Established in 1876, the experience of rejuvenation and renewal at The Jemez Springs Bath House keeps getting better and better!

Private Bath Tubs | Soothing Massages | Relaxing Body Wraps
Rejuvenating Facials | Waxing | Body Scrubs | Aromatherapy & more

Hot & cold water spigots. Adjust the water to your perfect temperature!
Our lovely Gift Shop includes bath products, jewelry and great gifts (ask about new arrivals)

Jemez Springs is only a short drive from Albuquerque, Santa Fe & central New Mexico.

HOURS & RESERVATIONS: 575.829.3303, 866.204.8303
Are you ready to try a new approach to losing weight? The Love Diet book proposes that the secret to successfully losing weight isn’t HDL, LDL or DNA. It’s LOVE: loving yourself!

The Love Diet (the Diet portion of the book) combines:
- Delicious, nutritious, easy to follow recipes
- A 7-stage, customizable eating plan, personalized to work best for your body
- 21 Days of meal plans based on the optimal nutritional strategies for men and women
- Illustrated guides for portion control and balanced nutrient plans designed to decrease cravings, improve energy and promote weight loss.

In The Love Diet authors Connie Guttersen and Dr. Mark Dedomenico offer the best of both worlds: an amazing diet plan along with authentic, grounded and proven ways to Love yourself more. If you have tried many diets and programs in the past, only to lose some weight and have it come back (sometimes gaining even more), this approach could be your answer to permanently having a smaller, healthier body!

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READ MORE ARTICLES ONLINE: www.trulyalive.net
Reiki I Classes
Usui System 14-hr class
Jan 19-22, Feb 9-12, Mar 16-19
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.
Info: 505-515.5088 crystalhealer555@gmail.com http://crystalhealer555.wixsite.com/

Meditation I Class -$65
4 Sundays starting January 8 5–6:30 pm
Learn simple techniques with Inga Madsen that will change your life by devoting 10-15 minutes a day to meditation.

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

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

Channeling 101
January 14-15
1:30-5:30 pm • $195
Learn to verbally channel Spirit Guides of the Light and your loved ones. Get connected to your spirit guides by Archangel Gabriel. Taught by Clairvoyant Medium, Donna Carol.
Info: 505.515.5088 crystalhealer555@gmail.com http://crystalhealer555.wixsite.com/

Healing Touch
Level 1 Class
February 18 & 19
8:30am-5:30pm
$175
This class is a personal adventure into your heart and soul! It invites you to explore who you are, what you believe, and what you can do with your hands to facilitate healing in others. Great class for beginning energy healers. 18 CEU’s for nurses and LMT’s.
House of Chi • 505-459-7358
3939 San Pedro NE, C-4, 87110
www.healingnewmexico.com

Jemez Health Retreats:
Valentine’s Special
$425 (Truly Alive special) reg. $500
Includes: 1 night stay at Historic Casa Blanca Guest House, Couple’s Transformational Breathwork session with Dr. Juliette Mulgrew, Licensed Naturopathic Doctor and Ayurvedic Practitioner. You and your lover will also receive an Aphrodiasic Elixir and Lover’s Bliss Bath Blend.
Call to schedule: 575-829-4149
Held at: Casa Blanca 17521 NM-4 Jemez Springs, NM 87025
www.spiravitanaturalhealth.com/health-retreats

Jemez Health Retreats:
Family Constellation Workshop
March 4, 2-6pm • Only
$50
Break through ancestral issues that are holding you back. Healing through a Family Constellation Workshop is one of the most profound experiences available in the healing world. Miracle stories are increasing in New Mexico. Are you ready?
Held at: 8 Via de Estrellas, Santa Fe
Register: www.chisuchinta.com/family-constellations-circle.html
505-471-0167, 505-218-6606 (cell/txt)

Mindfulness in Movement: Cultivating an Inclusive Community
NM Leaders in Mindfulness Conference
April 22, 9am-4pm • $110
Bring increased mindfulness and presence to your life! Connect, share, participate and collaborate to amplify the benefits associated with mindfulness in your life and in our precious community.
3rd Annual Event. See article pg. 12 for more details.
Held at: Old Town Farm
949 Montoya St. NW, 87104
Questions/Info: 505-243-0934
info@mindfulnewmexico.com
www.newmexicomindfulness.com

Love Minus Zero
March 18, 10am-3pm $60
Join L’ahe’ Sa’an Moonwalker, oracle, healer, teacher, together with Scott Seldin, author, teacher, personal development coach for this life-changing workshop. Sponsored by: Explorations of Spirit and Creativity.
Held at: Santa Fe Ctr/Spiritual Living
505 De los Marquez (near Trader Joe’s)
Limited Seating, 505-466-2878
RSVP/Tickets: www.explorationsofspiritandcreativity.com/tickets.html

The more we are concerned for the well being of others, the closer we will feel to each other.
DALAI LAMA

ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN: www.trulyalive.net
E N T S O F F E R E D A T :  
Albuquerque Natural Health Center  
4550 Eubank Blvd. NE, Ste. 205  
ABQ, NM 87111  •  505-797-0540  
www.abqnaturalhealthcenter.com  
www.louiseswartwater.com  
Limited Seating. Please RSVP

Anti-aging Workshop  
Anti-aging, Brain, Skin and Love  
Group Frequencies  
January 11, 6:30-8pm • FREE  
Learn the 5 secrets to a beautiful YOU!  
Experience biofeedback and a powerful  
integration to shift your life! Call 505-797-0540 now! Limited seating. You  
can sign up for the group on our website.  
www.abqnaturalhealthcenter.com

Beautiful Amazing You Workshop!  
Secret to Radiant Skin  
February 22, 6:30-8pm • $20  
Learn what your skin craves! Tips and  
techniques for a lifetime of healthy,  
gorgeous skin. Understand how detoxing  
will help your skin. Learn why beautiful  
skin is an inside job.

E N T S O F F E R E D B Y :  
Alternative Wellness Center  
9809 Candelaria Rd NE, Ste 1B, 87112  
505-294-WELL (9355)  
www.alternativewellnesscenter.org

FREE 5 minute Biofeedback testing and a  
door prize at each class! All classes held at  
the address above.

What’s New in Alternative  
Healthcare  
Jan 14 & Feb 11, 1-2pm • FREE  
#1 method of alternative treatment:  
Genetics and methylation testing.  
Amazing results! Tired of taking lots of  
pills? Learn how to use simple essential  
oils at home for your genetic treatment.  
Naturopath-facilitated class. Hear updates  
on the latest information on health/  
wellness. All health questions welcome.

Healthy Alternatives in this  
Chemical World  
Jan 28 & Feb 25, 1-2pm • FREE  
Pure, natural solutions can make a  
huge difference! Replace harmful  
chemicals with natural, pleasant smelling  
alternatives for health, body care, home  
cleaning, cooking, and pest/weed control.  
Understand how eliminating chemicals  
and heavy metals stops allergies, immune  
dysfunction and environmental illness.  
Enjoy a life of well-being.

RSVP Required by the Friday  
before the class: 505-294-WELL (9355).  
We look forward to seeing you!

E N T S O F F E R E D B Y :  
Elizabeth Valsala, Reiki Master  
11930 Menaul Blvd NE, Ste 108  
ABQ 87112  •  505-299-0011  
www.ReikiABQ.com

A Common Practice of Reiki  
Jan 14, Feb 4, Mar 11, 1-4pm • $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.

Introduction to Reiki  
Jan 15, Feb 5, Mar 5, 2-5pm • $20  
Learn about Reiki, its history and  
applications. Receive a brief treatment  
and ask your questions. RSVP required.

E N T S O F F E R E D A T :  
Crystal Dove, Inc.  
525 Central NE, ABQ, NM 87102  
505-842-5265 • www.crystal-dove.com

Singing Bowl Meditation  
Jan 7 & Feb 4, 7:30-9:30pm  
Donations Accepted  
Join us for a powerful meditation using  
crystal bowls that resonate with Divine  
Energy. The bowls harmonize our 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  
Jan 20 & Feb 17, 7-8:30pm  
Donations accepted  
Release the Thought Stream. Drift into a  
State of Deep Relaxation on a Current of  
Wondrous Sound. Simple guided process  
using breath and/or voice. Awakens the  
code of optimal life in the heart center.  
Enable optimal healing by establishing  
balance through harmony.  
Walter at: waltjohnn@gmail.com.

E N T S O F F E R E D B Y :  
ReikiABQ.com  
www.thathealingstream.com  
www.thathealingstream.com

A Common Practice of Reiki  
Jan 14, Feb 4, Mar 11, 1-4pm • $5  
Reiki practitioners of any level, any  
lineage, are invited to give & receive team  
treatments, following a “common practice”  
(practitioners use designated hand positions  
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required: call 2-24 hours before—leave  
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applications. Receive a brief treatment  
and ask your questions. RSVP required.

E N T S O F F E R E D B Y :  
HOUSE OF CHI  
An Energy Healing Cooperative  
3939 San Pedro NE #C-4  •  505-459-7358  
www.Healingnewmexico.com

Wellness Day  
4th Saturday of the month  
Jan 14 & Feb 11, 11am-4pm  
Healing treatments discounted to $20.  
Detox Foot Bath: $15. No appointment  
necessary. Free BP checks & wellness tea.

Reiki Clinic  
4th Monday of the month  
Jan 30 & Feb 27, 5:30-8pm  
Love Donations Accepted  
Experience Reiki Healing firsthand.  
You will be glad you did!

Calling All Sponsors!  
Your Donations Are Needed  
The resident animals at Kindred Spirits  
seek special friends to be their sponsors. All  
donations, large or small, help support the  
loving care of our senior animals, and are tax  
deductable. Every penny goes to the animals!  
Kindred Spirits • 505-471-5366  
www.kindredspiritsnm.org  
kkindredspiritsnm@earthlink.net  
facebook.com/KindredSpiritsAnimal  
Sanctuary

Clarifying Meditative Work  
A Fresh Look  
Jan 14 & Feb 25, 2-5pm • $2 Donation  
Workshop for people from any meditation  
tradition or no tradition at all. Explore  
directly what meditative work is and how it  
sheds light on the concerns of our lives, from  
a simple meditative listening with no agenda.  
Note: February date may change. Please  
check website.  
http://mediationNM.wordpress.com  
Jay Cutts: 505-281-0684  
NM Ctr. for Meditative Inquiry & Retreat  
Wet Center, 145 Madison NE, ABQ

Kindred Spirits Valentines Party  
“For the LOVE of our Senior Animals”  
Feb 11, 1-3:30pm • FREE • Tour at 2 pm  
Kindred Spirits Animal Sanctuary offers  
Wellness Care and Hospice to abandoned  
old animals. Come visit and meet our many  
happy seniors.  
Kindred Spirits Animal Sanctuary  
3749-A Hwy 14, Santa Fe • 505-471-5366  
kindredspiritsnm@earthlink.net/  
www.kindredspiritsnm.org

ADDITI ONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN:  
www.trulyalive.net
**Community Events**

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

**July 2016**

**Ongoing Events**
- Siddha Yoga Meditation
  Wednesdays, 7-8pm
  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 symcalbuquerque@gmail.com www.siddhayoga.org

**Intentional Business Connections**
- January 12, 3-6pm • $20
- Designed for relationship building. Participatory workshop format with dialogue, one-on-ones, small group activities and practical mindfulness-based activities for connections that can be used from the minute you walk out the door. Expand your horizons of business networking. Welcome to the new, Mindful era!

**Special Collections Library**
- 423 Central Avenue NE, Albuquerque
- sidni@mindfulnewmexico.com
- Sidni Lamb: 505-243-0934

**Archangel Channeling with Donna Carol**
- Jan 6 & Feb 3, 6:15-7:15pm • $20
- Experience truly divine energy—the first Friday of every month! Renowned clairvoyant medium and energy healer, Donna Carol, will channel a loving message and powerful healing energy from the Archangels. Doors open with coffee and tea service at 6pm. Doors close at 7:30pm.

**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.

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

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

**Shambhala Meditation Center**
- 1102 Mountain Rd NW, ABQ 87102 • Info: 505-717-2486 • [www.albuquerque.shambhala.org](http://www.albuquerque.shambhala.org)

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

**Jemez Springs Community Library**
- 30 Jemez Springs Plaza, Jemez Springs, NM 87025
  RSVP: 575-829-4149 • spiravitanaturalhealth@gmail.com

**The 3 Pillars of Health: Learn to Live a Balanced Life**
- January 14, 2-3:30pm • FREE

**Jemez Springs Community Library**
- 30 Jemez Springs Plaza, Jemez Springs, NM 87025
  RSVP: 575-829-4149 • spiravitanaturalhealth@gmail.com

**Sunday Celebration Service**
- January 1, 10-11:15am
  Speaker: Rev. Jac Blackman Path to Wealth group: 11:15am

**Sunday Celebration Service**
- January 8, 10-11:15am
  Speaker: Rev. Ann Rea Potluck & Community Conversation: 11:30am

**Sunday Celebration Service**
- January 15, 10-11:15am
  Speaker: Rev. Eileen O. Brownell

**Sunday Celebration Service**
- January 22, 10-11:15am
  Speaker: Surprise Guest

**Sunday Celebration Service**
- January 29, 10-11:15am
  Practitioner Sunday

**Sunday Celebration Service**
- February 5, 10-11:15am
  Speaker: Rev. Ann Rea Path to Wealth group: 11:15am

**Sunday Celebration Service**
- February 12, 10-11:15am
  Speaker: Rev. Jac Blackman Potluck & Community Conversation: 11:30am

**Sunday Celebration Service**
- February 19, 10-11:15am
  Speaker: Lin Nowicki, RScP

**Sunday Celebration Service**
- February 26, 10-11:15am
  Speaker: Surprise Guest

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- 30 Jemez Springs Plaza, Jemez Springs, NM 87025
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**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

**Jemez Springs Community Library**
- 30 Jemez Springs Plaza, Jemez Springs, NM 87025
  RSVP: 575-829-4149 • spiravitanaturalhealth@gmail.com

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**QuoteAddicts.com**

Laughter is essential to our equilibrium, to our well-being, to our aliveness.
If we’re not well, laughter helps us get well.
If we are well, laughter helps us stay that way.

**QuoteAddicts.com**

**Additional Events Added in Between Issues! Check the Website Often!**

www.trulyalive.net
As we begin a New Year, many of us have been avoiding the scale, as the usual experience for most Americans is having gained a few pounds over the holidays. The book on the January/February cover, The Love Diet offers a holistic program for shedding unwanted weight, which for some, could be a lifelong answer. The authors assert, through a significant amount of research and empirical evidence collected over many years, that our approaches to losing weight have had a critical missing ingredient: Loving ourselves more.

The book is a wonderful combination of ways we can Love ourselves more while restructuring our eating habits. The result for the vast majority of Connie Guttersen and Dr. Mark Dedomenico’s patients is permanent, healthy weight loss and a huge increase in peacefulness and joy; physically, mentally, emotionally and spiritually. This plan is truly worth a try for anyone who has tried many approaches and failed (or failed to maintain the weight loss).

Many people have offered me feedback about the results of our presidential election in November, 2016. I understand the fears and concerns of so many at this critical time in our history. And, I am very clear that for me, focusing on fear only attracts more of what I fear, and results in even more to be fearful of. We do not yet know what life will be like in 2017 and beyond, but if you agree that your thoughts and emotions have attraction power, I urge you, as much as you can, to focus your attention on everything in your life you are grateful for (and away from that which you fear). Energetically, these efforts will contribute to a higher vibration and a happier experience than focusing on what you fear.

Many blessings to everyone, for a Truly Amazing 2017! May it be (no matter how things appear), the best year of your life!

Karen Larré
What does a person with knee pain after a car accident; a person with knee pain after a ski injury and a person with knee pain who kneels frequently, such as gardening, have in common?

The knee is a complex joint and can become mis-aligned — subluxed, rotated and/or compressed. After 34 years of treating Myofascial Pain and Dysfunction, I have unraveled the mystery and can significantly decrease or eliminate your knee pain.

The treatment is the same: release the restricting Fascia and Muscles; use a gentle Muscle Energy Technique to realign the knee joint and return it to neutral with appropriate spacing.

A Muscle Energy Technique and/or gentle Traction of the joint are within every practitioner’s scope of practice. It is not like Chiropractic. When using a Muscle Energy Technique, the patient uses their own muscles to pull the joint into correct alignment.

During a car accident, when sitting at the red light with your foot on the brake, both the knee and hip are flexed. When you are rear-ended, the knee joint can become jammed and mis-aligned. Consequently, the brain keeps telling the Fascia and Muscles around the knee to splint and brace so the joint won’t become further mis-aligned.

Really serious knee injuries can happen while skiing. Sometimes, the boot does not come out of the binding and the knee is twisted. You may still have pain even after surgery. Treating the Fascia, Muscles and mis-alignment can bring relief and increased Range of Motion.

For those of you who work or have hobbies repeatedly staying on your knees, the joint is slowly mis-aligned over time. I use the same treatment to release the restricted Fascia and Muscles, and then re-align the knee.

We review correct sitting and sleeping postures so the knee won’t be tempted to return to the dysfunctional position. Then specific exercises are given to keep the release we gain in treatment.

Peaceful and beautiful place to heal the mind, body and soul.
J.M., Redondo Beach, CA

I loved the tubs that filled with the water from the springs. So relaxing. The best part was the massage by Shelly. She's an amazing masseuse and person.
J.C., Guildford, UK

Greatest Birthday Present Ever! Such a great relaxing place. Felt like home the minute I walked in! Very Professional as well! I Highly Recommend the Jemez Package. Special shout out to Daylan, my massage therapist, he was Amazing!
E.W., Los Lunas, NM

Very happy to have soaked at Jemez Springs Bath House. :-) The staff were super friendly, the natural hot spring water was lovely, and the landscape is unbelievably beautiful! Individual, separately curtained tubs in a generally open bath-house setting (sides separated by gender). Massage and body wraps available too!
M.P., Emeryville, CA

Love it!! We always stop at the Bath House - going and coming from Colorado!
Ed & Gayle H., Athens, TX

We keep going back. So peaceful and relaxing. Very spiritual.
J.N., Santa Fe, NM

What a wonderful place! My husband and I soaked in a side by side tub room, then had massages. It is amazing what Jolyn could do in 30 minutes! Rustic setting, fantastic view-friendly and attentive staff. We love how they made us two regular people feel like VIPs! Can’t wait to go back!
T. L. P, Forest Grove, OR

Absolutely love this place! And customer service rocks.
C. R., ABQ

Absolutely the best massage I have ever experienced in my 52 years. Sara is wonderful and knows her craft.
M.S., Califon, NJ

Wonderful experience. Mineral bath was great and Shelly did a great job on my tense muscles.
K.M., ABQ

Great service, excellent massage therapists, wonderful bath house in beautiful Jemez Mountains.
J.S., Santa Fe, NM

Wherever in central New Mexico you are, Jemez Springs and the Bath House are so close! Plan your next getaway soon. Stay overnight at the affordable Laughing Lizard or Casa Blanca, soak and enjoy world class spa services at the Bath House and leave your cares behind. We look forward to your facebook review after your visit: https://www.facebook.com/jemezspringsbathhouse/

Relaxation and rejuvenation await!

Start of your New Year with a visit to the Jemez Springs Bath House. Call today and schedule your visit during the months of January or February (we are very busy during Valentine’s Day week). Mention you saw us in Truly Alive and receive 15% off all Bath House spa services. 575-829-3303, www.jemezspringsbathhouse.com

Jemez Health Retreats
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Fluoride Action Network (FAN) is among a coalition of environmental, medical and health groups urging the U.S. Environmental Protection Agency (EPA) to ban the addition of fluoride to public drinking water supplies.

The EPA has been served with a petition that includes more than 2,500 pages of scientific documentation detailing the risks of water fluoridation to human health. The petition notes, “the amount of fluoride now regularly consumed by millions of Americans in fluoridated areas exceeds the doses repeatedly linked to IQ loss and other neurotoxic effects.”

The EPA is authorized, under the Toxic Substances Control Act (TSCA) to prohibit the use of a chemical that poses an unreasonable risk to the general public or particularly vulnerable populations.

EPA’s Own Risk Assessment Shows Water Fluoridation Poses an Unreasonable Health Risk

The petition urges the EPA to exert their authority to prohibit fluoridation additives in drinking water, noting that their own Guidelines for Neurotoxicity Risk Assessment shows:

- Neurotoxicity is a hazard of fluoride exposure
- The reference dose that would reasonably protect against neurotoxicity is “incompatible with the doses now ingested by millions of Americans in fluoridated areas”

“In fact,” the petition states, “the amount of fluoride now regularly consumed by many people in fluoridated areas exceeds the doses repeatedly linked to IQ loss and other neurotoxic effects; with certain subpopulations standing at elevated risk of harm, including infants, young children, elderly populations and those with dietary deficiencies, renal impairment and/or genetic predispositions.”

As for fluoride’s effects on the brain, in 2014 Lancet Neurology released a study, authored by a Harvard doctor, among others, that classified fluoride as a developmental neurotoxin. Also, in 2012, Harvard researchers clearly showed that children exposed to fluoride in drinking water had lower IQs, by an average of seven points, in areas with raised concentrations.

Fluoride’s neurotoxicity is an especially unreasonable risk, the petition notes, because fluoride’s predominant effect on tooth decay is related to topical application, not oral ingestion:

“Since there is little benefit in swallowing fluoride, there is little justification in exposing the public to any risk of fluoride neurotoxicity, particularly via a source as essential to human sustenance as the public drinking water and the many processed foods and beverages made therefrom.”

Even the National Research Council reviewed the evidence, at the EPA’s request, and concluded in 2006 that fluoride has the ability to interfere with brain function.

Nearly 200 fluoride/brain studies have been conducted since, and research published in Lancet Neurology classified fluoride as one of 12 chemicals known to cause developmental neurotoxicity in humans (others include lead, mercury and PBCs).

“The existence of so many human studies on fluoride neurotoxicity highlights the urgent need for a diligent risk assessment, per EPA’s Guidelines, to ensure that the general public, and sensitive subpopulations, are not ingesting neurotoxic levels,” the petition explains.

Ongoing Neurotoxicity Studies

FAN’s relentless effort to get the U.S. government to take fluoride’s neurotoxicity seriously is beginning to pay off. For many years, American regulatory and research agencies have failed to finance studies seeking to reproduce the many studies undertaken abroad that have found harm to the brain, but that is changing: There is a new National Institute of Health funded fluoride/brain study funded to the co-authors of the important study that found a correlation between fluoridation and increased ADHD rates in the U.S. This is what Robert Fleming of Canadians Opposed to Fluoridation (COF-COF) wrote: “This is possibly the most important recently evolving development in water fluoridation to date.”
Exercise is a critical component of creating your best brain health. Modern day neurotoxins, including heavy metals and industrial pollutants, as well as a genetically modified and adulterated food supply, radiation, and an increasingly contaminated water supply, are all factors which have brought our brains to a low point of neurologic health. When undertaking the process of identifying and treating your neurotoxic burden, physical movement through exercise is a key component. Your brain is under constant modification, both constructive and degenerative. This ‘plasticity’ provides us the opportunity to not only repair damage from lifelong neurotoxic burdens, but actually to improve our brain and neurologic function to a higher level, once the neurologic terrain has been detoxified and maximally supported.

Exercise of all forms stimulates the brain to work at improved capacity by promoting neurons to repair and strengthen their interconnections and provide protection from oxidative stress. Scientific studies have illustrated that during exercise nerve cells release brain growth proteins known as neurotrophic factors, such as brain-derived neurotrophic factor (BDNF). BDNF triggers numerous other chemicals that promote neural health, and has a direct benefit on cognitive function. Among elementary school students, 40 minutes of daily exercise increased IQ by an average of nearly 4 points. Among 6th graders, the fittest students scored 30 percent higher than average students. At any age, exercise serves as a powerful tool to maximize our brain health and function.

In more advanced age groups, exercise has been effective with Alzheimer’s disease, as even mild to moderate exercise can reverse normal brain shrinkage by 2 percent, effectively reversing age-related Hippocampal degeneration.

Whatever your current neurological health or physical functional level is, the healing of your brain and nervous system is best facilitated by an appropriate level of exercise. Exercise helps maintain healthy blood pressure and weight, improves circulation and lymphatic toxin drainage, strengthens the heart, increases the production of endorphins, improving energy and mood, and lowers stress and anxiety, all of which contribute to enhanced brain health and a heightened sense of wellness. Whichever exercise program you choose, commit to establishing exercise as a routine, as it is a medicine with a multitude of benefits, including achieving your best brain health.

From Sean Plake, Certified Personal Trainer (www.seanplakephw.com): What is keeping you from starting an exercise program for improved health? Some people are intimidated by weights and the thought of sweat, or are unsure of their ability to participate in an exercise program. You should never feel intimidated by exercise, which is simply performing body movements at different rates. Television creates the illusion that exercise is only for ‘fit’ people, which could not be further from the truth. Exercise and movement are for EVERYONE! Exercise can be done at your local workout facility, outside at a park, in your home, and even in your office. When starting an exercise program with a qualified, Certified Personal Trainer, and after medical clearance from your physician, you should begin a program appropriate for your level of ability, and then slowly increase the intensity and volume as tolerated. You just need to start moving to see improvement of your overall mood, alertness, energy and general health!
The majority of health issues rarely improve because only the symptoms are treated. In order to successfully resolve a health issue, the cause of the issue must be found and removed. The KEY to improving and/or eliminating health issues is to discover and release the underlying causes of the issue. The Body Code is a unique process designed to do just that.

The Body Code is an energy system that uses muscle testing to determine the underlying causes of your health issues. Your subconscious mind knows everything you’ve ever done, knows every thought and word you’ve ever spoken and contains every cause of any health issue you’ve ever had and currently have. Accessing your subconscious mind via muscle testing is a painless and easy process!

Your physical body is made up of billions of energy particles. In a perfect world and living in a perfect environment, your body would be made up of 100% positive energies. However, in this world we live in, most of us have many negative energies that have invaded our bodies. Some sources of these negative energies include negative thoughts and emotions, toxins, pathogens and electro-magnetic pollution. Negative energies in our bodies distort and block the natural flow of our positive energy, causing disease and pain.

Using your subconscious mind, The Body Code finds and releases the underlying causes of your health issue. By removing these negative energies, your body can heal and return to its natural state. Whether it’s better health, happier relationships, more money or all three, the solution is The Body Code. It is the most advanced system for mental, emotional and physical healing ever devised and is an excellent tool for any health issue. It is an effective system by itself and it works well with any other type of eastern or western healing modality.

Alison Nicodemo is a Certified Body Code Practitioner (CBCP). For more information, visit www.bodyresounds.com or call 505-340-6076.

To schedule your thermography scan please call our office at 505-271-6608, www.ThermographyNM.com

"The Truth About Cancer" is a “docu-series” of videos about cancer and is comprised of interviews with doctors who talk about different types of treatments for cancer and how to prevent it. Albuquerque's Dr. Sunil Pai is one of the interviewees.

Many of my patients told me about the video series and its reference to thermography. The videos are produced by Ty M. Bollinger, a cancer researcher. I found this brief video with Dr. Ben Johnson M.D, NMD, DO: http://tinyurl.com/hwt5k7p. In it, Ty asks him a question about thermography; but the answer covers a general overview of how, many alternative or integrative medicine doctors view conventional cancer diagnostics and treatments.

After eighteen (18) years of doing thermography and seeing numerous cancer patients in all stages of disease, I am supportive of any treatment protocol a person chooses to follow. A cancer diagnosis is a very personal journey and although friends, family and physicians want to help and have advice; it is ultimately the patient’s decision. The best we can offer is support for whatever treatment path they choose, without overwhelming them. I believe from experience that we inherently “know” what is best for us and that may include natural cancer treatments or chemotherapy and radiation.

I have focused my practice on thermography because it is totally non-invasive. Images are produced from the heat given off by the body. Breast thermography consists of six (6) images, including the base of the neck, underarms and of course, the chest. Full-body thermography consists of 25 to 30 images that encompass the face, neck, chest, abdomen, back and limbs.

Thermographic images are produced without cancer causing radiation and without touching the body. The areas of heat are indicative of increased circulation or inflammation. Remember that inflammation precedes almost all disease. Cooler areas are often indicative of poor circulation or radiculopathy (nerve irritation).
The use of PRP is considered by many to be a “new frontier” of regenerative therapy, but in fact it has been administered by surgeons to speed wound healing for the past few decades. You may have heard about Tiger Woods, Kobe Bryant, Peyton Manning, and racehorses receiving platelet-rich plasma (PRP) therapy to avoid surgery or to accelerate recovery. Elite athletes may have put PRP on the map, but it’s a beneficial therapy for anyone with joint pain caused by injury, overuse, or arthritis.

PRP is a natural solution, a non-surgical therapy that harnesses the critical components of your body’s own healing process to stimulate tissue regeneration and repair. It is the growth factors derived from the platelets (PRP) that are responsible for soft tissue repair, bone regeneration, development of new blood vessels, and stimulation of the wound healing process.

Clinical studies have shown that PRP is effective for pain in the shoulders, hips, knees, vertebrae, and other joints.

PRP is now becoming widely known as an effective and simple procedure for women who want to improve their sexual function, libido, reverse incontinence, relieve pelvic pain and increase vaginal sensation and tone (known as the O-Shot™). PRP is also used for men with ED, Peyronie’s disease and sexual dysfunction (P-Shot™). You may have also heard of the Vampire Face lift, Hair lift and Breast Lift that are popular among celebrities and people from all walks of life who are looking for a natural regenerative approach to beauty and wellness without the use of drugs and surgery.

At Santa Fe Soul Center for Optimal Health, we offer all of these PRP procedures. We also use acupuncture, natural anti-inflammatories like fish oil and Turmeric and glucosamine chondroitin to help rebuild cartilage, and topical analgesics, PEMF (pulsed electromagnetic field therapy), Prolozone, cold laser and micro-current for pain relief.
Conferences are an art and our learnings are often a reflection of our souls. The 2016 New Mexico Leaders in Mindfulness Conference was connecting, captivating, and compelling. It had a magical way of bringing mindfulness and presence to life. If you are committed to raising your own personal bar, I highly recommend this conference. It was a joy to be involved.

Catherine R. Bell, MBA Award winning and best-selling author and founder of The Awakened Company

As a facilitator at the 2016 conference, I witnessed firsthand, participants going away managing their stress more efficiently and moving towards supporting others in tending their fire.

Ralph Steele
Founder of Life Transition Meditation Center (SF), and author of Tending The Fire

I attended the 2016 conference while trying to determine whether to relocate to Albuquerque from Chicago. I was so inspired by the people I met and the mindfulness movement in New Mexico that I moved here a few months later. Now I’m involved in planning the 2017 Conference, and am happy to count a number of amazing people I met at the Conference among my friends.

Marina Daldalian, Conference participant 2016

The 2016 event was truly inspiring. Unlike many Conferences I’ve gone to, there were a lot of youth in attendance. Getting to hear their wisdom, listen to their poetry and dialogue with them really helped me appreciate the young mindful leaders we have right here in New Mexico. I highly recommend attending the 2017 conference!

Karin Lubin, Quantum Leap Coaching & Consulting, Director of The Passion Test Certification Program

2017 is year three (3) of the Leaders in Mindfulness Conference, a Mindful New Mexico gathering. Each year unfolds in a new and more exciting way. To call it a Conference really doesn’t adequately describe the excitement of this event.

It’s about relationship building rather than traditional networking. It’s about sharing deeply “across the aisle”… getting inspired by new ideas.

How can we support each other and collaborate to amplify the benefits that we know are associated with mindfulness? One way is to operate even more than ever from principles of generosity, collaboration, and engagement. Relationships and community that honor a more inclusive economy and human society become our capital. Mindfulness in Movement: Cultivating an Inclusive Community. That’s what this conference is all about.

This event is participatory. You’ll find opportunities to share, support each other and learn from other New Mexicans bringing mindfulness to foster children, seniors, business leaders, employees, social service staff, students, teachers and other populations throughout our state.

Janice Marturano, founder of the Institute for Mindful Leadership, defines a leader as someone who cultivates and transforms their leadership presence and environment into a place of innovation, focus, creativity, and compassion in the service of others. If you are bringing mindfulness into your workplace, family or community, we think you already are a leader. Everyone has experience, observations and ideas that can benefit this emerging effort.
A woman with Parkinson’s symptoms who had just had a biofeedback session marveled over how she was able to write a check and sign it with remarkably better control. Her coordination and fine motor skills were better after just one biofeedback session! She came to our Albuquerque clinic from Texas, after trying various unproductive treatments. She stated “I now have renewed hope! I never imagined one of these treatments could make a difference so quickly!”

Parkinson’s — A Central Nervous System Disorder: Parkinson’s disease stems from a Central Nervous System disorder of certain regions of the brain, especially the substantia nigra. Normally the cells produce dopamine, a chemical transmitting signals within the brain, controlling movement and coordination. Without dopamine and other requirements, neurons fire without normal control. The ability to do simple, fine coordinated movements including writing, grasping items, tying shoes, buttoning clothing and even eating can be lost. Body tremors do not allow them to direct or control their fine motor skills and movements; especially extended limbs, such as arms and hands.

Genetic Causes: What has been found is that several genes, especially one in particular, is expressing when Parkinson’s symptoms exist. Mutations in the LRRK2 gene is known to be the greatest genetic contributor to Parkinson’s disease found to date. Doing Genetic and Methylation testing can reveal what is needed to alleviate these symptoms and support the nervous system back to health! Dopamine and other remedies can be given in homeopathic or supplemental form. Specific biofeedback programs can be run to affect healing of this issue. Or, bio-electric programs can be used to scramble the frequency and vibration of this problem—not allowing the body to return to it. Kinesiology is used to determine which method is best for each individual.

Environmental Causes: There are environmental causes in addition to genetic predispositions as was shown in the 1980’s, when a group of heroin users took drugs contaminated with a substance called MPTP and developed Parkinson’s. Brain injury and pesticide exposure has been found to increase the risk of Parkinson’s. In this day and age of so many chemical substances including pesticides, weed killers, and toxic household substances, people have acquired many nervous system and autoimmune disorders. We have found that helping the body detox of these resolves many symptoms and health concerns.

Janet L. Hall is a Certified Naturopathic doctor, Kinesiologist, Herbalist, Biofeedback Specialist, Nutritional Counselor and Essential Oils Expert. Her center is dedicated to helping people “rise above!” anything in their lives. 505-294-WELL (9355). www.alternativewellnesscenter.org

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Janet L. Hall, ND, CKP, CBT

READ MORE ARTICLES BY JANET L. HALL ONLINE: www.trulyalive.net
Happy New Year! This is the time of year we all like to make plans (some make resolutions) to improve our diet, exercise more, and otherwise try to make lifestyle changes that will ultimately improve our experience of life...all the while, trying to figure out how to make the changes permanent!

One of the most important changes anyone can make is to remove as much sugar from their diet as possible. It was recently published in JAMA Internal Medicine (as reported by NPR Radio and the NY Times, September 15, 2016) that the sugar industry paid off researchers to downplay the role of sugar in the development of heart disease, and point the finger at fats, instead. The researchers published their article in 1967, which ushered in the “low fat, high sugar/carbs” diet that has literally ravaged the American population. It is still a common misbelief that any or all fat is “bad”. Indeed, this form of false research is still going on! Marion Nestle, author of Food Politics, commented in the very same recent issue of JAMA: “Is it really true that food companies deliberately set out to manipulate research in their favor? Yes, it is, and the practice continues. In 2015, the New York Times obtained emails revealing Coca-Cola’s cozy relationships with sponsored researchers who were conducting studies aimed at minimizing the effects of sugary drinks on obesity. Even more recently, the Associated Press obtained emails showing how a candy trade association funded and influenced studies to show that children who eat sweets have healthier body weights than those who do not.”

The facts clearly show that industry is trying to cram sugar down our throats. This is unconscionable; especially considering that sugar is extremely addictive. It stimulates the same area of the brain that cocaine and heroin do. When we eat sugar, we get a surge in serotonin, our “feel good” hormone in the brain, so eliminating it from our diets is NOT easy! Constant, chronic consumption of sugar makes it difficult to feel the damaging effects it has. Sugar creates inflammation throughout the body, and can punch holes in the lining of the capillaries and/or the gut. If we eat it consistently, we can become “blind” to the effect it is creating in our body. We feel fatigued, lack motivation, have headaches and body aches that are so insidious in their onset, that we have no idea that it’s the sugar and starches in our diet that are causing it.

So, there are many reasons to eliminate sugar from our diets. Considering the addictive nature of sugar, how do we make this transition? Eating high quality protein and fats helps to “short circuit” sugar cravings. Taking supplements like L-Glutamine can help protect the gut. Oil of oregano helps to kill the candida or yeast that thrives on sugar and can drive the cravings. The less sugar we eat, the less we will crave, so, doing your best to avoid sugar also helps beat the beast.

In an effort to keep my patients, and readers of Truly Alive Magazine more informed about issues like food politics and factors that affect our health, I have a new website! www.NWhealth.us is my most ambitious endeavor to provide information about what is breaking on the nutritional and supplement fronts as well as provide information about me, my practice, and my health care philosophy. Since it is brand new, it is in the process of growing and developing and I would love your input! Let me know what you like, or don’t like, what you would like to see more of, or suggestions for articles you would like to see. We appreciate your feedback.

May you have a prosperous and healthy New Year!
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New Year, New You! Achieve Your New Year’s Resolutions with the B.R.A.I.N. SYSTEM

By Louise Swartswalter, ND, CBS, CNHP

NEW WEBSITE: www.louiseswartswalter.com

If you have been struggling to get to the next step in your health or career, have been to many different professionals but are still not where you want to be, then my B.R.A.I.N. System is for you. I work in person or long distance with incredible results, and am always excited to see how I can help remove the roadblock to your success. Call 505-797-0450.

Here is one of my favorite stories that shows how my Five Steps to B.R.A.I.N. Success work to synergistically propel you toward your goals. One woman came to me with lung/bronchial issues and coughing. Her symptoms only occurred when she traveled, but she wanted to get rid of them for good. Using my B.R.A.I.N. Program, we quickly and easily accomplished her goal.

The first step of B.R.A.I.N. is to address the physical body – “B.” During this step, I used a combination of biofeedback programs and naturopathy to identify and treat a residual energy from her ancestors that was manifesting in her lungs as a TB miasm, which we treated with a homeopathic remedy.

Next I released – “R” – the energy of grief she felt as a young child from her mother, including emotions that were assimilated in the womb. During this step, we also aligned – “A” -- her spiritual body by letting go of emotions from her past.

Then, we did an integration practice – “I”— called Geo Tran, to release any harmful energy from her past, including an energy attachment in her lungs that she assimilated at age four.

Lastly, we put a new program – “N” – in her energy field using energy codes that “reboot” the brain. The brain acts as a motherboard for the body and its success is your success.

The B.R.A.I.N. System is so quick and powerful that I work with clients all over the world. Recently a client from California said, “I have experienced an abundance of energy, creativity, joy and enthusiasm...as well as a solid belief in myself and my abilities...ever since my wonderful energy healing session with Louise Swartswalter, which was back in October. I am so amazed and grateful...and kind of in awe! What she’s doing. Her gift....it is truly life changing!!”

S. B., Business Owner, CA

Dr. Louise is The Beautiful Balanced Brain Expert, Speaker, Naturopathic Doctor, Biofeedback Specialist and Life Coach. Experience her B.R.A.I.N. Program for yourself! Learn more about B.R.A.I.N. at our FREE Jan. 11th "Beautiful Amazing You" class. 505-797-0540 See Events!
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on her newest book

**The Love Diet**
by Karen Larré, Dave Weaver and Carla Garcia

Connie Guttersen, R.D., Ph.D. is a registered dietitian and nutrition instructor at the world-famous Culinary Institute of America, the New York Times bestselling author of The Sonoma Diet books, and has consulted with a broad range of corporations and Fortune 500 companies. Mark Dedomenico, M.D. is founder and medical director of the renowned 20/20 Lifestyles Program at the PRO Sports Club. A former cardiovascular surgeon, he has done extensive research in the field of metabolic disease control and weight management to correct metabolic disorders without medication.

Drawing on profound research, the latest science on nutrition and weight loss, and thousands of their patients’ accounts, in The Love Diet, Dr. Guttersen and Dr. Dedomenico have developed an accessible, practical plan that combines good nutrition with positive emotional reinforcement. With sound nutritional advice, powerful personal affirmations, easy-to-follow recipes, and comprehensive meal and exercise plans, it offers the tips and tools to help readers achieve sustained weight loss.

**Truly Alive: Why is it called the “Love” diet?**

**Connie Guttersen:** The title stems from one of the key characteristics that we found in our successful patients who were battling weight loss or lifestyle changes in an effort to live a healthier life. We found that the moment they started to respect and love themselves, placing themselves as a priority, it changed the outcome of any type of therapy or diet they were on. The key phrase we use is “treat you body like it belongs to someone you love”. Most of our female patients in any age group tended to take care of everyone else rather than themselves. At the core of The Love Diet’s success are tools for enriching self-respect and self-love. Learning to love your self is the key to experiencing freedom from the frustrating cycle of shame, guilt, and repeated weight gain.

**TA: You mention 20/20 LifeStyles throughout the book? What is this?**

**CG:** This is a multi-disciplinary medical program based in Seattle started about 25 years ago, headed by Dr. Dedomenico. The focus is metabolic disorders; specifically, obesity and its related symptoms such as inflammation, heart disease and type II diabetes. Lifestyle, including emotions, exercise, behavior modifications and diet are addressed as part of the treatment for obesity.

The clinic may offer one of the most successful weight loss programs in the country—yet for many years, our insight on dieting success was only available to those willing to travel to the Bellevue location. When we considered the rise in weight-related diseases and the overwhelming number of individuals struggling with weight problems, we knew it was time to distill our program principles into a book format and make it available to all.

**TA: How did you and Dr. Dedomenico decide to write this book together?**

**CG:** We have been working together for over 25 years—looking for cutting edge developments in metabolic disorders. Eventually, we recognized a big missing piece of the puzzle. It was self-love. We found that its absence prevented success regardless of how strictly the diet or therapy was followed. Even though we have acquired a tremendous amount of medical knowledge, (credentials include M.D, R.D. & Ph.D., plus observations and experience with over ten thousand patients), we found we also needed inner wisdom to be able to recognize the key factors for success in our patients and then develop a plan to include them as an approach to self love.

Dr. Dedomenico has been my mentor and an essential factor in discovering and developing successful strategies laid out in The Love Diet. His example of loving his patients, which seems to be uncommon anymore, has been highly instructive, and the factor that largely revealed the self-love component in our approach. His compassion and caring revealed a way to address and heal both the cause and the symptom (obesity).

**TA: How does inflammation contribute to weight gain or the inability to lose weight?**

**CG:** It wreaks havoc on your body’s biochemistry. Inflammation is the trigger to a metabolic cascade that leads to heart disease, diabetes, premature aging; certain types of cancer and obesity particularly focused around the waist/hips. That is the worst type of fat and it’s is often associated with disease. We know that contributors which aggravate inflammation include smoking, sugar, stress, etc. These can contribute to a negative metabolic cascade reaction.

**TA: What causes inflammation in many people who are intolerant to gluten; but are other grains bad for us, as well?**

**CG:** We have found that (particularly in middle aged to older women), they are not able to tolerate grains, especially wheat, unlike when they were in the 20s and 30s. We are not sure why and found this to be a strange co-incidence. We did find that many of our patients stated...
that they felt better and were able to lose weight when they reduced or in some cases even eliminated grains, especially processed ones.

**TA:** What is the “shame cycle” and what makes it worse?

**CG:** This goes back to the negative self-talk where self-love and self respect are missing. An example: you’ve had a bad day. You go home, sit in the chair, grab a bag of cookies. Suddenly the cookies are gone and you tell yourself, “how could I do that? I’m a loser. I will never succeed at diets. Look at me. I don’t like me,” etc. These are trigger thoughts. However, it is essential to break this shame cycle. Forgive yourself. Replace the negative thoughts with positive, loving thoughts of self-respect and self-love.

**TA:** How do “comfort foods” change our biochemistry and contribute to weight gain?

**CG:** We know that carbohydrates, and in some instances fats, have the ability to calm stress hormones. The challenge is where to draw the line. In some cases, certain foods have memory association and tempt us to turn to them as a means for celebrating or to relieve stress. In our book, we have tips and information regarding emotional eating, comfort eating, and understanding how to replace with healthier habits and foods.

**TA:** Is “sugar” addictive?

**CG:** Yes! We don’t know why. But yes, definitely! I say this from observation of patients, not science. It probably affects a part of the brain and appetite-heart function. It is addictive. If you can manage to take a 10-12 day break, the brain signal of ‘craving’ is broken and it seems unappealing to go back to that same consumption pattern. Your taste buds adapt to the more normal threshold of sweetness tolerance. The same fruit that formerly tasted sour now tastes sweeter.

**TA:** Why is alcohol the “diet destroyer”?

**CG:** Alcohol has empty calories meaning, the calories provide no nourishment. If weight is a factor, the last thing you want is to burden the body with is more calories that contain no nutrients. Additionally, alcohol impairs our ability to make effective decisions.

**TA:** How do artificial sweeteners affect calorie intake?

**CG:** When you ingest something sweet, you’ve ignited a release of hormones and other body functions to process those calories, but these helpful hormones are not triggered with artificial sweeteners. This has a negative, disruptive effect on the body. I discourage consuming them, especially in excess.

**TA:** What is wrong with “fat free” foods?

**CG:** The problem with most of the “fat-free” or “low-fat” foods on the market today is that most are highly processed. Even worse, in fat-free products, the fat is most often is replaced with more sugar, which actually creates a craving signal from the brain. Also, fat free salad dressings hamper digestibility and important fat soluble nutrients. There’s lots more on the internet to read about the issues with fat free foods as well. Healthy fats such as olive or almond oil, avocado, etc., have wonderful culinary flavor, satiation and nutritive value and healthy fats are essential. Many phyto nutrients and antioxidants in vegetables are fat soluble. For best absorption, these need to be consumed, accompanied by healthy fats or your body will miss out on the benefits.

**TA:** Is there a “slimming mindset”? And what is the first step in making the right choices?

**CG:** Yes. The basis of a slimming mindset is self-respect and self-love. I call this emotional fitness. When present, you can break away from the shame cycle and negative self-talk and then redirect it to self-love.

**TA:** How should we prepare to start “the love diet”?

**CG:** Before you start the diet part, engage in the emotional fitness of self-love. Are you ready to make yourself a priority? Are you ready to treat yourself like somebody you love? The book gives you tips to help you get there.

**TA:** Why is exercise an absolute must for everyone?

**CG:** More than just the amazing health benefits of stress and inflammation reduction, reversal of disease risk factors and improved longevity, exercise makes you feel good and directs you toward optimism.

**TA:** How does attitude contribute to weight loss/gain?

**CG:** Attitude is everything! Positive self-talk, love, gratitude…these are all critical to good physical and emotional health.

**TA:** How does detoxification facilitate weight loss?

**CG:** This is crucial; both toxic thoughts and toxic foods such as sugar, artificial sweeteners, certain oils, etc., need to be removed from your lifestyle. That change alone can facilitate weight loss. Once you stop consuming certain foods and get past the craving stage, your body will start to detox.

**TA:** Reasonable expectations: what role does this play in weight loss?

**CG:** A big one. Short term and long term goals have to be personal and suited to fit you. I believe it is essential to establish small, manageable goals, targeting both the short and long term. Achievable steps along the way increase the likelihood of staying on the path towards your goals.

**TA:** How did you come up with your 7-stage, customizable, personalized eating plan?

**CG:** Observing what worked and what didn’t with our patients (over a 25-year period) led us to design a plan with factors that we found to have a higher success rate. Emphasis was placed on observing those who had higher risk factors for obesity and successive failures with diet plans. It was patient experience and observable data that resulted in this plan design.

**TA:** What are the best ways to maintain weight loss?

**CG:** (1) Maintaining a healthy lifestyle. Adding incentives, and possibly rewards, may help with that. (2) Healthy thoughts lead to greater optimism, ambition, etc.
A Candid Interview with Author Connie Gutterson
continued from page 17

energy level and therefore, the incentive to exercise and eat well. Healthy factors lead one to make healthy choices. The rewards are appealing. (3) Also, I strongly advocate that my patients be mindful.

TA: Your recipes are wonderful. Do you have a favorite?
CG: I particularly like the Seasoning section. Good tasting food is intensely important to some people. When food (that feels good to the body) is combined with great flavor, you want to eat it! This is one of those rewards that helps you maintain a healthy lifestyle. Eating food that has great flavor is an important incentive. For some people, it is the only incentive strong enough to stay on the maintenance stage of the plan.

TA: How does weight loss differ in men vs. women?
CG: Men typically lose weight faster and easier than women. This is primarily due to the location of where they carry their extra pounds. Men will generally carry their extra weight around the upper body and women will carry their extra weight around their hips. This refers to the apple and pear shape figures. It is much easier to lose the weight from the upper body compared to the lower body. Where you gain weight on your body is important because there is more medical risk for disease associated with upper body fat, or the apple shape, compared to the lower body, or pear shape. We have also become aware that women tend to have more emotional ties to “dieting” and its challenges.

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

CG: Of the books that I have written, this is the most important and helpful for someone who has battled with diet and the issue of weight gain and loss. The importance of the incentive of having great tasting food that’s also very healthy, cannot be emphasized enough. To be victorious in the battle of weight gain and loss, there must be rewards. But even more important than great tasting food (and having fun in the kitchen), is the matter of good emotional health. When these are combined, you have the essential tools for finally winning the battle. The Love Diet will be especially helpful for those who have tried numerous diets and have not been successful.

Once you get into the Love Diet and get these components into balance, and the battle has been won, then readers could choose to progress to the Sonoma Diet where they will get into the higher levels of taste, food and cooking. I call it being a “foodie”. This is where food is no longer the enemy. A love of food can be transformed into a healthy lifestyle. Through experience and observation, I found that people needed the Love Diet first. This significantly changed the success rate of our patients.
Your Health in the New Year

By Bill Haggard, All About Health

If you are like most of us, you have indulged over the holidays. Let’s face it…it’s hard not to do. Goodies are everywhere and holiday meals tend to be extravagant. It’s almost considered an insult if you don’t over eat during a holiday meal. The New Year is a great time to think about cleansing and starting off fresh.

In addition to our typical holiday over indulgences, consider this: Americans are incredibly overfed and under nourished. Ever since the 60’s, and with the introduction of fast and processed food, preservatives and chemical use in farming and food production, nutrition has spiraled downward and disease has spiraled upward. Assisting the body in eliminating toxins can create a great foundation for more radiant health.

To start cleansing on your own, introduce more fruit. Try eating only fruit until noon (instead of the typical processed food breakfast of cereal, bagel, pancakes, etc., or bacon and eggs). Fruit feeds your cells and nourishes you; and so begins a cleansing. Follow your fruit each afternoon/evening with fiber (plant foods), minimizing bread and grain products. Eat meats with plenty of vegetables (preferably non-starchy vegetables such as green beans or broccoli vs. potatoes).

The next level of cleansing is vegetable juicing (for best results, juice fresh! No bottled juices, please!). Blending and smoothie-making goes up the cleansing ladder (fruits and vegetables) Be sure to buy organic produce and use a powerful blender such as Blendtec, Vitamix, or Ninja.

Herbal cleansing ramps up your cleansing even more. This includes intestinal cleansing, parasite cleanses, liver-gallbladder flushes, kidney and lymph cleanses, etc. These cleanses feature herbs designed by nature to help cleanse, detoxify and energize every organ system in our bodies.

Want to really make a difference in the quality of your health and life? Consider changing/reframing your diet permanently for a better tomorrow as well as cleansing. I know it’s one of the more challenging things to do—especially if you are not experiencing health problems yet. But shifting now can prevent a range of issues later. (Cleansing and changing your diet can circumvent even life-threatening issues.)

Americans are not educated in the connection between diet and health. I define nourishment as anything NOT in a bottle, can or package. Convenience foods/drinks will fill you up, but they will not feed you. It takes something with life force to give life force and provide energy. That means live plant food, grown in healthy soil: fruits, vegetables, nuts, seeds, and legumes. If you eat animal products for protein, it is important that those products come from animals that are grass-fed, free range and healthy (no added hormones, anti-biotics or other chemicals to fatten them up and increase profits).

I have written about diet and cleansing many times over the years in Truly Alive. Yet, new clients continue to come and see me after serious (and not-so-serious) health issues have been diagnosed.

Regular colon cleansing is truly worth considering in 2017. Don’t wait for your health to be in crisis to start cleansing and making diet changes. Set yourself apart. Be pro-active! Your loved ones will thank you and you will be gratified many times over.

With a chronic illness that requires constant detoxing, I truly look forward to a series of colonics with Bill while I am visiting NM. After my first series with Bill, I really did not feel receiving colonics elsewhere was anywhere near as productive. Bill intuitively knows how to proceed to illicit the greatest response. A.R., Virginia

Love, Bill

If you choose to start cleansing on your own, be aware that every cleanse is greatly enhanced with colonics and enemas. There is a plethora of information on the internet. Get educated and get started in 2017 to enjoy your life and vitality again. You don’t have to be sick, tired or in pain. Call to schedule today! 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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Recently, a patient questioned me about my healing process. She read on my website about challenges I faced as a young boy, and asked if I had been diagnosed, and what the diagnosis was. She wanted to know if I still suffered from those conditions and symptoms. I had a hard time accurately answering her questions during her treatment, and I'm going to take this time to answer in more depth.

As a child, I suffered from what was diagnosed as dyslexia, learning disabilities, food allergies, depression, and more. Life seemed unbearable at times. I would have done anything to stop the pain, and ending things was something I'd considered.

Today, I can tell you that as I healed, it became clear to me that these symptoms were really a sign that my relationship to my life was out of harmony. My healing path began by seeking traditional help; seeing many doctors who tried to treat my symptoms. While this offered short-term changes, nothing lasted. Eventually, I received some non-traditional help; a type of care that wasn’t about treating symptoms. It was about removing the interference from my nervous system—the system that coordinates all healing, so my body’s innate intelligence would bring the healing I needed. In a short time, this care did result in the changes I needed. I began to experience more space around the suffering, and a part of me began to emerge that could begin to be present with the suffering I so desperately wanted away from.

I began to choose differently. As my body began to relax and regulate better, it was easier to see myself and that what I was doing wasn’t working. I began changing my relationship to life…around food, sleep and more. As I made these changes to better care for myself, it started to become clear to me that it was my own choices, attitudes, feelings and behaviors that were creating the suffering I was experiencing, and that I had the power to make changes and to care differently for myself.

That experience turned my life into an exploration of self-love as healing.

Do I still experience those symptoms sometimes? Yes. Are they ever as bad as they were? Yes. Do the symptoms create more suffering? No.

Now I experience symptoms as a direct communication—from life to me—helping me see where growth is needed. Now, symptoms mean life is about to get better. They mean it’s time to pay attention differently and that some part of me is going to get the love and care I have been needing and longing for. They mean it is time to stop focusing outwardly. Instead, it is time to be present with my sensations and feelings and thoughts, and to offer myself kindness and my own presence. This process is about transforming suffering into peace, and the developing of that capacity within myself is the process that brings all growth and healing.

Kerry and I have chosen to share this with you in the hope that it inspires and transports you to a place where you, too, can heal and grow.

While the story above is Trey’s, it shares many parallels with Kerry’s. “Repetition is the key to mastery”. A combined 55 years of study, practice, and inner-self work, along with a deep desire to serve, is what informs the healing work we offer you.

Dr. Trey Stiles has been practicing Chiropractic Network Care since 1992, attending over 70 seminars, (1400+ hours) learning from Dr. Donald Epstein, the founder of this method. Kerry Leigh has been practicing the art of healing through touch and intention since she was a young child, and Core Synchronism since 1997. Together, they have cared for tens of thousands of people and they look forward to sharing their expertise in these unique, gentle-yet-powerful healing modalities with you. 505-453-5853, www.Resourcing.Center
If you haven’t experienced A Family Constellation yet, prepare yourself for one of the most profound healing experiences available today. Join us in Santa Fe, Saturday, March 4, from 2-6pm. Only $50!

Discover some invisible underlying dynamics affecting you today from your family of origin and break through ancestral issues that are holding you back. This may involve your present family and/or your ancestors long passed.

A Family Constellation goes very quickly to the hidden dynamics of the issues, loyalties and entanglements that individuals are caught up in—to show what is taking place in the emotional, psychological and systemic realms and how these things are impacting their self-esteem, relationships and the ability to fulfill potential, NOW.

A Family Constellation consists of a group of people who agree to meet in a confidential and safe sacred circle. You don’t need anyone related to your issue to be present and the group doesn’t need to know the details of what happened related to your issue.

During the process, new perspectives often arise that never came to your awareness before. Unfinished family business from earlier life experiences and traumas can be released...often in the most miraculous ways. Appropriate solutions for the individual are revealed within the session and the resolution ripples out energetically and affects the other people in your issue (including those connected in your family lineage). Group attendees (who are not part of a Constellation) have reported profound healing affects just because of being present.

This brief, effective way of making inner change so that external change can take place has been phenomenal. Changing the inner blueprint from insecure, unloved, disconnected, traumatized, burdened, entangled, feeling over-responsible or irresponsible—to that of feeling secure, loved, connected, calm, lighter, free and having a good set of personal boundaries can only have a positive effect on all aspects of your life.

RSVP today! chisuchinta@yahoo.com, 505-218-6606, www.chisuchinta.com

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As we enter 2017, the energy of expansion is being beamed to our planet from the universe. The source of this expansive energy is creation. Creation is always moving us forward and cannot be stopped. Most humans like things to be as they were yesterday or at some time in the past. The energy of expansiveness requires that we evolve beyond our comfort zone.

When the energy of expansion touches our lives, we may experience challenging situations. Just when we’ve resolved one issue, another pops up in its place. This can be very painful and frightening, especially when we are faced with the unknown. That is precisely why we go through those challenges...to release our limitations, discover our true strength, and come into alignment with who we really are. Oftentimes we see how these challenges helped us grow though they may have been extremely stressful in the moment.

In order to deal with these energies, we must eliminate fear from our daily lives. The more that we fear, the more we invite in disharmony. It is also important to be thankful for what we do have in our lives—so many of us take things for granted. Some people have friends, some may have family, or a day job that sustains them. Not everyone has these things. When we sit in the peace and power of thankfulness for what we have, we attract more of the same energy to us.

No matter what challenge we face, we are never given more than we can handle. And we don’t have to handle these challenges alone. At Crystal Dove, we have the tools, classes, heart healing and transformational energy sessions to help you release fear and other emotional pain to embrace your inner power. This allows you to create the life and experiences you desire.

Thank you for your continued support of Crystal Dove, may all your New Year’s wishes come true!

Kindly, Inga

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READ MORE ARTICLES BY BOTH AUTHORS ONLINE: www.trul yalive.net
H ave you tried repeatedly to heal certain patterns or illnesses or physical pains, just to have them abate for a while and then come back? These could be physical conditions, mental/emotional, or spiritual patterns which we would like to move beyond. I would like to share with you my understanding about what it takes to be freed up from the pains of life which haunt us.

In my experience, the physical pains and illnesses (as well as emotional/mental and spiritual pains) are the result of beliefs and fears we take on when we decide to come to the earth plane—incarnate. I have seen that the moment we enter the tunnel from Source to come into a body, the energy often distorts and/or twists. This twist happens because we carry unresolved fear, self-doubt and beliefs. These are the karmic seeds for our learning this lifetime. This pattern is then carried through the different planes of consciousness, and into our bodies. This twist affects how we carry our energy: many times, off to one side or the other instead of through the middle of our bodies, or as compressed or scattered energy for example. These patterns affect how we navigate in the external world. Our male side (work, relationships) or the internal world—our female side (feelings).

At the beginning of each incarnation we flow from Source, to the Causal, to the Astral and finally into the Physical plane. I am guided to work in all of these planes. I ask what is causing the condition(s) my client is wanting to move beyond and I’m shown the karmic seeds in these planes. Then I hold the space for love and light to touch these seeds and patterns and transmute them into energy which is free flowing. Then this lighter, brighter energy flows into the physical and heals the conditions caused by these seeds. As a result, this frees up energy. As the freed-up energy flows from Source through the different planes of consciousness and down into the physical body, all parts of us are “updated” (refreshed) with expanded awareness and consciousness and our old areas of fear and dysfunction can update and heal. Even physical pain is resolved because the areas of pain are tight and restricted and so cannot carry enough light to keep our bodies healthy and nourished. These areas of the body relax and are transmuted in the presence of love and light. This changes our day to day experience.

We will all heal our Karmic seeds and all conditions eventually. This is a given. But WE are in charge of the speed with which we choose to heal or transcend. We CAN choose to heal NOW. We heal by choosing to accept the light and love into us. As we accept this Divine energy, we change the areas in our body and psyche which are closed down and dark. We then have a lighter, brighter body and increased consciousness (increased awareness and are more free).

The really great news is the spiritual changes we embrace this lifetime carry forward into our future incarnations. This is truly Healing Across Dimensions. If you would like to experience a session uniquely tailored to/for you call Maggie at 505-898-7853 to schedule an appointment.

Maggie has been helping others through bodywork since 1986. She has studied/been certified in CranioSacral Therapy, Lymphatic Drainage, The Reconnection, Trigger Point Therapy, Massage and NeuroMuscular Therapy. She meditates and receives guidance from the Beings of Light which are her healers and helpers and guides. All of her sessions are done in connection with these Light Beings and They are actually the ones who do the healing. Maggie is merely the conduit for the light and love to be channeled into her sessions. It is Their power which does the actual work.

www.HealingAcrossDimensions.com
In 1980, I considered myself a healthy young doctor. I was exploring the health risks from parasites and formulated a natural parasite remedy that I took. To my shock and amazement, that evening, out came a 14-foot long, living, moving worm! That was the inspiration for me to begin specializing in the diagnosis and treatment of parasites.

What an illuminating exploration it has been! Parasites are far more common in Americans than most doctors and people realize and are a foundational health issue that undermines all other therapies... even the benefits of a great diet and supplement program. Unfortunately, reliable diagnosis is not available from labs in the U.S. and most treatment options, whether natural or pharmaceutical, are very often ineffective.

My journey began in 1973 when I had a profound spiritual experience and was called to a career in energy medicine. For more than forty years now, I have expanded my knowledge and experience in holistic, integrative natural medicine (including energy medicine) and have developed a highly effective diagnostic and therapeutic toolbox.

As a doctor of oriental medicine with a passion to care for patients whom others have not helped, most of my patients have complex, chronic or mysterious medical conditions.

Board certified in bioidentical hormone therapy, I prescribe the full range of bioidentical hormones (when they are necessary) after comprehensive blood and urine testing to orchestrate a healthy, hormone symphony.

Using a broad spectrum of hands-on therapies, including acupuncture and injection therapies, to resolve pain, regenerate joints and rejuvenate aging or traumatized tissues, my patients have responded, (sometimes with amazement) to new levels of well-being.

Natural, intravenous therapies effectively treat systemic viral, bacterial, yeast and other fungal infections:

- Myers’ Cocktail Vitamin and Mineral Infusions and Pushes
- High Dose Vitamin C Infusions
- Major Autohemotherapy with Ozone Infusions
- Glutathione IV Pushes
- Activated Immune IV Pushes
- Ultraviolet Blood Illumination
- And more…

Diet is an exceptionally important area of health transformation for many of my patients. I can help you design a dietary supplement program and food plan based on a sophisticated analysis of blood chemistry—integrated with your clinical presentation.

Objective testing for toxic metals such as mercury and lead insure that these are not undermining your health. If they are, resolution can be accomplished gently, slowly and carefully with oral or intravenous chelation therapy.

As part of your health care strategy, I may integrate herbal medicine from around the world—Chinese, Ayurvedic, African, Amazonian and Western.

In this first article for Truly Alive, my goal is to introduce myself and the medical services I provide that can help you improve and elevate your health so you feel truly alive. The series of articles I will present over the coming year will be focused on diagnosing and treating parasites and optimizing your intestinal microbiome—the community of essential, living creatures inside you. These articles will help you understand the problem and provide you with the tools to discover how to recover from infections such as intestinal parasites, harmful bacteria and yeasts like Candida Albicans. They will also provide you with resources for establishing a healthy, diverse intestinal microbiome—the essential foundation for a strong immune system and dependable vitality.

Dr. Wilcox is passionate about what he does, and loves helping others optimize their health. He is Licensed and Board Certified by the New Mexico Board of Acupuncture and Oriental Medicine in Injection Therapy, Intravenous Therapy, Bio-identical Hormone Therapy. He is nationally board certified and a diplomate of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) in Oriental Medicine that includes Acupuncture, Chinese Herbology and Bodywork Therapy. 505-771-4998, www.DrGlennWilcox.com
Micro-needling is the most affordable, least invasive, and cost effective treatment available today for improving skin appearance. Please take the time to watch the 3-minute video that aired on Good Morning America and started all the rage: https://www.tinyurl.com/hvd3e25. You can also see the video by visiting our website at: www.NewMexicoThermography.com and going to the “Microneedling” page.

We have been offering Micro-Needling for over two years now and are really excited to share with you what patients are saying about the procedure:

I had tried many treatments to try to improve my skin and have never seen the kind of results I experienced with the Microneedling treatments. My husband saw the difference and is now having treatments done on himself. He says the money I saved by choosing Microneedling will pay for his treatments.

A.G., ABQ

After trying microneedling at another “spa” here in town for a “Discounted Price” with no results, I decided to try Dr. Garcia’s office and was really shocked by the difference. The other place used an 11-pin tip instead of a 36-pin tip. I am very happy with the results.

V.M., Rio Rancho

I had been dealing with acne scars for years, but just could not afford the cost of the other treatments, not to mention the risks associated with them because they were so invasive. With the microneedling, I was able to go right back to work after my treatments. I like the fact that I can space the microneedling treatments to fit my budget without lessening the results.

J.M., Santa FE

I was afraid the microneedling treatments would be really painful. They told me it would feel like rough sand paper rubbing against my skin and I found that to be a very accurate description. I am very happy with the results. The redness went away in less than one day. I can hardly wait till my next session.

L.N., Los Lunas

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
I like to live my life according to the seasons. Winter is a time of drawing inward, resting, and waiting. Last summer’s seeds are lying under the leaves and grasses, using the frosts to work gently down into the soils, preparing for when Spring’s warmth coaxes them into new growth. We too might think to take this time of short cold days to reflect on the past year’s events, with gratitude, as well as hopes and plans for the coming year.

As part of a practice of self-care, I encourage people to create rituals for themselves that are meaningful and fulfilling. This can be as simple as taking a special bath at the full moon, or acknowledging the earth, the elements, and all the plants, animals, and people who went into the making of the meal on your plate. Perhaps you want to plan a special ceremony to welcome spring, mark a solstice, or recognize a change in your family. Our culture is geared more towards quick solutions and repetitious mass-market products, but that doesn’t mean you have to be a slave to expectations.

Winter might be a great time to think about paring down your belongings, to lessen your burdens, or simplify (for next year) what might have become overly-elaborate holiday preparations. It might also be a beneficial time to think about loosening or severing your ties to possessions, situations, and relationships that are holding you down and keeping you stuck in unproductive patterns. One of my favorite ceremonies to perform is “cutting ties”, which both formalizes your commitment to cutting off what no longer serves you, as well as energetically aiding you in your process of evolution and transformation. This ceremony almost always produces physical sensations of lightness—freeing the emotions, leaving you strong and ready to claim your place and stand in your own power.

For more information, please call Ellen at 505-250-4483.

High School, I got interested in vegetarian cooking and the principles behind eating vegetarian. For some time, I continued eating more mainstream/traditional foods, but in the last year of High School, I committed to it and remained a vegetarian for about a year. After that I stayed as close to vegetarian as I could while raising my children. For me (and some people), changing diet is a process...seesawing back and forth can be common.

In college, my passion for creating vegan dishes bloomed. My college roommates loved them! I was an art major and was enjoying vegan cooking tremendously. I saw the food creation process as creating art.

After college, I kept making vegetarian and vegan food while pursuing an art career in textiles. Over time, I found my real passion was in creating nutritious, delicious food.

Then, my mom was diagnosed with breast cancer. I knew that chemo was poison and wished I could have helped her with food before her cancer advanced to the point where she could not swallow, but it was too late.

When my dad was diagnosed with cancer, I was focused on helping him with healthy food. Again, however, it was too late and he passed.

After attending a Raw Health presentation, I was compelled to become a raw vegan and even more excited about creating raw, healthier food choices. I went on to attend a Raw Food Chef School in California: Living Light.

Ever since my passion for creating food was ignited, I wanted to open a restaurant. The timing unfolded perfectly to launch Vibrance in July, 2016 and the feedback has been amazing. Prices are very affordable and portions are generous. Come see what everyone is raving about (and don’t forget dessert). Scrumptious raw vegan desserts have become Vibrance favorites!

Now open Thursdays, Fridays and Saturdays for lunch and dinner (11am-9pm) and Sunday for Brunch (10am-3pm). All organic and gluten-free! 505-639-3401, https://www.facebook.com/abqeatfresh
Dental vacations have become very popular. An increasing number of people are traveling out of the country for affordable dental treatment in Mexico, Costa Rica, India, Romania, Thailand and others. In fact, over 1.2 million Americans traveled abroad for health and dental care in 2014 according to Patients Beyond Borders. Before you schedule your appointment and book your travel, consider the following...

Finding the right dentist is key. Ask questions about procedures, options, length of time and materials (use of standard materials from one dentist to another in the US is common) but materials in other countries are not usually standard or FDA-approved.

Follow up and recourse are the biggest drawbacks of dental travel. If an emergency arises, a local dentist might not be familiar with the materials or procedures used. Patients who have had treatment abroad are many times more difficult to treat making it a challenge to “fix the problem.”

Another reason that dentistry is so inexpensive abroad is because foreign dentists are not required to carry malpractice insurance. Malpractice insurance is very expensive, and is a requirement in the US. If something goes wrong after treatment abroad, recourse can be extremely challenging and costly.

When a foreign website lists dental crowns for $265, add to that a minimum of $200 in round trip driving expenses, $100 for one night in a hotel and $100 for meals, and that particular crown is no longer $265, but $665. Considering all the other variables that could go wrong, is it worth the risk?

Why not book a “staycation” at Sandi’s Smiles instead? We offer holistic, bio-compatible, FDA-approved, Zirconia dental crowns for $799. Quality, local, holistic dentistry does not have to be outrageously expensive. Give us a try, and when you’re sleeping in your own comfortable bed the night of your treatment, you’ll be glad you did!

Dental & Brain Yoga has been offering classes in New Mexico since 1999. What makes our programs unique is the innovative combination of Oriental Energy Principles and Western Neuroscience that helps people reduce stress and recover their natural healing potential for the body and mind. We offer regular classes in yoga and tai chi and include gut healing, using the belly button tool, in all of our classes. Here are some amazing testimonies.

I found myself free of fatigue, lost a lot of weight, and I experienced a slimmer waist. I had always had pain and stiffness in my lower back, hips, and shoulders, but these have all been relieved.

Dr. J.W., Honolulu, HI

My husband and I noticed that my skin is clearing up. I even lost weight!! My reflexologist said the points in my feet are greatly improved, showing that my hips, neck and shoulders are becoming aligned. I am more flexible, have much less pain and a sense of peace!

A.W., ABQ

I felt the difference between hunger and food eaten for emotional reasons. I’ve changed my eating habits and increased my physical exercise. My clothes fit more loosely as my body shape changes.

C.H., ABQ

The Benefits of Belly Button Healing include:
- Increased blood circulation
- Energy boost
- Stress relief / relaxation
- Enhanced digestion/bowel movement
- Weight management
- Relief of pain and stiffness of joints
- Better sleep and control of emotions
- Improved immunity and more!

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Santa Fe 820-2211

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Weight Loss • Flexibility
Peace of Mind • Pain Relief
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bodynbrain.com
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Private Intro Session
only $15
Regular $25
(Expires February 3, 2017)

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Why Do IV Therapies Work So Well?

By Jan C. Jay DOM and Joseph A. Jaros MD

Often due to illness and even aging, vitamins and minerals are not absorbed correctly into the body. This malabsorption can lead to complications, new health issues and overall general discomfort. **IV Therapies help supply basic biochemical building blocks frequently deficient in people**, especially those with chronic, degenerative diseases. And, they are delivered directly into the bloodstream, bypassing the digestive system which dilutes its viability as well as delays absorption. Because IV Therapy is customized to each patient’s particular needs, it is well tolerated in persons of all ages and with various conditions.

**Patient issues that have seen positive benefits with IV Therapies:**
- Aging
- Allergies
- Asthma
- Autoimmune disease (rheumatoid arthritis, lupus)
- Anxiety/Depression
- Cancer Therapy Support
- Cardiovascular Disease
- Celiac Disease
- Chronic Fatigue Syndrome/Fibromyalgia
- Chronic Hives
- Chronic Urticaria
- Diminished Athletic Performance
- Eczema/Scleroderma
- Flu/Viral Diseases
- Hepatitis
- Hypertension
- Hyperthyroidism
- Infectious Liver Diseases
- Inflammatory bowel disease (Crohn’s and ulcerative colitis)
- Macular Degeneration
- Migraines
- Narcotic Withdrawal
- Neuropathy
- Neurological diseases like Alzheimer’s, Parkinson’s, Multiple Sclerosis
- Upper Respiratory Infections

**Most patients experience significant overall improvements with:**
- Better energy
- Better mental clarity
- Improved sleep
- Overall improved well-being

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ARIES (3/21-4/19) JANUARY: An emergency arises near the 10th and you handle it well. Your skill is put to the test on the 19th. Some “walls” are immovable despite the energy your efforts. Rejoice as Mars enters your Sign on the 27th. The full Moon of the 12th brings a conflict of needs at home (regarding your career/job pursuits). More sensitivity is required. New yearly cycle on the 27th, the Year of the Rooster begins and there’s good alignment. FEBRUARY: The Rams grow stronger horns and you feel an urge to charge forth as two eclipses this month will rock your world. There is a reason why your “horns” have grown stronger. By month’s end, you feel ready for any life-conflicts. Your horns are for offense, as well as, defense. Things kick into gear on the 22nd. A salute to you, brave warrior as your rise to the 23rd. Duck and cover the final week.

TAURUS (4/20-5/20) JANUARY: Things take an upswing on the 2nd. Suddenly, all is calm and beautiful after a rather hectic past month. A lovely friend pours wine and shares their deeper feelings with you on the 3rd. Secrets (to be closely held) are shared. The full Moon on the 12th is a perfect time to emote together. Are there father issues to discuss? Your life is going to be like the poem-Dover Beach, especially the last stanza. The 20th holds positive changes in this romantic month. The 27th could bring questions of permanence. FEBRUARY: The cool winter sun lights your life in areas where your reputation is in odd proportion to your success. It’s hard to feel grounded and with a flak-filled sky of distraction. Sometimes we have to let our brains tune-in to a different wavelength…possibly a new pasture for some Bovines. Many people are strongly called to action, as Venus turns fiery. An ending has a kiss good-bye on the 10th. Protect your home this month.

GEMINIS (5/21-6/21) JANUARY: Mercury comes out of that awful retrograde on the 8th. Before it does, it takes a look back at a recent relationship. That was one for the books, no? Two very changeable people trying to find new and exiting pathways. You may never understand what happened. Better to think about money and see what proves lucrative on the 12th and an alluring temptation from that day forward. New things are starting to shape up. The 23rd is great for planning goals to realize your dreams. The last 3 days of this month are intense with challenges. FEBRUARY: Too much seriousness lately. On the 2nd it’s difficult to shift into your other self as easily as usual. Just stumble through until the 7th, when this Earth time experience becomes very active. That action can be very positive and productive the 1st three weeks. A great month to air out your philosophy. Love pitches in on the 10th. Energy surges on the 10th. Give a speech on the 21st, make plans on the 23rd. Duck and cover the final week.

CANCER (6/22-7/22) JANUARY: The month is full of changes. There is an awareness of your love for another, but winter puts a freeze on many things. Cancerians have trouble with retrograde Mercury. It’s just hard to find the perfect words until after the 8th. Things are blowing up on the 10th and brings a real zeal to change old methods. The 12th has a full Moon in your Sign. There’s intrigue as emotions are stirred in everyone. Your emotions are based on romance and travel. The new Moon of the 27th has secrets, as friendships can turn romantic. FEBRUARY: Find a safe place at home for the Lunar Eclipse of the 10th. There is danger of property loss, and loss of some prestige. A drastic ending may lead to an uplifting of your personal relationship this month. Your life work is being altered as the 2nd week ends. Be open to positive opportunities. It doesn’t have to be your choice for it to be good. The Solar Eclipse on the 26th says no long journeys. Stay alert about weather conditions near water.

LEO (7/23-8/22) JANUARY: This month has a few issues. On the 6th there is a chance to gain great wisdom from someone or something that bugs you from afar. The energy from Pluto opposing your Sun on that day is all encompassing. It takes us all from our comfort zones to a place dark and cold, but filled with mystery and intrigue. Things can clear up by trying a new health cure. Changes around you are very likely. Be careful of the unexpected on the 10th. Happiness gets delayed on the 11th. A partnership forms near the 27th. FEBRUARY: Leos are on a roll the 1st 21 days of this month. Rumors on the 2nd will not stop your wheels from turning. This negativity banishes like darkness when you flip on your light switch. What verve and dynamism you can bring as you partner-up and steam roll the competition. The last 10 days are not good for travel, higher studies, nor espousing personal religious beliefs. The latter will cause only self-persecution. Let others speak for you. The changes can be deafening.

VIRGO (8/23-9/22) JANUARY: Possible recurrence of a chance encounter on the 3rd. Not everyone will be happy to hear it. Mercury returns to its forward motion on the 8th. A Mercury retrograde period is frustrating when you can’t seem to make things work out well. Go back over past efforts to see what can be improved. Something at home needs tending to. Don’t start anything new until the 12th. You are a poker-faced romantic. Very few
will know the depth of your desires. Make needed changes on the 29th to avoid conflict on the 31st. **FEBRUARY:** Do you really want to confront an ideal with your logic? How tough are you? Life will bring changes this month. It’s a time to reflect on your work efforts. Take care of all details: its expected. On the 21st money or financial opportunity fill you with optimism. Stand back from the fray during the final 10 days. I know you could make the world perfect, but first you will have to cleanup the destruction brought by the “Angry Ones”. You can deal with change.

**LIBRA (9/23-10/22) JANUARY:** You’ve had a nice 30 days; now it’s time to get healthy again. We know you like sweets. You can make big health changes this month especially around the 29th. Go natural. Before that fateful change in your health direction, enjoy the full Moon on the 12th. It promises love and beauty to the Sign of beauty. Follow another’s advice, but don’t be deceived. A new romance could have an impulsive attraction. **FEBRUARY:** You may have found a peaceful place to regain good health over the recent 30 days, but now you have a fiery partner who wants to drag you out into a hectic world. It’s a wacky confab of irrationality and high ideals. You like it, which is good since you feel you have no choice. Trust the process the 1st 3 weeks, then just cover yourself as riots rage around you over someone’s sense of justice. Heed the advice of your lover on the 10th, and that will be the key to your well being this month.

**SCORPIO (10/23-11/21) JANUARY:** Pluto took you to a place where you stand guard over traditional American values. Good job sentry! Your mind is set deep in thoughts of changes. Your firm stance could become a fighting one on the 10th. It’s mostly verbal fighting plus your dagger eyes. An encounter with a shiny person on the 6th may have left much unsaid. They began last September with your work, carries into the New Year. The 12th is a significant advancement for that new start. As things heat up this coming year, you seek peace and harmony. Fortunately, you can handle the static. Sometimes you have to let others be right as you learn on the 11th. **FEBRUARY:** You find yourself at the pivot point of an important legal decision by month’s end. An energizing spirit brought you to a position of judgment. Your truth and knowledge is trusted and respected by others. So, steer your leaders carefully. Pace them because they may want to pave paradise. Even advisors need advice near the 21st. As the world seems rocked with violence and selfishness the final 10 days, it will take your resolve to right what is wrong.

**CAPRICORN (12/22-1/19) JANUARY:** It’s winter, and the Seagoats have their birthday. The Seagoat icon represents your ability to conquer the depths of the sea or to climb the highest mountains. Many Capricorns can be great spiritual leaders or very successful business trailblazers. You still seem to be “holed-up” sometimes, but a good period is coming. The 19th can be earthshaking in more way than one. Anger and accidents can happen. Guard your valuables on the 27th. Enjoy a little time alone. **FEBRUARY:** You seem to be the one to sign off on a superior’s request. There’s money involved. Any big changes or new starts are good near the 13th. There is a great and unexpected change before that, and now it’s your turn in this joint effort. Your plans and ideas are positive and well thought out between the 13th-23rd. Not everyone will like them unless you can infuse them with shiny things. Try to add some excitement. You prefer to play it safe, but others want more gallantry.

**AQUARIUS (1/20-2/18) JANUARY:** Not the best month for the Water Bathers, with trouble in business or with authority on the 10th, relating to you as a parent to child. Tell them you don’t need that kind of Transactional Analysis. Then again on the 31st, you could be very misunderstood in your communications. Besides that, you may explore the deeper side of the occult near the full Moon of the 12th. Possibly discover an emotional lesson of value. The 27th begins a new year of the Aquarian cycle for you. **FEBRUARY:** Enough excitement yet? This month is rockin’ and rollin’, but there is a loss of sensibilities with it. In Tarot, this month resembles “The Fool” card. As the Fool steps happily along after a glorious time at the ball, he doesn’t hear the call “watch out y’all, you’re about to fall!” This is where “watch your step” originated. A very good month as a birthday adds to the delight. The 9th is socially inspiring. The 20th brings good news, but put on armor for the final 10 days.

**PISCES (2/19-3/20) JANUARY:** Right away (on the 2nd), you are blessed by a visit to your Sign by Venus. Looks very romantic. On the 18th you feel the deeper love of the Universe. It’s all those non-detectable gelatinous energy waves coming from out there. Before you wander off away from Earth, a more grounded person has good logic for you on the 23rd. Should you get an entrepreneurial itch, the 27th boosts your earning capacity for two months. The new Moon that day also boosts your intuition. **FEBRUARY:** You may want to escape to a place of repose this month. There seems to be a world filled with exciting changes, but even the best designs for the future will stir ire. As you swim in deeper, calmer waters, a storm of activity passes on the surface. Depth charges only stir the silt around you as you play in an Octopus’s Garden of Happiness. Of course, you are affected by the plight and endeavors of the two-legged land creatures above, but you are on break.

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