virgos are thus rescued from adversity. Watch your mouth on the 12th. Words cause anger. Not worth it. As fall approaches, you have a strength to speak out for change. Not spare change, real change. Your core will grow stronger. October: You are rocket propelled by money-making
opportunities. It’s ok. Go ahead. The Virgin Clan are never quite secure enough. Maybe, if they owned their own mint. Don’t get me wrong. It’s good to save. Even Jesus saves. Despite your velocity, the 7th can bring a relaxing time as your ducks line up. The 11th has intimate and infinite possibilities. Your ideas and the expression of those ideas has you in some heated debates. The 11th has intimate and infinite possibilities. Your ideas and velocity, the 7th can bring a relaxing time as your ducks line up. get me wrong. It’s good to save. Even Jesus saves. Despite your secure enough. Maybe, if they owned their own mint. Don’t get hooked by fear.

LIBRA (9/23-10/22) SEPTEMBER: Those mysterious sounds at home could be related to things needing repair before the 11th. This could be plumbing, flooding, or other issues. Can I tell you more bad news? There could be a split in your relationship around the 18th. It doesn’t take you long to go for someone who will, if your current one won’t. Speedy recovery there. The 23rd begins a 3 week period of tactical achievement. By combining your secret methods with your natural beauty, you become unstoppable. Somehow, you find peace this tumultuous month. OCTOBER: As the election approaches, we see the Scales of Libra come into play. To be fair, it is a time to weigh both sides. By Nov. 8th, you will know to vote for your financial future. Libra is also about peace, music, and love. The 1st starts that way. That initial connection takes a turn for the serious on the 5th. Guard your heart because there could be trouble in paradise by the 25th. That gets corrected by the next day if you allow happiness to return. Even the married need breathing room. Permanence is your objective, along with trust and some freedom.

SCORPIO (10/23-11/21) SEPTEMBER: A friend departs from some Scorpios and a dream may change for others. Politically, you feel the opposing sides as tension within yourself. Other Scorps are just out to find the pleasures of life. (Not that there’s anything wrong with that). Explosive events seem to stir you deeply which brings out a creative side. Emergencies bring out your best self. You have a high energy which will help your income. The 20th-on can make your life great again. A feeling of wholeness approaches. OCTOBER: In some ways, your life has been blown apart as if by Bonaparte. You have fought mightily against established fortresses of fallacy. Now, you are recuperating and pulling your power together. By the 19th, you will have a rare sense of strength and oneness. Your brain and spirit say, “Welcome home, O’ battered one! Write down the wisdom you gain from that day. You may want to follow that wisdom from now on. Control your fiery self on the 28th. A new yearly cycle for all Scorpios, starts on the 30th.

SAGITTARIUS (11/22-12/21) SEPTEMBER: Your aim goes higher as the month opens. The Solar Eclipse on the 1st could bring drastic changes to your current career. What would your father do? “Luck” is with you as your arrows fly true because spirits are tuning their flight. Jupiter enters Libra after a year in Virgo. This event on the 9th is another change indicator for your life. This promises good friends and success with your goals in life. A heaviness seems to lift. The 16th might be deeply emotional. Take tissues. OCTOBER: The month goes along without much challenge. That can be a little boring on a personal level, but there is lots of action in the world to keep your ears perked up. This seems to be a time of elegant repose. There are other, more serious matters in your life. You must give your friends some of the credit for the accolades you receive this month. The truth-bound Archers must never lie. It ties you to the earth. The 26th is about Abundance. It is by waiting that all desires are granted. Your ideals and goals are about to be realized.

CAPRICORN (12/22-1/19), SEPTEMBER: It seems odd when love enters the Goat’s domain. There is always a strong physicality with your refined earth Sign. So, times are good! You have been up around the top of the mountain for a few months. Now, love leads you down to the warmer climes. Though your Sign rules the winter months, you can always appreciate human warmth. You have been alone or working behind the scenes during the past year. That comfort zone gets shaken around the 25th. OCTOBER: Talk about a great month for the Seagoats! Oh, sure, there’s that dark path that one of your friends wants to take you down. It’s a familiar trail, right? The 4th could find you in the presence of greatness. Good news and happy excursions are great on the 14th. Happily, this month ends with an angel of love by your side. Your life is in a formless, gaseous state which dissolves your past 30 years. It is time to think of all you have earned and learned. There is no hurry to build great things. Take your time, and remember your mistakes.

AQUARIUS (1/20-2/18) SEPTEMBER: Things are weird in our country because your ruling planet is also affecting our nation’s birth chart. It can be too much Aquarian energy for our Cancer Sign country. There could be a friend’s good-bye, which is an unbearable pain for an Aquarian. This month can be very tumultuous. Your knowledge can be very helpful on many levels. Many humanitarian issues are rising in popularity. As strange as it seems, you are aligned with your truth. A vacation will be to your benefit this month. Time to recharge. OCTOBER: This month could seem like bumper cars, but you take hits without effectively hitting back. To avoid conflict, listen to your partner’s ideas about your relationship near the 15th. You may feel argumentative on the 20th. Be careful because this could escalate into anger and separation on the 28th. This forecast can be your happy time-machine. Before all the wheels come off this month, you can focus on compromise and acceptance starting on the 15th. Avoid setting off avalanches on yourself.

PISCES (2/19-3/20) SEPTEMBER: The eclipse on the 1st can cause crop failures, but if you’re not a farmer, it applies to a partnership and changes therein. They seem to need your help, so there you are. It doesn’t seem right, if it’s not what seems right. You are still protected by good fortune. Life has a way of directing our path despite our plans. Life has the better plan. Try it. You’ll love it! You are eerily drawn to another on the 19th. The 20th is for loving words and promises to meet again. Navigate these new waters very warily. OCTOBER: Life just seems to twist and turn you right back to where you started. Progress is being delayed, but that’s not so bad. You get to explore the inner realms of your nebulous mind. You seem to see the truth of what life is, but that doesn’t keep you from a good time. Sometimes, a good time can end up being a bad time. This month contains a situation like that. Acting on impulse on the 11th could be connected to disharmony on the 25th. The 30th brings a chance to talk about things. Loud noises can scare the Fish, but don’t get hooked by fear.
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