NEW THERAPIES

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INFUSION SERVICES

ESTHETIC SERVICES
& ANTI-AGING THERAPIES

Nutrient IV Therapy
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505.821.9609  microinfusions.com
Where are we going? How will we get there? In a world of uncertainty, most of us don’t really know. Our challenge is to sail into uncharted waters—away from the familiar ways that don’t work anymore—to discover ourselves and the infinite potential for our lives. It’s in these as-yet-undiscovered places within us that we come to recognize what we can be and what we can co-create with spirit.

If we try to create guided only by the old, familiar map of our lives, what we create won’t be authentic to who we are becoming; we’ll just be doing the same thing over and over.

In Uncharted, you’ll learn to access your map of the soul as Colette guides you on an inward journey through 5 interconnected realms. At every step, you can harness your personal power and turn fear into possibility as you venture into the undiscovered places where magic happens.
ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN: www.trulyalive.net

EQUINE ASSISTED HEALING PROGRAMS AT:

Women of Light Convention
Brain-Soul Success: Five Steps to Transform Your Family
Sept 16, 8am-5:30pm
This is for you if you have ever experienced: brain fog, stress, lack of sleep, low libido or just want a boost or new direction. Join Dr. Louise Swartswalter for this life-changing day!
Reg: www.thewomenoflight.com
Held at: Albuquerque Convention Center, 401 2nd St NW
Albuquerque, NM 87102

Brain-Soul Success Retreat in Sedona, Arizona
September 21-23
Learn the Codes for Success! These changes are more powerful than affirmations as they erase the old memory tapes and replace them with new, positive growth intentions. I have seen shifts in myself and my family in just 6 days, and I have seen shifts in my clients that are miraculous! – Dr. Swartswalter. More about the Brain Soul Leap Integration class here plus registration on the website.

Intuitive Guide Certification Training with Equines
Ten Sundays, 10am-4:30pm, Nov 5, 2017 – June 17, 2018
Call for Pricing/Details
Early bird & pay in full discounts available (Space is intentionally very limited, Reserve early)
Do you feel called to use your intuitive gifts to help others access their own? Have you always had a sense of the healing power of the earth, nature and animals? Would you like to start your own intuitive healing practice or add intuitive healing to your services? Would you simply like support to “manage” your own sensitivity? We will employ earth energy as well as add intuitive healing to your services! For those sensitive to energy and seeking empowerment.

Yoga for Recovery
Thursdays, 7:15-8:30pm
$45 for 6-week class facilitated by Laurel Schillke
Recover from injury, personal loss, or stress, and recover your mobility, stamina, and peace of mind with Hatha Yoga. $45 for 6-week class. For more information, call 505-243-8368.
Held at: Crystal Dove 525 Central NE, 87102
www.crystal-dove.com

Light and Dark Forces and the Hidden Realms
Nov 11, 9am-4:30pm
(Reg 8:30am)
Member/Senior, Pre-Reg: $69
John Van Auken will share insights into the relationship between the earthly and the nonphysical worlds, and how unseen helpers guide humanity’s evolution and spiritual awakening. Cayce’s readings assured us that the Creator could use “a gnome, a fairy, an angel, a developing entity for a guide,” giving us many helpful teachers and friends to walk with us through life’s ups and downs. Cayce also warned of darker forces and unseen negative entities that could create trouble and influence our lives and actions.
Held at: Unity Spiritual Center 9800 Candelaria Rd. NE, 87112
Assoc. for Research & Enlightenment Registration: 800-333-4499
Local: Wanda Barrows, 505-890-0878
http://www.edgarcayceabq.org

Jemez Health Retreats: Summer/Fall Special
Sept 1–Oct 31, 2017
$325 (Truly Alive special) reg $500
Includes: 1 night stay at Historic Casa Blanca Guest House, treatment of your choice with Dr. Juliette Mulgrew, Licensed Naturopathic Doctor and Ayurvedic Practitioner and medicinal honey blend created specifically for you!
Call to schedule: 575-829-4149
www.spiravitanaturalhealth.com/health-retreats
**EVENTS OFFERED AT:**
Albuquerque Natural Health Center
4550 Eubank Blvd. NE, Ste. 205
ABQ, NM 87111 • 505-797-0540
www.abqnaturalhealthcenter.com
www.louiseswartswalter.com
Limited Seating. Please RSVP

**Is your Brain Wired for Success? Introduction Biofeedback**
September 7, 11am-noon • FREE
Business Wellness Symposium
September 7, 10am-4pm • FREE
Are you ready to learn 5 Fast, Fearless Steps to Rewire Your Brain, get on your A-Game and manifest lifelong health & career success? Facilitated by Dr. Louise Swartswalter.
Held at: Hispanic Cultural Center
1701 4th St SW, ABQ 87102
RSVP: 505-797-0540

**Brain Boosters Group**
October 18, 6:30–8:30pm • $20
Transformation happens in the spaces, and you will experience a brain integration for success, biofeedback and a change in your DNA! The Spiritual Brain Your Brain Is Spiritual, We Heal In The Spaces: https://youtu.be/kh7vE5tbEpk.
Held at: ANC Office
Limited Seating, RSVP: 505-797-0540

**EVENTS OFFERED BY:**
Alternative Wellness Center
9809 Candelaria Rd NE, Ste 1B, 87112
505-294-7073 (9355)
www.alternativewellnesscenter.org

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

**Natural Solutions for Healthcare**
September 23, 11am • FREE
Pure, natural solutions can make a huge difference! Learn how to use simple essential oils at home for your healthcare. Replace harmful chemicals with natural, pleasant smelling alternatives for your body and home. Naturopath-facilitated class. All health questions welcome. Enjoy a life of wellbeing!

**Essential Emotions**
October 14, 11am • FREE
Would you like to be more connected, happy and empowered? Learn how your emotions and life experiences are processed throughout the body and how to ground and anchor emotions for healthy biochemistry. Naturopath-facilitated class. All health questions welcome. Experience a life of balance!
RSVP Required by the Friday before the class: 505-294-WELL (9355).
We look forward to seeing you!

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

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

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

**EVENTS OFFERED BY:**
House of Chi
An Energy Healing Cooperative
3939 San Pedro NE #C-4
505-459-7378
www.Healingnewmexico.com

**Wellness Day**
Last Saturday of the Month
Sept 30 & Oct 28 • 11am-4pm

**Reiki Clinic**
3rd Tues of the month
Sept 19 & Oct 17 • 5:30-8pm
Love Donations Accepted
Experience Reiki Healing firsthand. You will be glad you did!

**Guided Meditation/Aura Healing Donations accepted**
Sept 4, 6-8pm • Oct 21, 2-4pm
Join David Sahyoun for a powerful guided meditation followed by an aura healing. Call David to confirm: 505-239-4850.

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

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

**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 deductible. Every penny goes to the animals!
Kindred Spirits • 505-471-5366
www.kindredspiritsnm.org
kindredspiritsnm@earthlink.net
facebook.com/KindredSpiritsAnimalSanctuary

**A Common Practice of Reiki**
Sept 16 & Oct 21, 1:30-4:30pm • $5
Reiki practitioners of any level, any lineage, are invited to give & receive team treatments, following a “common practice” (practitioners use designated hand positions & follow predetermined guidelines). RSVP required: call 2-24 hours before—leave your name & phone number.
11930 Menaul Blvd NE, Ste 108, ABQ 87112
Elizabeth Valsala: 505-299-0011
www.ReikiABQ.com

ADDITIO NAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN: www.trulyalive.net
**Events at:**
Crystal Dove, Inc.
525 Central NE, ABQ, NM 87102
505-842-5265 • www.crystal-dove.com

**Events Offered By:**
Albuquerque Center for Spiritual Living
2801 Louisiana Blvd NE, ABQ 87110
505-881-4311 • http://abqcsl.org

**Monthly Singing Bowl Meditation**
August 5, 7:30-9:30pm
(Doors close at 8pm)
Donations accepted
This powerful meditation is facilitated by Linda Stewart, using crystal bowls that resonate with Divine Energy to help you manifest your highest potential.

**Albuquerque Law of Attraction Group**
September 10, 6-7:30pm • $5
Facilitated by Jeanine Gabbei. Turbocharge your life and activate more joy, love, happiness, and prosperity. For more information, call Jeanine at 505-816-8616.

**Weekly Singing Bowl Meditation**
Ongoing, Wednesdays, 12-1pm
Donations Accepted
Join us for this powerful experience, facilitated by Trudy, using crystal bowls that resonate with Divine Energy to help you manifest your highest potential.

**A Course in Miracles Study Group**
Ongoing, Thursdays, 4-5pm
By Donation
All experience reflects one’s self-concept. Remove the blocks to the awareness of love’s presence. Facilitated by Dale Boyle.

**Body & Brain Yoga & Tai Chi**
Basic Yoga Trial Classes
Sept 2, 16, 23, 30 & Oct 7, 21, 28, 10am
Only $5 (Regular price $20, $15 off)
Your body holds all answers. Trust your body’s innate wisdom. No high degree of ability, balance or strength needed to follow our basic exercises. All ages, body types and fitness levels participate comfortably. Deep meridian stretching, core strengthening, meditation, refreshing cool-down, tea time.
Call: ABQ NE 797-2211, ABQ NW 792-5111
Santa Fe: 505-820-2211
www.bodyinbrain.com

**Mindful New Mexico Walk**
September 23, 8:30-9:30am • FREE
Opportunity to slow down, reflect alone—yet together with other conscious entrepreneurs and mindful community members.
Tingley Park Bosque Area
Sponsored by: Mindful New Mexico
www.mindfulnewmexico.com

**Sunday Services with**
Rev. Kylie Renner
9:30am and 11am
Join us after each Sunday Service for refreshments, community, and cheer.

**Saturday Services with**
Rev. Drew Groves • 6pm
Song and celebration with Rev. Drew. Join us at 5:30 for refreshments, community, and cheer.

**Wednesday Services with**
Rev. Masando Hiroaka • 6:30pm
Join us at 6:00 for refreshments, community, and cheer!

**Heart, Mind & Spirit: Spirituality in Recovery**
Ongoing, Wednesdays, 7:30-8:30pm
Donation
Join us as we share our experience, strength and hope, addressing a different spiritual principle and recovery topic each week. Explore what deepening and expanding your recovery can mean with additional spiritual tools, metaphysical insights, support and connection to your recovery journey.

**Equinox Meditation**
Sept 22, 6:30-8pm • Donation
Join us in the Labyrinth Building, (Building of Possibility—BOP) for this powerful meditation.

**Eckankar Worship Service**
Ongoing, 2nd Sundays, 10:30am
You are warmly invited. Each service focuses on an aspect of Eckankar and features a reading from the ECK works, a HU song, and a group discussion of spiritual principles at work in daily life. The services last about an hour.

**Community HU Chant**
Ongoing, 1st Fridays, 6pm
Ongoing, 4th Sundays, 10:30am
Join like-minded people in singing HU, a universal love song to the originator of life.

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

**Sunday Celebration Service**
Sept 3, 10-11:15am
With Rev. Jac Blackman
Topic: Keys to Achieving Personal Peace
Sept 10, 10-11:15am
Lin Nowicki, RScP
Your Life Isn’t For You.
Sept 17, 10-11:15am
Rev. Heidi Peck
Sept 24, 10-11:15am
Topic and Speaker TBA

**Spirituality in Recovery**
Ongoing, Wednesdays, 7:30-8:30pm
Donation
Join us as we share our experience, strength and hope, addressing a different spiritual principle and recovery topic each week. Explore what deepening and expanding your recovery can mean with additional spiritual tools, metaphysical insights, support and connection to your recovery journey.

**International Day of Peace Celebration**
September 21, 7pm
Donation
Workshop: Turn Miracles into Typicals — October 8, noon-2pm
$20 suggested love offering
includes workshop

**Mindful New Mexico Walk**
September 23, 8:30-9:30am • FREE
Opportunity to slow down, reflect alone—yet together with other conscious entrepreneurs and mindful community members.
Tingley Park Bosque Area
Sponsored by: Mindful New Mexico
www.mindfulnewmexico.com

**Additional Events Added in Between Issues! Check the Website Often:**
www.trulyalive.net
(from the publisher)

The book featured in this issue, *Uncharted*, is based on a premise that our soul carries a map of its intended journey in this lifetime. Further, that while the soul will not impose its will on the personality (or the “small self” as the author calls it), the map is accessible to us and we can choose to follow it for a more fulfilling experience. Colette Baron-Reid encourages us to find the juice of our lives by sailing into the “*Uncharted*” (unknown) waters on our maps.

I love Colette's use of a map in the context of the soul's journey and am very much aligned with it. In my life paradigm, I have often referred to my “soul plan” and feel strongly that this is a little understood part of life here on earth. My belief is that we all sat down at a planning table (in spirit, before we entered the body forming in our mothers’ wombs) with angels, guides and spirits we agreed to interact with in this incarnation, and created the “map”. We planned some highlights of experience and set them into motion. And with Colette's book, now I have tools to access my “soul plan” by tapping into its map!

Colette offers 5 realms of co-creation and provides step-by-step instructions on how move through the realms; each building on the one before. She explains how skipping through realms to get to our creations faster is the reason many efforts fail. *Uncharted* is packed with fun processes to take us into the life we were meant to live. I hope you choose to read it and would love to hear feedback: info@trulyalive.net.

As fall approaches, and summer takes its leave, put your attention on that which pleases you…focus on what’s lovely and wonderful in your life. Appreciate every moment and see the gift it holds for you.

Many blessings,

Karen Larré
Have You Tried Network Chiropractic Yet? Perhaps It’s Time… By Trey Stiles, DC

My patients have shared with me a long list of benefits received from Network treatment with me. I am truly grateful to be able to do this work and affect so many, so positively. Patient feedback has included:

- More energy, less fatigue
- Reduced pain, less stress
- Positive feelings about self
- Less depression and anxiety
- Less dependence on medications
- Greater clarity of thought
- Increased inner awareness
- Better concentration and focus
- Better digestion
- Increased sense of calm and ease with relaxation
- Better sleep and increased feelings of well-being

Study of 2,818 patients receiving Network care in the United States and around the world conducted within the Department of Anatomy & Neurology, University of California; Irvine, California revealed: A University of California Irvine study of over 2,800 people receiving Network Care worldwide, demonstrates Network Care is associated with profound improvements in health and wellness.

76% of the respondents in this study reported improvements in ALL of these categories:

<table>
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<tr>
<th>PHYSICAL WELL BEING</th>
<th>LESS STRESS RELATIVE TO</th>
<th>EMOTIONAL &amp; PSYCHOLOGICAL WELL BEING</th>
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<tr>
<td>Improved flexibility</td>
<td>Work</td>
<td>Less depression</td>
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<tr>
<td>More energy and less fatigue</td>
<td>Family</td>
<td>Decreased moodiness and anger</td>
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<tr>
<td>Pain reduction and fewer headaches</td>
<td>Coping with daily problems</td>
<td>Improved ability to think and concentrate</td>
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99% of the participants in this study wished to continue Network Care.

Dr. Stiles worked for many years in Seattle. He worked on me there some years ago, and had substantial success in just a few sessions. He’s now in Albuquerque and I am so glad! I’m older now and was having extremely severe lower back pain—so bad I was nearly incapacitated on some days. I’d been through MRIs, physical therapy, sports/rehab training, and many other chiropractic approaches, with limited relief in some cases and no success in others—but never a fix. After three visits with Dr. Stiles, it was already clear that his approach is different, and it works. I’m now sitting in chairs I couldn’t use, carrying things I couldn’t carry, and generally enjoying life again with minimal pain. Plus, his approach is extremely gentle. You never experience awkward positions or “cracking” noises…only relaxation and relief. Highly, highly recommended.

E.G., Austin, TX

If you haven’t tried Network yet, what are you waiting for? Schedule your appointment today. Sessions are only $40! (Initial intake appointments higher). 505-453-5853, www.Resourcing.center/appointments.html

Deeper Relaxation Than You’ve Ever Imagined...

KERRY LEIGH
Certified Core Synchronism Practitioner
Independent BEMER Distributor US32253

Call to schedule now 505.453.5853 or schedule online:
www.resourcing.center/appointments.html
Are you one of the 100 million Americans that suffer from chronic pain? Does it affect your mood, energy, and ability to show up in the world the way you desire? Traditional treatment options such as pain killers have created an opioid addiction epidemic. It has torn many families apart while leaving people in more pain than when they started treatment. Pain killers do nothing to help facilitate healing and predispose many to addiction. This has left many seeking solutions that are safe and effective.

What if I told you that there is a solution that not only works fast but actually facilitates healing rather than just blocks the pain signal? Even more, this therapy does all of this without any nasty side effects.

Prolozone Therapy is an injection technique similar to prolotherapy that uses ozone. Ozone causes the joint to heal much more quickly than in traditional prolotherapy. Prolozone is a form of non-surgical ligament reconstruction that is often a permanent treatment for chronic pain. By repairing the connective tissue this is all that is needed to reverse chronic pain.

Pain will persist as long as the connective tissue in a joint remains damaged. Connective tissue can be scarred, torn, or overly stretched. Prolozone injections stimulate tissue to repair itself, strengthening and tightening, and ultimately stabilizing the joint, with injections of ozone into soft tissues, ligaments, and tendons. This causes a localized inflammation in these weak areas, which then increases the blood supply and flow of nutrients, the stimulation of anabolic cells, fibroblasts, osteoblasts, and chondroblasts. These effects stimulate the tissue to repair itself, thereby stabilizing the area.

I have treated 1,000’s of patients with Prolozone therapy—with spectacular results. Many of my patients were able to cancel surgery after undergoing Prolozone Therapy. In more than 25 years of clinical experience, I have found there is nothing as fast, effective, and safe for pain relief.
As a Family Nurse Practitioner, I am grateful to have been prescribing Bioidentical Hormones to women and men for more than 17 years. Every patient’s story is unique, which is why I remain so passionate about my job. Over the past year, several women have come to me after being treated with extremely high doses of hormones, mostly in pellet form which is implanted under the skin. Once the hormone pellets are implanted, there is no way to remove them. A patient recently begged me to “take them out!” I explained that she had to ride through the debilitating side effects of high Estrogen and Testosterone which can take several months. This is one of the reasons I do not insert pellets, although there are some men and women who benefit from them.

When prescribing hormone replacement therapy, my motto is to start low and slow, while educating the patient on side effects of hormones and the need for frequent follow up until they are balanced. It is important to note that some patients may do very well with very little hormones, while others need higher doses or more frequent usage. With compounded Bioidentical Hormones which are made in a lab at special pharmacies, I can prescribe any dose needed. Some of these hormones are FDA approved and covered by insurance, but have standard dosages. I use both compounded and FDA approved hormones in my practice.

The following testimonial is from my patient Deborah Tischler. She was initially on Bioidentical hormone gel for years and then changed to hormone pellets by another practitioner with horrible results. Some of the side effects of elevated Estrogen are breast tenderness, vaginal bleeding and mood changes. Elevated Testosterone can cause irritability, aggression, acne and water retention in high doses. For Deborah, it has taken several months to reverse the side effects of excess dosages of Estrogen and Testosterone in her body.

**THIS IS DEBORAH’S STORY:**
One year ago, I went to a new doctor who specializes in hormones. I had no energy which led to feeling exhausted from the time I got up until the time I went to bed. The new doctor increased my thyroid medication by three times the dose I was on. He also implanted Bioidentical Estrogen and Testosterone pellets that far exceeded the dose which would normally be given to a 76-year old woman for the first time.

The result was my body was thrown completely out of whack. I ended up with severe insomnia, panic attacks, heart palpitations, irritability and an eighteen-pound weight loss. None of these had I experienced before-ever! I made several trips to urgent care and the emergency room. Desperate, I then began the round of looking for other physicians for help. I inquired at a compounding pharmacy here in town and was given the name of a female provider considered to be an expert in hormone therapy. I finally found Melissa Parra, CFNP whom I had gone to years before when she was practicing at another health care facility. I was able to find her practicing at a new clinic and am very thankful to be under her care once again! She asked me detailed questions I had never been asked before by any other health care practitioner. As Melissa told me…” I treat the whole person, not just the symptoms”. She proceeded carefully to help me reach a healthy state of being by balancing my thyroid and hormones correctly. Today I have my life back-no, I have a better life—a whole life! Thank you, Melissa!!

If you would like to explore the possibilities of using hormones (in the correct doses for you), contact me for an appointment today! 505-872-2611, www.MelissaParraCNP.com
As crowded and busy as life is on Earth, the hidden realms are more so. Angels, fairies, the Dark and Light Forces, and elementals inhabit this invisible plane around us. Edgar Cayce himself had the ability to see and perceive these forces, as well as discarnate entities, ghosts, and “invisible friends.” His readings assured us that the Creator could use “a gnome, a fairy, an angel, a developing entity for a guide,” giving us many helpful teachers and friends to walk with us through life’s ups and downs. He also warned of darker forces and unseen negative entities that could create trouble and influence our lives and actions.

In this fascinating program, bestselling author and mystical wisdom expert John Van Auken will share insights into the relationship between the earthly and the nonphysical worlds, and how unseen helpers guide humanity’s evolution and spiritual awakening.

John will share methods for communing with the invisible world and for protecting yourself from unwanted influences. Using tools to create enhanced states of consciousness and perception, John will help you experience these other varieties of life in a helpful manner that is positive to your soul growth.

You will also explore:
- The variety of life forms beyond the visual spectrum
- Angels and archangels and their role in our soul growth
- Guardians, guides, and the Light Forces
- Fallen angels, demons, and the Dark Forces
- The “little people”: brownies, fairies, pixies, and gnomes
- The “night side” of life, the unseen forces, and the “invisibles”
- The elementals and dimensions beyond the physical
- The veil and the imaginative forces

“Each soul in its walks in the earth has its angel, its gnome, its face before the Throne of . . . God. And these are always ready to guide, to guard . . .” Edgar Cayce Reading 531-2

Past attendees say: He really speaks with wisdom. It’s a joy to hear his message.
- Great presentation—enlightening and stimulating.
- John really knows how to connect with his audience.

Registration: At-door registration/book tables open at 8:30am • Meal break: TBD • For local info email Wanda Barrows at wandabrrws@yahoo.com or call 505-890-0878.

Edgar Cayce on the Light and Dark Forces with John Van Auken in Albuquerque

Angels, Fairies and Ghosts

Unity Spiritual Center • 9800 Candelaria Rd NE • ABQ, NM

November 11, 2017 • 9:00am–4:30pm

PRE-REGISTRATION: A.R.E. Members $89 / Non-Members $109
AT THE DOOR: A.R.E. Members $109 / Non-Members $129

Pre-registration closes the Wednesday before the conference. Mail conference registration to: 215 67th Street, Virginia Beach, VA 23451 (please note Auken & ABQ on your check)

TOLL FREE: 800.333.4499 • AUKEN: http://tinyurl.com/ycxptt97
LOCAL CONTACT: Wanda Barrows, 505.890.0878

READ MORE ARTICLES ONLINE: www.trulyalive.net
Vitamin C is a well-known nutrient and potent antioxidant found in food and dietary supplements. When taken intravenously, much higher levels of Vitamin C may be obtained, compared to oral ingestion due to poor absorption in the gut. Since the 1970s, intravenous high dose Vitamin C has been studied as a treatment for cancer. High doses of Vitamin C in lab studies have shown Vitamin C to slow the growth and spread of prostate, pancreatic, liver, colon and other types of cancer cell. Other laboratory and animal studies have shown that intravenous Vitamin C, in conjunction with other therapies may be helpful. Animal studies have shown that high dose Vitamin C may block tumor growth in certain models of pancreatic, over, prostate, and ovarian cancers, sarcomas and malignant mesothelioma. In human studies, high dose Vitamin C in cancer patients has been shown to improve quality of life, as well as improvements in physical, mental and emotional functions. Some of the side effects of cancer therapy such as fatigue, nausea and vomiting, and loss of appetite have been ameliorated with intravenous Vitamin C. Side effects of intravenous Vitamin C are minimal. Although not a cure for cancer, intravenous Vitamin C may improve quality of life, lessen cancer treatment side effects, and possibly inhibit or retard tumor growth.

The National Institutes of Health has published evidence confirming Vitamin C’s anti-cancer properties. Here is just one article: https://www.cancer.gov/about-cancer/treatment/cam/patient/vitamin-c-pdq.

There are many other conditions that may benefit from IVC therapy including:
- Arthritis
- Lyme disease
- Bacterial infections
- Viral infections
- Pain after injury
- And more

**IV Vitamin C Therapy:**
- Helps the body heal faster
- Improves energy levels
- Stimulates resilience to infections (colds/flu or viral/bacterial/fungal)
- And more

Want to learn more about what Intravenous Vitamin C (IVC) treatments may do for you? For information about this service or the many others we offer, please visit: www.EnhancedWellnessNM.com or call 505-323-8100.
"I don’t want to look for something, I don’t want to find." This is something I hear from patients all the time. What they are saying is “I don’t want to do breast imaging like thermography, ultrasound, or even mammography; because I don’t want to look for—or ever find—breast disease.” I guess this is the old adage, “Ignorance is bliss” or “If I don’t know about it...it can't hurt me”. Neither one of these axioms is true; but it does give us a sense of false security and the ability to live in denial. I am as guilty of this as anyone and have often said to myself “maybe it will go away on its own”. In actuality, if we don’t know about something that has the possibility of making us sick, it CAN hurt us and when we finally find out about it...it WON’T be blissful.

The following images are taken of women who did thermography and were empowered by their breast images. This 43-year old woman had never had any type of breast imaging. At the time of her first thermogram, the heat in the left breast is easily visible. Days later she was diagnosed with a triple positive, Stage II breast cancer. On her second visit for thermography she came in regretting choosing chemotherapeutic treatment because she had so many side effects and had lost her hair. The decrease in heat in her left breast confirmed that chemotherapy was the right treatment choice for her. This allowed her to continue on her healing path without regrets.

This 62-year old woman was diagnosed with invasive ductal Right breast cancer in late 2016. She was taking oral medicine but had metastatic disease to the bone. Her sister encouraged her to make drastic dietary changes and to seek alternative/integrative treatment. At her second thermography appointment, the decrease in heat is easily visible and she is determined to maintain her new diet.

With thermographic imaging, it is easy for you to be proactive in your health. Many times, normal thermograms will show improvement with less heat, less lymphatic congestion or even less estrogen dominance with simple dietary changes like reducing caffeine, grain or sugars.

As we head into Breast Cancer Awareness month with countless pink ribbons and reminders that breast cancer may be just around the corner; it is reassuring to know that we can assess our healthy breasts at the Thermography Center.

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Two decades in New Mexico empowering people to make healthy treatment choices. New office in Dallas/Irving, Texas.

**KNOWLEDGE IS POWER**

By Dr. Carla Garcia, DOM

JULY 2015 OCTOBER 2015

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READ MORE ARTICLES BY CARLA GARCIA ONLINE: www.trulyalive.net
Why Are We So Toxic?
By Janet L. Hall, MA, Naturopathy, CKP, CBT

“Why are people so toxic these days?” “Why is it a struggle to stay dis-ease free?” Those are frequent questions I hear. The answer: We are exposed to, and are living in a toxic environment daily. Add to that elevated levels of stress now considered “normal,” and it’s truly time to protect your DNA!

TOXIC REASONS:

- Eighty-five percent of all meat in the U.S. contains dangerous residual amounts of toxins, hormones and antibiotics, sucrose and nitrate additives. American meat has been refused in other countries around the world.
- Artificial sweeteners: Aspartame and Saccharine, food dyes, preservatives, MSG and GMO products create a myriad of adverse consequences.
- Prescription and non-prescription drugs—have you seen the commercials?
- Almost all oils used in restaurants are bad for your health; they are often hydrogenated, trans-fatty, high calorie and even rancid.
- Chemicals and heavy metals are found in weed killers and pesticides, cleaning products, auto and construction materials. Heavy metals and parasites can also be found in many water sources.
- Depending on where you live, the water you drink, bath in, swim in and shower in can contain poisons, toxins, chemicals and even old prescription drugs from septic systems that reach the water table.

It does take some time to rid the body of these toxins, as not only are they in the lymph and blood, but are in cells and deeper tissues. Remember, after you change your diet and get rid chemical products, you must still release toxins from vaccines of early childhood, food toxins from cans, jars, boxes and packages, antibiotics, other medications and years of chemical overload.

Two people can be exposed to the same toxins and only one becomes ill as Genetics is the final factor. Schedule your appointment today to see what genetic factors you are dealing with, detox, and stop dis-ease at its very core!

Janet L. Hall has a master’s in Holistic Health, practices Naturopathy and is a Certified Master Kinesiologist & Herbalist. She is also a Certified Biofeedback & Essential Oil Specialist, Nutritional Evaluator, Coach and Emotional Facilitator. Janet completed a Leading-edge Course in Genetics & Methylation. Her center is dedicated to helping people “rise above!” anything in their lives. 505-294-WELL (9355). www.alternativewellnesscenter.org
Approaching the “Golden Years” can be very scary for many people—and rightly so. There are several factors to consider. It is said that if you don’t have your health, you have no life at all. Being healthy as we age allows us to stay independent (of paramount importance for most of us), and since healthcare has become very expensive, and not everything is covered by insurance, good health adds to our economic well-being as well.

Having good family and social support also adds to our health and well-being as we age. These stimulate and help maintain healthy brains.

Many of us have worked hard to stay healthy: exercising, following a healthy diet, not engaging in bad habits (alcohol, cigarettes, drugs), as well as having our blood and screening tests up to date, showing healthy ranges.

In my 22 years of experience as Primary Care Physician, the healthiest people were the ones with the most positive attitudes. Even if they had a disease, they managed to keep it under control with a good outlook towards life. They focused on thinking positively and met life with a good sense of humor. These are qualities that we need to maintain all the way, up to the end. (Nobody wants to be around a cranky old person).

Besides working on keeping our bodies and brains healthy and our inner qualities beautiful, it is important to take care of the largest organ in our body: THE SKIN.

I never heard anyone say, “I am looking forward to getting old, full of wrinkles, moles, dark spots, spider veins and little hair”. (Not a pretty picture, especially if we want to—or must—continue working into our later years, facing the public, and competing with younger coworkers.) A youthful appearance stimulates confidence and helps to open doors that may have been closed with a more aged appearance.

AGE WITH CONFIDENCE! If you are ready to get rid of moles, growths, facial veins, or improve wrinkles, call me for a free consultation. You’ll learn how relatively easy, medical-office-only, non-invasive medical procedures, can help you.

Call my office to schedule your FREE Consultation (and always affordable prices), www.abq-cosmetic-doctor.com. 505-299-0069.
We have been offering Micro-Needling for 2 years now and many of our patients have been amazed at the results. We use a pen-like device with small needles that is pushed over your skin to create micro punctures, which force your skin into repair mode. If you have a fear of needles, you should know that the thin microneedle length can vary from 0.5 to 2.0 mm, which is very tiny compared to a traditional needle. Our pen is gentle enough to be used around the delicate eye area. Most patients describe the treatment sensation as feeling like rough sandpaper is being rubbed on their skin. Watch a 2.5-minute video that aired on Good Morning America: https://www.tinyurl.com/hvd3e35.

As your skin starts repairing itself, it turbocharges your body's natural ability to produce collagen and elastin. This facilitates firm plumpness and helps improve skin texture, a reduction in the appearance of wrinkles, scars, and stretch marks and creates a more youthful skin tone. The number of sessions depends on skin condition, but typically 3-5 treatments at 4-week intervals with maintenance treatments at least once a year is best. The home treatments performed with rollers do not give the results that can be obtained from treatments performed in a licensed clinic.

Best results are available with 3 to 5 treatments and the final results might not be 100% complete until 3 to 5 months after the last treatment. You could do one treatment, wait 6 months, then do a 2nd treatment, wait six months, then do a 3rd treatment and wait 6 to 12 months for the final result. In this scenario, it would take about two years before you would have the final result.

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- Lightens pigmentation marks
- Noticeable improvement a few days after 1st treatment

**MICRO-NEEDLING IS PERFECT FOR:**
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- Loose, Lax Skin
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- Stretch Marks
- Mild to moderate acne scarring

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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

Looking Young is Now Affordable

By Dr. Carla Garcia, DOM

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

Dr. Carla Garcia, D.O.M.

[Image 27x45 to 244x388]

[Image 159x15 to 594x34]

[Image 24x675 to 89x750]
This month we are very excited to announce two new therapy offerings: Hyperbaric Oxygen Therapy (HBOT) and Ultraviolet (UVB) blood irradiation/Ozone IV Therapy. They can be combined with other micronutrient IV therapies for power-packed healing.

Hyperbaric Oxygen Therapy (HBOT) has been around since the early 1900’s. It was first used by cardiovascular surgeons to help their patients recover faster after surgery and with less complications. You can find more than 12,000 articles on www.pubmed.gov published in well-respected medical journals from around the world on HBOT for conditions such as wound healing, fighting infections, sensitizing cancer cells to chemo/radiation and much more. There is new evidence coming out now about Traumatic Brain Injury therapy w/HBOT and how HBOT is even being considered a type of gene therapy because of how the genes are expressed pre/post treatment.

The premise of the HBOT is to hyper-oxygenate by pressurizing the body at the same time as you are inhaling pure oxygen. The result is super oxygenated blood plasma, Red Blood Cells and White Blood Cells (full of nutrients) and because of the pressure, the oxygenated plasma is pushed into areas of the body (brain, lymph and bones) that don’t normally get as much oxygen or nutrition as other parts of the body. Combine Ozone therapy and/or Nutrient IV therapy and your cells will be very happy indeed.

Personally, I have completed 15 treatments over 15 days. As a healthy adult, I experienced a marked improvement in my energy levels, increased clarity of thought, memory, comprehension, reading retention rate and more. My body has been able to heal in ways that IV therapy alone couldn’t provide. Anyone who knows me knows I experiment on myself, so I began doing IV’s before getting into the HBOT and the normal effects of the chamber were greatly increased.

Ultraviolet blood irradiation (UVB), is a specific light wave spectrum proven to act as a disinfectant and has shown to be a very promising therapy for autoimmune conditions. Very recently, a study was done on UVB in comparison to Methotrexate, commonly prescribed for Psoriasis, Lupus, Rheumatoid Arthritis (RA) and more. The study showed that UVB had the exact same effect in lowering immune induced inflammatory responses as the medication, without the toxic side effects. I’m not advising against medications, just providing information about what studies have shown. If we can use UVB to decrease inflammation, sterilize and oxygenate small quantities of blood, then we can help a wide variety of people. How many of you (who are reading this) have inflammation or know someone who does? How many of you know someone who has Lyme’s Disease (co-infections), candida/yeast infections or toxic mold exposures that could benefit from cleaner blood?

www.microInfusions.com includes reviews/videos from patients who have flown in from around the world to receive our therapies. We can help them and we can help you! 505-821-9609.

Micronutrient Infusion Services (AHC, LLC) has been around since 2001. We have completed more than 35,000 treatments and are constantly improving what we do and how we do it. Our expanded website now provides more detailed information, and our new “Research Links” page allows you to read about the therapy and the studies. We offer videos on our website www.AHCTherapies.com as well as our YouTube channel. You’ll find links and articles on our Facebook and Twitter pages as well. Our patients have such a high opinion about the results they’re experiencing, we have been able to build an online community of over 50,000 followers. MicroNutrient Infusion Services is becoming a widely known nutrient infusion company and will be opening locations in large cities across the country over the next 5 years. Find out how we can help you! Call us today 505-821-9609. Follow us on Twitter @microinfusions as well as Facebook @microinfusions.
In the US, 59 percent of people chew gum as a snack simply because they like the flavor or the distraction it provides. However, if you’re a regular gum chewer, there’s compelling evidence that this is one habit you’re better off without. Before you reach for another stick of gum, consider these rather disturbing side effects that gum chewing can cause:

1. **An Increase Your Junk-Food Intake**: Chewing gum may reduce your motivation to eat, however gum chewers’ meals end up being less nutritious, as gum chewers are less likely to eat fruit and instead eat junk food like potato chips and candy. This is likely because the minty flavor in the gum makes fruits and vegetables taste bitter.

2. **TMJ (Temporomandibular Joint Disorder) in Your Jaw**: Chewing gum can cause jaw muscle imbalance (if you chew on one side more than the other) and even TMJ or temporomandibular joint disorder in your jaw. Anytime you overuse a certain set of muscles, it can lead to contracted muscles and related pain, including headaches, earaches, and toothaches over time.

3. **Gastrointestinal Problems**: Chewing gum causes you to swallow excess air, which can contribute to abdominal pain and bloating. Further, when you chew gum you send your body physical signals that food is about to enter your body. The enzymes and acids that are activated when you chew gum are therefore released, but without the food they’re intended to digest—can create an overproduction of stomach acid, creating gastrointestinal symptoms.

4. **Tooth Damage—Even from Sugar-Free Gum**: If your chewing gum contains sugar, you’re essentially “bathing” your teeth in sugar, which can contribute to tooth decay. Even if you chew sugar-free gum, there are still risks to your teeth because sugar-free gum often contains acidic flavorings and preservatives that may in fact lead to dental erosion.

5. **Release Mercury From Your Fillings**: If you have mercury/silver fillings, you should know that chewing gum may cause mercury vapor to release from the fillings into your body. “…chewing gum has been shown to increase the release rate of mercury vapor from dental amalgam fillings... The impact of excessive chewing on mercury levels was considerable.” Every time you chew, mercury vapor is released, which is inhaled, absorbed, and ingested, which is particularly problematic for those with mercury fillings.

**Most Chewing Gum Contains Artificial Sweeteners**: Chewing gum is not actually swallowed, but the ingredients, many of which are potentially dangerous, do get absorbed by your body, bypassing the digestive system that would ordinarily help to filter some of the toxins. Even non-sugar-free brands may contain some sort of artificial sweetener as aspartame. Aspartame is metabolized into both wood alcohol (a poison) and formaldehyde (which is a carcinogen used as embalming fluid and is not eliminated from your body through the normal waste filtering done by your liver and kidneys). It’s been linked to birth defects, cancers, brain tumors, and weight gain. Also, artificial sweeteners can cause distortions in your biochemistry that may actually make you gain weight.

**Chewing Gum Ingredients to Avoid**: Artificial sweeteners are only one reason to avoid chewing gum. Most brands also contain additional chemical ingredients that do not belong in your body:

- **BHT** has been linked to organ system toxicity, including kidney and liver damage, hyperactivity in children, and may be carcinogenic.
- **Calcium Casein Peptone** is used as a whitening agent or texturizer and is a well-recognized trigger of autoimmunity.
- **Gum Base** is a petroleum-derived paraffin wax, polyvinyl acetate (carpenter’s glue) and talc, all of which are linked to cancer.
- **Titanium Dioxide** is used as a whitening agent in chewing gum, but it’s been linked to autoimmune disorders, asthma, and Crohn’s disease and is potentially carcinogenic.

From its questionable ingredients to its impact on your teeth and digestion, chewing gum belongs in the trash—not in your mouth.
Toxic Water and Your Brain
By Pamela J. Costello, MD PhD

One of the primary sources of neurotoxins is that of unfiltered or poorly filtered drinking and cooking water. It’s a common misconception that because most toxins found in drinking water can neither be seen nor tasted, that the water is safe to drink. Furthermore, many patients know to buy quality drinking water, but then source their tap water for cooking. Boiling water might remedy microbes or infectious agents, however it does nothing to purify water of its toxins. The greatest error made beyond that is relying upon commercial grade testing to test tap or well water to determine its safety for drinking and cooking. Such testing is notoriously inadequate in addressing water borne toxins, both in quantity and the type of toxins found therein, as well as deeming ‘safe allowable limits’ that do not address the issue of bioaccumulation of toxins that occurs with many years of ingesting multiple ounces per day.

Safe water is fundamental to a healthy nervous system and body. Water helps maintain body temperature, removes waste from the body, and provides the basic component of all bodily functions, cellular processes, and all body fluids. Water is a renewable resource, replenished by rain and melted snow. However, new weather patterns, the toxic byproducts of geoengineering, depleting aquifers, toxic spills, and shrinking glaciers, have all destabilized previously reliable natural water sources.

The human body is composed primarily of water, and it requires healthy drinking water to properly flush the kidneys and liver, as well as remove toxins and waste via the colon. Unfortunately, whether from a well or municipal source, most tap water is far from pure. Heavy metals such as lead, arsenic, aluminum, as well as, radiation, pharmaceutical drugs, toxic halide products (chlorine and fluoride), and a multitude of other disease-causing toxins, are all found in drinking water.

The toxicity of our drinking water spans back millennia. Lead toxicity in water was among the first heavy metals known to ancient Egyptians, Greeks, Romans, and Hebrews. As their use increased, so did the awareness of their poisonous effects on the human body. The concept of illness resulting from bioaccumulation, or long-term storage in the body, of even low dose exposures to heavy metal toxins, was described by Paracelsus in the early 16th century.

Despite centuries of awareness of disease caused by toxicities in drinking water, we remain without safe water to drink, as poisons (such as lead) leach into our tap water from unsafe plumbing. There are more than 80 “regulated” contaminants and more unregulated toxins present in most tap water, including silent poisons such as radiation from nuclear arms and energy industries.

When we drink tap water, we are actually consuming water that contains a mixture of toxic poisonous chemicals that are rapidly absorbed by our bodies, and stored in our nervous systems and bones. These stored toxic substances (such as fluoride, lead, mercury, arsenic, and aluminum), create a constant stimulation of the brain’s immune system, leading to chronic brain inflammation and excitotoxicity, which have been linked to abnormal brain development and to neuroinflammatory disorders.

Proper water filtration is necessary to create clean, pure drinking water. To be absolutely certain you are getting the purest water you can for you (as well as for your family and pets), you need to properly filter your own water or consider purchasing all of your drinking and cooking water from a conscientious commercially filtered source, not merely the bottled municipal water that most water companies deceptively market as ‘pure’.

By cleansing your body and eliminating toxins from your environment, your body and brain can begin to heal itself, prevent disease, and achieve its maximum health. 505-503-8325, www.drpamelacostello.com

READ MORE ARTICLES BY PAMELA COSTELLO ONLINE: www.trulyalive.net
Colette Baron-Reid, known by her fans as The Oracle, is an internationally-acclaimed intuitive counselor, Psychic Medium, Spiritual Teacher and host of the TV show Messages From Spirit as well as The Adventures of the Motorcycle Medium.

She’s also a bestselling author whose work has been translated into 27 languages, a keynote speaker, recording artist, entrepreneur, and was voted one of the Top 100 Most Spiritually Influential People in 2013. She has appeared on talk shows like Dr. Phil, Oprah & Friends and The Today Show, in national magazines like Elle and W, and on-air as the host of the wildly popular call-in radio show Ask The Oracle on Hay House Radio.

Colette is known for her uncanny, laser-sharp intuitive insights—the late Dr. Wayne Dyer called her “100% credible”—and she has brought audiences in sold-out auditoriums across 29 countries to laughter and tears. With her warm, infectious personality, Colette’s writings deliver messages of comfort, hope, and empowerment: “You are here for a reason. You are loved. When you need to be heard, Spirit will always be listening.”

In addition to hosting her TV program, speaking and conducting workshops around the world, Colette is also the CEO of the Oracle School, a training program for those ready to learn how to use ORACLE CARDS to dialogue directly with spirit while awakening the magic that is already within. Oracleschool.colettebaronreid.com

She spends her time living between Canada and the US with her husband, Marc, and three Pomeranians. When she’s not writing books, delighting audiences, or working with clients, she’s usually riding her Harley. (Yes, you read that right.)

Truly Alive: How is it that our old stories define us?

Colette Baron-Reid: Because we have been created that way. There is the personal mind, soul mind, and collective mind. We are memory-based creatures. Part of this is subconscious. This part of us takes on the things we need to know so that when encountered, it’s familiar and triggers a response to that stimuli. We absorb info thru osmosis, our parents, society and we even tune into ancestral memories in the womb. Everything is memory-based. What is familiar gives us a sense of safety and security. It is not that we let it define us…rather, it is how we are created. Our goal is to break free of that conditioning so that we can learn the miracle of co-creation. This means we have to create a new self. Because if we do what we did before, we are going to get what we got before. If we think what we thought, we are going to have an emotion that is going to create a behavior that will consistently create a resonance with the outer world that is a reflection of the inner world. We will see (reflected externally) what we feel and think internally. The key is in making a commitment to seeing what’s going on in the subconscious mind. Then, the unconscious which connects with the Greater mind can short circuit the conditioning of the subconscious. This enables us to have access to the uncharted, the unfamiliar, which is where all of the miracles lie. They don’t lie in what we already know.

TA: Besides forgiving others, what is the benefit of forgiving ourselves?

CBR: I love the way the question is phrased, “besides forgiving others”. Both are the same. Resentment is a projection of wrong. We identify with that feeling. We feel we are the victim. In the feeling of victimization, we have that experience. But if we continue to resent that person, it is like drinking poison. Additionally, if we don’t forgive ourselves, we are taking ourselves hostage, doomed ourselves play the same story again and again. Many of us are addicted to self-hatred. Our entire culture tells us there are all of these ‘isms’. I call this ‘inner shit maintained’. The message is; we are not worthy, we are not perfect. Monotheism tells us we are born in sin. It seems we are always having to apologize for existing and that maybe one day we will do better. I like Mathew Fox’s idea of original blessing. The definition of sin in Aramaic is ‘missing the mark’. The mistake, or missing the mark, is believing that we are separate from each other. Self-forgiveness is not in condoning our mistakes but rather, first acknowledging and then learning from them. It is not about getting away with whatever we want or having some priest absolve us. It is about ownership, accountability, and then saying, “I can do this differently”. In this way, we forgive ourselves, change the way we do...
things and release ourselves from the prison of our own making.

**TA:** Why do you describe yourself as a spiritual cartographer?

**CBR:** Years ago, I had a chip on my shoulder. Back then, I didn’t want to make a living at what I am doing now because I was raised in an academic family and didn’t want to be a Madam Zorah-type with a crystal ball. I wanted to be hipper and cooler than everybody else. I wanted to be a singer/songwriter. It was not cool to be a psychic. That is what I thought at the time. I am very different today. Because of my gift of sight and foresight, I believed that what I was seeing was a map of potentiality that would unfurl in my vision when I connected with another. A cartographer is one who draws maps of land. I believed that I was being a spiritual cartographer. The problem was, nobody knew what that term meant. Instead, I chose the term intuitive counselor because of the pejorative connotation (expression of contempt or disapproval) of psychic at the time.

**TA:** What is spiritual amnesia and spiritual narcolepsy?

**CBR:** It is when we forget who we are and that we are connected to all life; when we see ourselves as separate. We actually forget that we are spiritual beings having a human experience. We believe we have to compete for limited resources. The ego part becomes the leading self in all of our actions and behavior. Spiritual narcolepsy is when we are ‘doing with spirit’, in the middle of manifesting everything in divine order, and forget who we are and that miracles are happening. We fall asleep at the wheel. We abdicate responsibility in that moment because our past self takes over. You can think of them as temporary bouts of insanity that we all seem to have.

**TA:** Why do you refer to intuition as our “first” sense?

**CBR:** First and foremost, we are souls. I believe we are amorphous, bodiless souls individuated from Source. The hidden realms are our natural place. We only perceive 4% of the world around us. 96% remains hidden from the perception of our five senses. As soul, we can wander effortlessly thru these realms. Soul’s sense is intuition. Intuition connects us with that which is greater. That is our true, first sense. Dismiss the false notion that it is something spooky. No! It is natural! It enables us to tune into a consciousness that is not dictated by our physical reality. Healthy intuition used with intellect can be very empowering! We are taught that the physical reality is our primary world. But that is not true. Everything originates on the energetic realm and then manifests in the physical. Our thoughts and feelings are causal and do impact the world we perceive.

**TA:** How do you practice “gratitude” and how has it helped your life?

**CBR:** I do a gratitude exercise every morning with my husband. We put our hands over our hearts and other areas with gratitude. That releases various pleasure hormones. It’s great for depression! Agendas and wants are absent when you are grateful. Humility and a sense of abundance are present. You don’t see yourself as separate. Saying thank you is our /five senses. As soul, we can wander effortlessly thru these realms. Soul’s sense is intuition. Intuition connects us with that which is greater. That is our true, first sense. Dismiss the false notion that it is something spooky. No! It is natural! It enables us to tune into a consciousness that is not dictated by our physical reality. Healthy intuition used with intellect can be very empowering! We are taught that the physical reality is our primary world. But that is not true. Everything originates on the energetic realm and then manifests in the physical. Our thoughts and feelings are causal and do impact the world we perceive.

**CBR:** Fear is False Evidence Appearing as Real (FEAR). It prevents us from making good choices because it creates a flight/fight reaction in our body, a reactive state. That puts us in the primitive mind. In that state of mind, we cannot make choices. This is how our society is structured. Fear prevents us from being present in the moment because we are hyper vigilant, on patrol looking for threats. The antidote for fear is a willingness to look at it, deep breathing, and accessing our faith. There are many antidotes. People pleasing, being afraid to tell others what you need and want is an expression of fear. We are so often not present in the moment, being ourselves. Here’s an example. My mother was a holocaust survivor, terrified for her

**TA:** Why do you say, “pain is never wasted”?

**CBR:** Let’s differentiate pain from self-pity. Pain is an opportunity to learn compassion, especially if you have been victimized by another. It is a valuable opportunity to feel self-love, support, value and feel closer to God. By God, I don’t mean the man with the white beard in the sky. I mean Source. Pain enables us to hold gratitude by realizing, “I don’t want to experience that all the time. Thank God I don’t!”

**TA:** In the book, you talk about how fear keeps us from being present. Can you share about that? And what dissolves fear?

**CBR:** Fear is False Evidence Appearing as Real (FEAR). It prevents us from making good choices because it creates a flight/fight reaction in our body, a reactive state. That puts us in the primitive mind. In that state of mind, we cannot make choices. This is how our society is structured. Fear prevents us from being present in the moment because we are hyper vigilant, on patrol looking for threats. The antidote for fear is a willingness to look at it, deep breathing, and accessing our faith. There are many antidotes. People pleasing, being afraid to tell others what you need and want is an expression of fear. We are so often not present in the moment, being ourselves. Here’s an example. My mother was a holocaust survivor, terrified for her

continued on 20
life and of being found out. She and my father concocted a smoke screen of lies. My sister and I got into a private school based on a fake title that my father bore. When I say that my mother was terrified that everything would be taken away, this is extremely accurate. She believed that there would never be enough. In the eighties, my father lost a fortune in a real estate deal. They both died paupers. Everything she feared came about.

For myself, I often had the feeling something bad would happen to me. It had to do with past life memories of being burned at the stake for being a healer. A lot of us have those kinds of memories. I was on a popular national TV show twice. From that, I got bullied on the internet. A whole church wrote me a letter claiming that meditation was satanic, that I was channeling satan, and they found out where I lived. It was awful! I decided to quit and create a mainstream coaching school. I got a big offer from Random House to write a book about empathy, overload and weight gain. It seemed like a perfect segue from woo woo to mainstream. I trademarked an incredibly effective energy psychology process and had a lot of students. I took out all of the woo woo and marketed this to corporations. I made a lot of money.

After paying a fortune to someone to rebrand my business, I had a motorcycle accident. I laid in bed for 3 months and realized I made a big mistake. That awareness sunk in all the way after attending a mediumship event when I realized, “who am I kidding”? I begged Hay House to take me back. I am an Oracle. I tripled my commitment to being in service. I am here to liberate myself and help others do the same. Bullying on the internet no longer had any affect. Now, I assert, ‘I am me! This is who I am!’ There is no safety in denying who you really are.

TA: What is the value of a fearless moral inventory?  
CBR: Humans are like dust collectors. Periodically, we need to clean it off. It is seeing ourselves with clarity, a way to get out of denial. Everything we do in the world (that is flawed) stems from self-centered fear. I learned this in a 12 Step Program and feel it is the most important thing I have ever learned. I learned to be accountable and responsible. If I screw up, I am obliged to fix it. This helps to lessen the power of the small self. We can then see ourselves as works in progress and with a beginner’s mind.

TA: What is “stewarding energy?”  
CBR: Stewarding is being present and aware on a daily basis, of your thoughts, feelings and beliefs, and monitoring your reactive self so that you don’t go way off track by not staying in alignment with your intentions. Stewarding energy is work! But don’t hold the world too tightly around your garments. Allow yourself to enter the world with a sense of curiosity. Stewarding energy is also holding the world with a curious eye and allowing yourself to be receptive without being overly attached to anything.

TA: Is there anything else you would like my readers to know about?  
CBR: Oracle Cards are a method for tuning into the Divine or your own inner dialogue. I encourage people to use Oracle Cards not to predict something but rather, create something. And if you would like to learn how to read them, take my course! Oracleschool.colettebaronreid.com

Visit Collette’s website: http://colettebaronreid.com, including her events page for upcoming events in New York, Massachusetts and Los Angeles: http://colettebaronreid.com/events-2/. Join her online community and receive a wonderful meditation (home page) and check out her store page for other books, CDs, oracle cards and other products. Colette also offers a 4-lesson Video Course on Hay House, Reprogram Your Subconscious Mind.
How Easily Can Parasites Be Eliminated?  
By Dr. Glenn Wilcox

Eliminating a parasite infection can be very quick and easy sometimes. At other times, it may require real perseverance and a serious, focused strategy. I could describe thousands of examples of fast, miraculous recoveries and very happy patients. They are certainly common in my clinical experience and this is especially so if the infection is fairly recent, and the person enjoys generally good health. However, the cases I am most inspired by are the difficult ones—situations in which a person has suffered long standing, devastating health problems with symptoms that are far more than just related to digestion. This real case history is from the difficult end of the spectrum. At the other end of the spectrum are the simple and easy cases which are much more common. If you sometimes think you may have a parasite problem and wonder how difficult it might be to eliminate it, this article will give you a great context for this poorly understood issue.

D is a 75-year old woman. She has had significant health problems all her life including multiple digestive complaints that had been a constant problem since she was a child. She originally came to see me in hopes that some of the specialized IV therapies I offer might be helpful. I suggested we start with a stool test for parasites since such an infection can undermine all other therapies. From this test, I was surprised to find that she was positive for an unhealthy bacteria and a Candida Albicans yeast infection in her intestines—much less serious problems than I was expecting to show up. We resolved those issues and began acupuncture, hormone replacement and IV therapies to improve her vitality and immune system. She began to feel better and only then confided in me that she had felt so bad when she first came to see me that she felt certain she was dying.

However, her digestive complaints continued and became her main complaint. I suggested we repeat her stool test and she agreed. I was shocked when a very serious and severe, abundant protozoan parasite infection was revealed—Giardia lamblia.

At this point, D fleshed out her history of digestive problems with a new fact. She grew up in Southern California. At around age seven, her family took her across the border to Mexico where she remembers getting very sick. She slowly recovered from the acute phase of her sickness, but from that time on she had digestive problems. No medical diagnosis was determined and no treatment attempted.

Voila! It all came clear to me. She had been infected by the Giardia lamblia protozoan parasite during that trip and it had remained undiagnosed and untreated for several decades, undermining her health and deeply entrenching itself so that D’s first stool analysis was negative for it. But as a result of the treatments she had received, her vitality and immune system improved to the point where she could begin to fight back and attempt to push it out. That is when we were able to diagnose and successfully treat it. Giardia is a tough, microscopic single celled parasite. The immature cysts develop arm like structures when they mature into trophozoites. Then it can burrow deeply into the lining of the small intestine and cause chronic digestive problems as well as systemic physical and psychological problems. If untreated, it can remain a lifetime! Once I knew it was there and how serious the infection was, it was relatively simple to eliminate it with the African Plant Juices I have successfully used since 1988. From my clinical experience, I feel confident stating that they work better than anything else available—natural remedies or even drugs. D is a happy, healthy lady now!
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Healthy gut microbes have been studied more and more in recent years; bringing us closer to understanding their roles in preventing disease (and how disease prevails when toxic buildup and an imbalance of healthy microbes exist and increase over time without intervention).

If approximately 70% of our immune function is located in our colons (some estimates are as high as more than 80%; even 90%), cleansing and maintaining a healthy balance of friendly bacteria is paramount. However, our Standard American Diet works against, rather than in favor of our immune functioning and leads to standard American diseases that lead to standard American deaths.

The Standard American Diet (aptly referred to as SAD):

- 63% of America's calories come from refined and processed foods (e.g. soft drinks, packaged snacks like potato chips, packaged desserts, etc.)
- 25% of America's calories come from animal-based foods
- 12% of America's calories come from plant-based foods
- Unfortunately, half of the plant-based calories (6%) come from french fries. That means only 6% of America's calories are coming from health-promoting fruits, vegetables, whole grains, nuts, and seeds.

In our society, it’s not easy to “go against the grain” so to speak and commit to a healthy diet. Yummy (unhealthy) foods are all around all of the time. TV commercials abound with offerings of pizza (the hardest food to digest), inexpensive (poor quality) fast food and more. The majority of American restaurants feature deep fried foods coated with white flour. They also add sugar to many food items (which we would never think to add in at home). Restaurant desserts have increased in popularity, despite their premium prices. Cupcake shops have popped up all over and the promotional efforts of sugary foods play on our emotional connection between “celebrations”, sugar and white flour-laden options. Brewery restaurants have increased in amazing numbers; Americans are indulging in every type of flavor of beer imaginable (and some we would never have thought to be combined with beer).

When our culture and society promotes such prolific choices of unhealthy food and drink, and we want to socialize and indulge, what do we do to counter the assaults and avoid disease? We must be diligent with regular cleansing and replacing the friendly bacteria which are lost when we toxify our systems. And if we really care about healthy long-term functioning, after we indulge, cleanse and repopulate our guts with friendly bacteria, we get right back to a healthy balance of good fats, fruits, vegetables, whole grains, nuts, and seeds while limiting animal products.

What about organic foods? Studies focusing on the amount of food contaminants and reduced nutritional value of conventional foods vs. organic foods (over the years) have produced mixed results. (I say, consider the source of the studies.) The best test of how organic foods vs. conventional foods react with your body (if you are sensitive enough) is in how you feel. If you cannot immediately feel the difference, over time, you certainly will. You will start enjoying more energy, better brain function and more. It only makes sense; eliminate as many of the toxins you are taking in, provide health-producing foods and your toxic load will be reduced. Your reward is greater vitality, enhanced functioning and an improved quality of life.

If you have “indulged” a lot over your life and are already experiencing health issues, you may (as many of my clients do) find that regular colonics make a huge difference in your quality of life. Typically, the more toxic a client is when they come to me, the better they will feel.

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Ki-Gong and Body Alignment

By Body & Brain Yoga & Tai Chi

Legendary Ki-Gong and Body Alignment Master Chung Suk will be coming to New Mexico in October! He has been studying, researching and teaching body-mind healing principles for over 25 years.

Body Alignment Workshop: Thursday, Oct 12, 10am-1pm or 6pm-9pm. Poor posture puts strain on some body parts while relaxing other parts. If imbalance persists over time, the weak or blocked points in the body gradually become more bothersome. The effects of improper body balance are not limited to visible distortions. It also adversely affects the healthy functioning of the body’s systems, overall energy circulation, and emotional well-being. Because of twisted body structure you can have more than 300 symptoms in your body. Through the Body Alignment Workshop, you can check your body structure and learn ways to align your physical body in daily life. You will understand how important your energy and consciousness are in order to keep healthy body structure.

Ki-Gong Workshop: Friday, Oct 13th 10:30am-1pm or 6:30pm-9:00pm. The practice of Ki-Gong promotes the flow of Ki (energy) in the body; this is done by opening the acupressure points by stretching and twisting the body in repetitive and precise movements. Relaxation and deep breathing are a part of this practice, allowing the Ki to flow.

We have common misconceptions that it’s natural to have a weaker and less-balanced body as we grow older, leading to lower physical energy. I developed these Workshops for you to regain healthy functioning of the body’s systems, overall energy circulation, and emotional well-being. Master Chung Suk

Body and Brain Yoga offers 2 locations in Albuquerque: 6300 San Mateo Blvd NE, Suites C2 & 3 and 1644 Alameda Blvd. NW, Albuquerque, NM 87114.

Make your reservation for these workshops at Body & Brain Yoga & Tai Chi by calling either location: 505-797-2211 or 505-792-5111. www.bodynbrain.com/Albuquerque (Fee: By September 25 with this ad, $100 each, reg. $150.)

Persevering Through Adversity

By Inga Madsen

Bring this article to Crystal Dove, and receive a 20% discount on your purchase!

Now more than ever, we’re aware of what it means to persevere through adversity. Every person faces their own trials and it’s in these moments where we discover who we are...and more than that, we can choose who we become. Like the river cuts through the landscape to find its way to the sea, so must we push onward to make our dreams reality.

We at the Dove are persevering through the ART construction, and thank the brave souls who continue supporting us through this difficult time.

Parts of the store have been rearranged, and we are offering discounts on many items. Stop by to see the exciting new changes! The Dove is now offering a variety of new statues and figurines, including mermaids, fairies, Kuan Yin, as well as other deities and angels. We have new moonstone pendants and candles, tarot decks, and books and are very excited to offer handmade authentic Navajo artwork from local artists.

Our regularly scheduled meditations and yoga classes will continue as usual, except for the Albuquerque Metaphysical Spiritual Lyceum Group, which is on hiatus through August. Please visit our website at www.crystal-dove.com or call us at 505-842-5265 for details.

We will push on through any setbacks and obstacles to continue serving our community as we have done for the past two decades. We hope to see you soon, and don’t forget to bring in this article for a 20% discount!
It is America 2017 and 86% of the healthcare dollar is spent on chronic conditions. In 2015, diabetes, heart disease, hypertension, arthritis and even autoimmune diseases cost the American taxpayer 3.2 trillion dollars. More than 50% of Americans have at least one diagnosed chronic condition, 25% have 2 or more chronic health problems, and almost 60% have prediabetes, undiagnosed diabetes or frank diabetes. Diabetes knows no boundaries, it is a worldwide problem. China and India are the 2 countries with the highest incidence of Type 2 diabetes on our planet.

The current medical approach is to treat all chronic diseases with pharmaceuticals. 68% of all Americans are taking at least one prescribed drug, 21% are taking 5 or more medications. Most of these medications are designed to treat the symptoms without addressing the cause of the condition. I believe there are many reasons why this occurs. First and foremost, medical schools do not teach nutrition, the cornerstone of health and wellness. This is why a provider may say “you need to lose weight” but is unable to help you beyond that. They have not been taught the relationship between macronutrients and micronutrients or have the time to ask you about your diet or any other factors that make you who you are.

Second, insurance reimbursement to the provider has been drastically cut to “save money” (although all the CEO’s of the major insurance providers make well over 100 million/yr.). So, in order to keep a medical practice alive, the provider needs to see 4 to 8 patients an hour. That allows little to no time to hear the patient’s story. Once a diagnosis is made, we are all treated with the same medications for that diagnosis, despite the fact that the root cause may be completely different. To further complicate the matter, the medical field has become over specialized. We see a cardiologist for our heart problem, an endocrinologist for our diabetes, a rheumatologist for our arthritis, etc. None of these specialists can see “the big picture” that is YOU. They don’t have the time or the training to be able to identify what is happening upstream that is causing the problem downstream.

The “one size fits all” approach to treating any diagnosis just doesn’t work. We are getting sicker and sicker. Functional Medicine is based on establishing a therapeutic relationship with every patient and seeing connections that other providers have missed. It invites the patient to be a vital participant in the treatment plan, and targets the promotion of health, not just treatment of the disease. Our goal is to get you off the medications by treating the cause, not the symptom. This approach is truly a paradigm shift in treating chronic disease.

Functional Medicine is not funded by the pharmaceutical industry or supported by the insurance companies. This is why the majority of Functional Medicine providers do not accept insurance reimbursement. Seeing only 1-2 patients an hour (average for a Functional Medicine practice) makes little money for insurance companies and threatens the pharmaceutical companies with a drop in their sales. Both of these industries are profit driven, which, I believe has NO place in healthcare. Treating just the symptoms with medications is guaranteed to prolong the condition and often creates more problems through side effects.

Natural Women’s Health is focused on improving your health in every aspect. Gathering ALL of your information is critical to making a health plan that is based on your nutritional status, gut health, emotional and psychological health, and history. We use lab testing that, in most cases, is covered by insurance. Our treatment plans are as unique and as individual as you are, and involve you in both the planning and implementation. If you are looking for a provider who cares about your health and well-being as much as you do, please give us a call.
Business stories in *Truly Alive* definitely get the phone ringing and new clients/customers in the door. In fact, numerous of our advertisers have been represented in *Truly Alive* for as many as 18, 22, even 26 of the 27 years the magazine has been in print (formerly *Living Natural Magazine*). Visit our website to read advertiser testimonials: [http://www.trulyalive.net/advertisers-are-talking/](http://www.trulyalive.net/advertisers-are-talking/).

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Carrying the Light in This World

By Maggie Mathisen

Here is just one of my clients’ experiences:

After reading about Maggie in this magazine I went for a session to ‘check out’ how she works. Was I in for a surprise! It doesn’t matter what Maggie calls her work, it is That and so much more.

Maggie is an Intuitive healer and a Heart healer. A true heart connection allows for evolution in Consciousness and a release from old patterns. Maggie holds the space with the Heart so that Real change can happen for her client. The end result: realizing a new way to express my creativity, a new way to be validated here, and find my True Self once again. Maggie’s work shows me a new lens to look through instead of dark negativity. Now is the time to re-awaken as Love and Maggie is the perfect loving being to assist us.

On her table, I surrendered to what she had to offer and immediately felt a roomful of strong, focused Beings assisting her. It was then that I knew Maggie is connected to the Light and that she works to re-connect US to the Light. Since I desire to carry the Light in this mysterious darkness, what a wonder to find Maggie to help me. To that end, she works with the physical, emotional, energetic and soul bodies to remove blockages at all levels. For example, my physical body carries the imprint and imbalance named “scoliosis”. This spine may never be straight physically, though it very well could be. Fortunately, through Maggie’s work, there is now a memory of a very straight, Very Real energetic spine linking me to the Light, from the center of the Earth through the crown of my head to Infinity. Maggie reinforced this knowingness throughout the session with hands-on work and informing me that this “phantom spine” is awaiting acceptance from me. Never again will I believe that my spine does not support me in carrying Light. I am now more supported by my “back bone”.

About that ‘mysterious darkness’… all my life I was aware of the darkness, acutely aware of and sensitive to the pain and suffering here, all the while pretending to be happy. In reality, I did not like it here. That darkness was always right around the corner and I tried desperately to escape it, causing me to move through my life in a fearful way, disconnected from everything. Finally, I knew “There Is No Escape” and this was the most awful, the most terrible realization I had ever had. Is it any wonder then that when I walked into my session with Maggie I blurted out, ‘I want to let go of all of this, all the fear, all the trauma, all the suffering...ALL of it?’ I was terrified yet I trusted Maggie. She creates a sacred space that allows me to surrender effortlessly.

After I got on the table, Maggie began working on my head unravelling the threads of tension and the blockages in the cranial system. She rocked and shook the body helping it to release, allowing the imbalances to leave the form. I began to feel free, losing a sense of separateness, with a heightened sense of happiness. In this surrender, I felt my connection to everything. I became aware of my belief that to stay on this planet and function I had to give up my “True Self”. I can now live without creating suffering for myself. I can live in the ‘mysterious darkness’ while abiding in the Happiness, the Light. There is no longer any need to protect myself, contract, or shut down from the darkness or the light.”

A.M., Truth or Consequences

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Something is happening on the planet. It’s truly a revolution...and the revolution will be led by the spiritual principles of oneness and inclusion. There is a collective awakening to our connection with everyone and everything. We are realizing that we are in this together and that we belong to one another. With everything going on in our country, city, and planet, people are waking up and seeing clearly that it matters how we care for one another.

I recognize that this isn’t new for some of us. In fact, the community I serve has been actively applying the principles of oneness and inclusion for more than 50 years here in Albuquerque. But for others, the recognition and responsibility of all that comes from knowing that we belong to one another is breaking news. And because this awakening is happening in such a major way across this planet, we have an opportunity to use the practices and principles - that we already know as Spiritual people—to help usher in those who are just joining the party.

When we belong to one another we are called to stand up, speak up, act up, reach out, protect each other, and care for this planet we call home, and we already know how to do this, but we have been playing small. So as our circle of love gets bigger, our awareness rises, and our responsibility grows, we recognize that our consciousness knows how to respond. And so, we call in all of our wisdom in helping us discern how to most effectively answer that is moving our hearts into action.

There are some who have claimed they are the voice for what all religious or spiritual people believe around certain things. It is time to reclaim our own voice, our moral authority. When political discourse tries to negate spiritual principle, we must use our own voice to speak for what we know. And you may be feeling, as so many of us are, overwhelmed by the sheer number of calls our hearts are being moved toward. This is why it essential that we use discernment and wisdom, so that we avoid both burnout and compassion fatigue, and also are able to be the most effective agents of change and transformation possible.

And so, I am asking you to step up your game, because the healing that the world is calling for can only happen if we are all participating.

It is clear that each of us has something to contribute. In fact, some essential component has been left for each and each alone, and therefore it is our responsibility to be clear and powerful in our participation in the collective awakening. This is not the time to shy away from what is ours to do. In fact, I believe that this is a time in which we are being called to more boldly, more unapologetically bring our gifts to the world, without fear and without hesitation. Because what one of us does affects us all, no matter how small it may seem, each part is important and vital.

Again, I say the revolution will be led by the spiritual principles of oneness and inclusion. This is the only revolution that our souls and spirits will settle for. We are practicing this in a big way at the Albuquerque Center for Spiritual Living, and so if you are interested in being supported in doing your part in moving toward a world that works for everyone, a world that we truly believe is possible, we ask you to join your energy and gifts with ours to make this world a reality.

Now is the time. Let’s create it together. This is our prayer.

Rev. Kylie Renner is the Senior Minister at the Albuquerque Center for Spiritual Living. Call 505-881-4311 or visit online: www.abqcs.org.
If you like the idea of using natural alternatives wherever possible, Biopuncture may be for you.

Most patients come to me for Biopuncture as an alternative to conventional approaches; most especially to avoid the side effects of orthodox treatment. Biopuncture is typically the athlete's choice because the homeopathic medications used in Biopuncture are not on the doping list. Several researchers confirm that the use of NSAIDS to treat most muscle, ligament and tendon injuries should be reassessed because they suppress the “red flag function,” of the pain and anti-inflammatory drugs may indeed lead to slow or incomplete tissue healing. In Biopuncture, inflammation is regarded as crucial for tissue healing.

In addition to providing relief from many pain-related disorders and symptoms, Biopuncture also treats conditions such as bronchitis, cystitis or sinusitis without the side effects and adverse reactions associated with antibiotics, including allergic responses.

The Biopuncturist’s goal is to address the deeper causes of the symptoms and work on the complaints layer by layer in order to achieve long term natural healing. The number of sessions each patient will need in order to experience relief varies based on many factors (the specific issue, type of patient, previous treatments, etc.) Most patients need between 3 and 7 sessions and poor responders may need more than 10 sessions.

How does Biopuncture work? Dr. Oz’ website (http://www.doctoroz.com/article/alternative-cure-biopuncture) says, “Biopuncture is a therapy using mostly plant-based, ultralow dilution product formulas which are injected into specific body regions to relieve pain and inflammation. The majority of injections are micro-injections with a very small needle just under the skin or into the muscle. One of the benefits of directly injecting the area of pain appears to be a “turbo effect,” or a much faster healing response. In conventional medicine, the drug you take suppresses your symptoms immediately. That is why you need to take high doses of chemical substances in order to suppress pain or inflammation. But as soon as the medication stops working, you have to take another pill to ‘kill the pain’ again. However, in Biopuncture, small doses of products are injected in order to stimulate or “wake up” the natural healing processes. The healing effect comes from “inside” your body—not from the products themselves. It’s the reaction of your immune system, which will produce the proper reactions to regain natural healing.”

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Contact: Karen Larré, Publisher 505.828.3430 or info@trulyalive.net
As the medical doctor who formulated (and patented) the first Alzheimer’s drug, I was excited. Alzheimer’s patients would have a tool to slow the progression of this devastating disease. However, in my heart, I knew I had the ability to create a natural alternative to this pharmaceutical option, and that a natural formula could provide even more benefits than help Alzheimer’s patients.

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William K. Summers, M.D. is a third-generation independent physician and neuroscientist. He was classically trained at Washington University (St. Louis) in internal medicine and neuropsychiatry. He holds eight pharmacologic and neuroceutical patents. This includes tacrine (Cognex®), the first FDA approved treatment of Alzheimer’s disease. Most recently, he patented his health supplement Memory reVITALIZER®/Life Imagined®. Receiving a U.S. patent on a health supplement is unusual. Dr. Summers conducted a double-blind study of Memory reVITALIZER®, which was published by a peer review medical journal (JAD.2009.12.29).

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Utilizing this ancient breath practice, I will guide you to connect with your higher self and purpose. This experience will allow you to shed layers of self-doubt, criticism, unworthiness and trauma that are keeping you from moving forward in life. You will move through loss, grief, disappointment, physical pain, break habits and change deeply rooted patterns with ease, just by connecting with your breath.

In your session, you will you become aligned with your truth and enhance your present awareness. Through this awareness you can experience choice and freedom. No matter what challenge you are facing currently, you can learn how to use your breath for powerful self-healing!

Along with this incredible breath technique, I also incorporate various therapies to support each individual for continued healing. These may include homeopathy, herbs, manual therapies, and recommendations for daily practices including diet and lifestyle modifications.

Dr. Juliette has the personal and professional prime directive to help each individual patient have the optimum health possible for body, mind and spirit...and not just freedom from disease. She has an overflowing medicine bag of learned skills and natural talents to help each patient: Naturopathic, Ayurvedic, Energetic, sometimes Shamanic, hands on Body Work and the natural, compassionate skills as a Counselor. She knows how to help her clients’ bodies heal themselves and even makes calls when needed. She is amazing!

R. R., Jemez Springs

Dr. Juliette holds a doctorate in Naturopathic Medicine and a Master's degree in Ayurvedic Sciences from Bastyr University in Seattle, Washington. 575-829-4149. www.spiravitanaturalhealth.com

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Dr. Joseph S. Maresca had this to say about Spirit Wisdom. “It’s a good life resource—a good book on the dynamics of life’s philosophic and religious dimensions. It teaches empowerment, the evolution of the spirit, the psychological construct, free will and control over our actions.

The author emphasizes the importance of truth and accountability in daily living. In addition, he discusses the role of free will in our daily life and the responsibility we have to live life with “truth” at the center of our actions.

Overall, this book would be helpful as a spiritual and philosophical guide on how to enjoy the process of life by employing high ethical values and norms in daily living. Our Congress and news media should read this book!”


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ARIES (3/21-4/19) SEPT: Recent events seem to carry over to start the month. A loss in the love sector can help you focus on work and chore matters. The shock soon becomes a memory, which is ground-up and washed away by life and time. Then, a phone call, email, or text near mid-month arrives. This will help you to re-connect with your current trail. The 24th is good to seek out places and people for refuge and love. Though work dominates your mind, make time for play. OCT: The month starts with a big bang. Be sure to duck! Work can become your career. Take time to appreciate the fine qualities in your mate this month. Share a matter of ethics presents itself during that spotlight. You will notice love start to bubble just below the surface. One might expect volcanic activity on the 5th. Tread lightly on the 9th. The 10th begins a time of abundance. You experience love and mystery on a highly amplified level over the next year. A matter of ethics presents itself during that same year.

TAURUS (4/20-5/20) SEPT: Homebound Bovines are snorting and scratching the ground. How to make your home more fun is the challenge. By the 15th, you may succeed with your home arcade. Back away from the sweets around that same time. Watch an old movie on the 16th/17th. You will learn something the 19th that promises love. Clean your place. Despite all the mushy stuff, this is a month to find work you love and to find cures for what ails you. (Could be an emotional healing). OCT: You can only be described as a fast-rising sky-rocket the first 5 days. Powered by passion and guided by love, you reach an apex of emotion on the Full Moon of the 5th. Don’t float into a wall on the 8th. Life begins to refine itself on the 14th. For some Cows or Bulls (Buffalo, of course), you have found a place of peace from stressful labors and unquenchable desires the 2nd half of October. Only the 27th can make Halloween come early. If scared, call me. Health and partners shine.

GEMINI (5/21-6/21) SEPT: A recent round of setbacks has worked to help perfect certain skills. This expertise is best used on your home arcade. Stay home on the 3rd and use that energy for home improvement, or just use it to have fun. Mercury has a message for you about your way of thinking. See where new ideas can fit your life. This can open a door to who you really are. I believe the core of Gemini is not just a static electricity field. OCT: Usually, 3 fine weeks start this month every year for the Twins. By sunlight, candlelight love is illuminated. You could receive an honor on the 8th. Your quick thinking has brought this honor. Highway nighttime driving, (midnight to morning rush hour) can be risky on the 9th. The 12th can be very constructive, even if only symbolic. Use what you know on the 15th. Your health looks great after the 17th. The New Moon on the 19th brings love, but there is some friction. Good energy the final week.

CANCER (6/22-7/22) SEPT: This summer-ending month shows the efforts of our labors. Any losses from last month’s Eclipse can now be reclaimed by a peaceful mind and a good plan. The Full Moon of the 5th could draw many Crabs to faraway places of beauty. A nearby stream can have the same effect. There is a lot of scurrying around to secure your needs this month. You sense a need to stock-up at home. That’s ok. \They laughed at Noah, too. Check for outdated electrical issues on the 27th. OCT: The Harvest Moon of the 5th is perfectly named for the Cancer sign. Cancer rules food; crops get harvested. For 21st century Crabs, this reaping plays out in your work. The profits you rake in are meant to be shared in festive ways with family and friends. Set some aside for home improvements. Be careful driving on the 11th, near sunrise. The 19th brings a New Moon and a new monthly cycle. Excitement has heat after the 22nd. The 26th/27th is disturbing. Rise above it.

LEO (7/23-8/22) SEPT: You are the Sun. There could be no Full Moon on the 6th without you. Each Full Moon is like an expression of earthly conditions. It is good to see light shined on the darkness. The 4th begins a 3-day waltz with romance. Words have an amplified power on the 9th. A project can be completed on the 13th. The 22nd begins a month of dramatic communication with neighbors and siblings. That could be a problem near the 27th as a large disagreement can be a powder keg of disruption. OCT: Many Lions are still licking their wounds from that last eclipse; (some wounds can take 2 years to heal). Just keep talking it out and exercise will help. The 5th shows what a healing force you can be. The 9th shows how tough you can be when threatened. Through willpower on the 8th, you will emerge victorious. Don’t buy anything on the 11th. Peace of mind returns after the 14th. The shocking 19th requires diplomacy. The 22nd is time to prepare for winter. Batten down the hatches and set up the squirrel feeder. Cold is coming.

VIRGO (8/23-9/22) SEPT: Some small thing causing some angst. Though you move along responsibly, your mind may drift to places where all is perfect. From the 9th onward, you have an ally with your psychic part. The 19th is a challenge to your sense of beauty. A ghost from the past could reappear. You are knocked off balance by secrets learned near the 22nd. The 25th ends a matter which brings peace. OCT: The order of Astrology
always amazes. This month begins a time of year to focus on your personal needs. Before that, you tended to work helping others when you could. Spring and summer have passed safely for most of us, thanks to our helping hands. Now, it's your turn. The 8th is opportune for business success. Be careful on the 9th and the 11th. Safety first at home. The 16th is good for investing or making construction plans. The 18th is joyful thru month's end.

**LIBRA (9/23-10/22) SEPT:** Friends are your focus the 1st-19th. There is a positive energy to bolster your dreams. There is an increase in profits, or a raise, perhaps. Use your intuition on the 15th and the increase will be there. That day is filled with hopefulness. There could be visits to a hospital that day. This also begins a time of isolation. You could choose to isolate with a cuddly friend. The unfelt effects of Venus are blending up a recipe for what's best. There is much to discover on the 17th & 29th. **OCT:** Hmm! There seems to be much going on behind the scenes. You have drawn a powerful energy into your alone times. This is most likely on the 3rd-5th. This Full Moon energy combines with Mars to create burning desires. Seems to go great until a brick wall blocks your path on the 8th. Only half the month sucks. After that, you get a handle on your life. That should end a subconscious fear. So, despite the discord, you can clean out the closets of your life and prepare for a new annual cycle.

**SCORPIO (10/23-11/22) SEPT:** Someone wants to save you from your current setbacks. (like a hero shining a light into your cave). You have been found, but you are not ready to leave your world, yet. That's very fitting until the 28th. Up to that point, there is a male friend to help you with certain needs. Heed advice on the 16th. You will be armed with awareness when confusion strikes on the 24th, or near then. You will be prone to foot injuries this month and next, so watch your step. **OCT:** October starts out for mature audiences only. Hopefully, you are mature enough for this. The 1st demands your attention and on the 3rd, you fall into a romantic encounter. For married Scorps, same as usual. Just kidding. There is fun to be had with friends or organizations. The 9th requires that you keep up appearances. The best news is that Jupiter moves into your Sign for one year starting on the 10th. The 27th brings some conflict, but good fortune is yours.

**SAGITTARIUS (11/23-12/20) SEPT:** The most truthful of all Signs has felt a lack of total freedom over the past 2 ¾ years. Saturn has been clamping down and limiting your freedom of movement. Saturn will leave your Sign around Christmas, so keep doing that Karma 'til then. It's not all bad. There is so much more to see when you slow down. Be extra careful on the 27th, and the days leading up to it. You will be needed to uphold the real truth as some may attempt to rewrite the facts. Truth is true for all and it's shocking when suppressed. **OCT:** Life changes are in store as Jupiter changes Signs on the 10th. You may retreat to your sanctuary for one reason or another. A bright, smiley friend will drag you from your seclusion near month's end. Halloween could be too spooky. No one can tell you to stay home, so stay safe from the 27th-31st. To know your year ahead, use your updated psychic abilities this month. If possible, take a cruise before 2019.

**CAPRICORN (12/21-1/19) SEPT:** An encounter of the sensuous kind is sure to brighten the greys and browns of the Capricorn world. The 12th brings this bundle of joyfulness to your doorstep. Things get bumpy on the 13th, but things smooth out on the 15th. A flight could be delayed on the 25th. Not a good day to go anywhere, anyway. Life is speeding up for you. The final week is good to take a break and gather yourself a little. Spoiler alert: Your life is building to a nice surprise in early November. **OCT:** You start the month feeling bad enough already, without that “Kick in the shins” on the 8th. The 9th is not a stroll through the park, either. The 12th makes everything better. Good news always helps. A friend appears to cheer you and bring hope to your goals. Give that one credit. Their energy is building your wealth and boosting your health. The 16th is good for strong leadership. Many see you as a benevolent power behind the throne. Others may see you as the throne's occupant.

**AQUARIUS (1/20-2/18) SEPT:** Often at this time of year, the water you bear begins to steam a little. The beauty of the season stirs the senses. You feel the coming fall. Your excitement is a good energy that works for an encounter on the 1st/2nd. That weekend has all the active ingredients for a great time. Romantic overtures continue to build until the 17th. As an Aquarian, you are free to use this magic energy as you see fit. A balance is needed by month's end as views clash. **OCT:** Your Sign ruler Uranus, stays retrograde until 2018 starts. This can be very frustrating to the forward thinking Waterbearers. Instead of spreading your knowledge, you can gather and store trivia to use next year. Long journeys are not encouraged over the next year unless job related. Caution is advised in driving on the 15th. Be careful for a month starting the 19th when dealing with cultural differences. The 26th can be fun for all.

**PISCES (2/19-3/20) SEPT:** Even when Neptune is retrograde, the Fish can feel the same. Does it matter if life has delays and disappointments? It can be all so familiar to the Mermen & Mermaids. Even when people take shots at you on the 4th, you can roll your eyes and swim off to your magic sea cave. The 19th could bring opposition from a partner. Words can lead to anger by the 24th. There could be an injury. Just avoid angry people and partners in bad moods. Hide on the 27th. **OCT:** Somewhere off in a dream world is where most Piscians can be found this month. Just stay there until thing blow over at work. The 12th begins a more reasonable period. As the drums of war beat louder, just hit “snooze” and pull the covers over your head. The Full Moon on the 5th calls you to a place where romance and excitement are brewing. Your romantic inclinations will blend well in the mix. Your mate adds their sexy persona to start the month. Then, after a bump on the 11th, they want joint adventures.
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