Stephanie Arnold talks about her near-death experience and her book about it: 37 SECONDS
Welcome Edalyn Johnson, FNP our new Medical Director

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Stephanie Arnold, author of 37 Seconds shares…

“The day my son was born, I died. Premonitions told me it was going to happen, but no one believed me. Even more unbelievable? What I would see when I flat-lined for 37 Seconds. What I brought back was the hope, strength and understanding of the light existing within and around all of us.

I believe in the SIXTH SENSE within every being. Just because medical science cannot categorize it into one of the five senses, hardly means it does not exist.

I do NOT believe in COINCIDENCES!

This journey has taken me beyond and back with help from some unforeseen forces. I am grateful to be here, sharing my experiences, with you. Helping others speak up & face their traumas. Continuing to ask questions and connecting the dots between science and spirit for an explanation to it all. Validating what many of you have already known... we are not alone! You are not alone.”

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Reiki I Classes
Usui System 14-hr class
May 17-20 & June 21-24
Thurs, Fri 6-8 pm
Sat, Sun 1-6 pm • $150
Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 30 years, teaching for 26 years.
RSVP required.
505-299-0011 • ReikiABQ.com

Jemez Health Retreats:
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5/1 thru 6/30/18
Truly Alive Special $325
(Reg. $500)
Includes: 1 night stay at Historic Casa Blanca Guest House, treatment of your choice with Dr. Juliette Sweet, 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

Reiki I Class $175
May 26 or June 30,
9:30am-4:30pm • $175
Become a certified healing practitioner in this powerful, life-changing class. Reiki Master Jan Walker has been teaching all 3 levels of the Usui method since 1993. Pre-registration required.
Held at: St. Thomas Episcopal Church
425 University Blvd NE, ABQ
Info: 505-835-5440
www.AwakeningSpiritMinistries.org

SILENT RETREAT
June 23-30
$60 to $290 meals included
The NM Center for Meditative Inquiry and Retreat is offering a non-traditional, silent retreat for people from any background. Our work is based on simple, direct presence and inquiry into whatever that reveals, a la Eckhart Tolle, Adyashanti, Byron Katie, Krishnamurti, Thich Nhat Hanh and Pema Chodron. Sittings, walking, dialogue, meetings with the resident teacher, Jay Cutts. Jay has attended retreats for over 40 years with the late Toni Packer
Info: 505-281-0684
www.meditationnm.wordpress.com

Jemez Health Retreats:
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Truly Alive Special $325
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Includes: 1 night stay at Historic Casa Blanca Guest House, treatment of your choice with Dr. Juliette Sweet, 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

There is no one GIANT step that does it. It’s a lot of little steps.
In Full Swing, Golf On and Off the Course: 19925
June 18, 1-3pm · $20
(Osher Members/Guests)
Pre-tee, interactive indoor golf class for beginners. Learn fundamentals and terminology of the game, golf club usage, how to repair a divot, determine a handicap and golf etiquette before stepping out on the course. Questions answered. You will be ready to tee off in style!
Held At: UNM Continuing Education
1634 University Blvd NE, ABQ 87131

Golf as a Reflection of Society: 19934
August 22, 1-3pm · $20
(Osher Members/Guests)
Golf developed over the past two hundred years and reached America during the Gilded Age. From its early establishment as a “gentleman’s game”, it was a sport that discriminated against women and minorities. Discuss changes including its current status as a more inclusive/competitive sport.
Held At: UNM Continuing Education
1634 University Blvd NE, ABQ 87131

Body & Brain Yoga & Tai Chi
Basic Yoga Trial Classes
May 5, 19 & 26, June 23 & 30, 10am
Only $5 (Reg. 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, and refreshing cool-down.
Call: ABQ NE 797-2211
ABQ NW 792-5111
Santa Fe: 505-820-2211
www.bodynbrain.com

Meeting Amma
Public Darshan
June 16, noon (one program only)
FREE
You are warmly invited to meet Mata Amritanandamayi, renowned spiritual leader and humanitarian. Receive her heartfelt, individual hug. Her presence and love brings reassurance to all. Please arrive at least 90 minutes prior to receive a free token (tokens may be limited by time constraints).

Devi Bhava Darshan
June 19, 7pm · FREE
Incredible night filled with Amma’s radiant love. Amma is costumed as, and is the embodiment of Devi (The Divine Mother). Impurity-clearing water rituals, meditation, darshan, select ceremonies (weddings, first feedings and/or children’s rice ceremonies), mantra, chant, singing. Tokens: 90 minutes prior.

Revitalize Your Relationship with Food
May 31 & June 28, 12-1:30pm
Combination workshop/support group for anyone looking for a breakthrough with food, body, and health. Learn about the science of nutrition and metabolism, power of the Mind-Body connection, gain insights from the experiences of others in a supportive group setting. Facilitated by Phyllis Childers, RN, CHC.
RSVP: 505-298-8020
HandsOnHealthCare.me

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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!
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Embodied Awakening Groups
2nd & 4th Tues, 3:30 or 6:30pm · $20
Join us for a life-changing permanent shift in consciousness! Profound Compassion and Radical Acceptance nurture your re-alization into the Infiniteness you are and have always been! Bring your willing spir-it. Psycho-therapist/Intuitive 20+ years. NE ABQ.
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www.susanspensley.com

Additional Events Added In Between Issues! Check The Website Often: www.trulyalive.net
High Desert Center cont’d
We are chemists in the laboratory of the Infinite. What, then, shall we create?
– Dr. Ernest Holmes

June 3, 10-11am
Sunday Celebration
With Rev. Heidi M. Peck
Topic: The Tribal Way

June 9, 1-3pm
Ascension Circle II: Emotions
With Rev. Heidi
Featuring her Quartz Crystal Bowls. Explore the second, third and fourth chakras and their relationship to our creativity, our gut instincts and our loving emotional relationships.

June 10, 10-11am
Sunday Celebration
With Rev. Heidi M. Peck
Topic: I and My Father are One

June 17, 10-11am
Father’s Day Sunday Celebration
With Rev. Heidi M. Peck
Topic: The Critical Essence of Creativity

Heartfelt Peace Meditations
With Rev. Jac Blackman
May 9 & June 13, 6-7pm

Heartfelt Peace Meditations
With Rev. Heidi M. Peck
May 2 & June 6, 6-7pm
Featuring the sounds and vibrations of her Quartz Crystal Bowls.

Heartfelt Peace Meditations
With Lin Nowicki, RScP
May 23 & June 20, 6-7pm
Featuring the sounds of Tibetan Bowls.

Heartfelt Peace Meditations
With Carol Campbell, RScP
May 16 & June 27, 6-7pm
Featuring relaxing music and a contemplative message.

New Moon Drumming Circles
Under the Stars
May 15 & June 13, 7-9pm

All Events are FREE unless otherwise indicated.

Join us every Sunday for Meditation from 9:11-9:44 am.

Our theme for May is Joy!
Joy is the emotion excited by the expectancy of good.
– Dr. Ernest Holmes

May 6, 10-11am
Sunday Celebration
with Rev. Heidi M. Peck
Topic: Spirit is Expressed Through Me as Joy

May 12, 1-3pm
Ascension Circle I: Body
with Rev. Heidi M. Peck
Explore the first and second chakras and their relationship to our sexuality, our physical connections, our desire for material goods and grounding.

May 13, 10-11am
Sunday Celebration
with Rev. Heidi M. Peck
Topic: Hear the Song of Gladness
Friendship Sunday, Community Conversation & Pot Luck after our Celebration

May 20, 10-11am
Sunday Celebration
With Rev. Heidi M. Peck
Topic: The Goodness of the Lord

May 20, 12-2pm
Experiential Workshop
With Rev. Heidi M. Peck
The Joy of Meditation featuring different techniques and methods to heighten our connection to the Great Spirit. Dress comfortably.

May 27, 10-11am
Sunday Celebration with Special Guest Rev. Rebecca Allen
Topic: Do You Choose Joy Today?

May 30, 6-7pm
Heartfelt Peace Meditation
With your Ecclesiastical Team
Our theme for June is Creativity

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Sunday Celebration
With Rev. Heidi M. Peck
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Benefits of Hyper Oxygenation
LiveO2 Training Demos
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Experience the benefits of Hyper Oxygenation! LiveO2 Training Demos for practitioners, patients and athletes offered at the Holistic Medical Clinic. Please call 505-433-2267 to schedule your free 15-minute demo session.
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The Doctor from India
May 12 to May 17, 3:45 & 8pm
By Director Jeremy Frindel:
(One Track Heart: Story of Krishna Das)
Fascinating story of one man’s mission to bring the ancient healthcare system of wellness (Ayurveda) from India to the West, (late 1970s). In this meditative, immersive portrait with interviewees including Ayurvedic practitioner Deepak Chopra, Frindel documents the life/work of Dr. Vasant Lad.
Trailer: www.youtube.com/watch?v=dh8zXbb_ce0

Sundance Native Shorts 2018
May 2, 5:30, 8pm • FREE!

Lives Well Lived
May 22-24 & June 19-21
4 & 5:45pm
New documentary on amazing adults aged 75 to 100!

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Truly Alive
www.trulyalive.net
The book on the cover of this issue is a wonderful story of inspiration. It offers validation of our God-given intuitive nature and instinctive powers of premonition. Even those of us who have been studying spirituality and working to increase our consciousness for many years do not typically trust and act upon our intuition to the degree this author did.

Stephanie Arnold's traumatic experience is an incredible gift to all of us. We can choose to listen to our intuitive guidance and elect to act on it ever so much more than we do...and for the betterment of our lives. In Stephanie's case, it saved her life. While most intuitive guidance does not have such dramatic results as a human life saved, the quality of our daily lives can be enhanced beyond measure if we listen more and trust what we receive.

There are many books written about intuition being “the ear of the soul”, “our internal guidance system” and more. I don’t know about you, but this book has impacted my life in a huge way. I am practicing “listening deeply” daily, even as I go about the activities of my life.

One of my favorite books on this subject is The Power of Premonitions by Dr. Larry Dossey (featured on the cover and feature pages of the September/October 2009 issue of Truly Alive). Dr. Dossey does an incredible job of writing books which cite research studies and provide reader-friendly overviews. If you find this subject fascinating, you might like to check out this book.

Enjoy 37 Seconds and if you’d like to share with me any stories of how your life was changed because you “listened”, please email me: info@trulyalive.net. I’d love to hear them!

Many blessings,

Karen Larré

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

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

Natural Solutions for Healthcare
May 2, 6:30 & June 9, 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
May 12 & June 23, 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 each class: 505-294-WELL (9355). We look forward to seeing you!
We have been offering Micro-needling for over three years with incredible results. While micro-needling is very effective in reducing fine lines, wrinkles, and improving skin texture and quality, we have found that many patients have specific areas that require more aggressive attention. For example, skin conditions like skin tags, moles, dark spots etc. We are finding that when patients have small areas with more problematic conditions the more cost-effective approach is to remove these growths and then use micro-needling for general treatments… improving the overall appearance of the skin. To see what a micro-needling session looks like please go to the following link to watch the 3-minute video that aired on Good Morning America: https://www.tinyurl.com/hvd3e25.

Our current micro-needling special is the best we have ever offered, allowing you to have two treatments for the reduced price of $275 (each) and then receive a third treatment for FREE. The micro-needling craze is real. Polls show that micro-needling has a 90% “Worth It” rating on Real Self and an NIH (National Institute of Health) study on Micro-needling showed that more than 80% of the patients rated their treatment as “Excellent” on a 10-point scale.

Now you can have the more problematic areas improved through removal of the blemish and/or treat the remaining overall skin with micro-needling. While the recovery time from micro-needling treatments is only a couple of days, the recovery for blemish removal is longer and varies patient to patient.
Healthy Teeth, Healthy Heart
By Sandi Ganshaw, RDH, MS

Studies show that the bacteria found in periodontal disease, including *streptococcus sanguis*, play a role in strokes and spreads to the heart. Experts are expressing (although evidence is not conclusive) that there is a link between dental health and heart health and are saying it is important to take care of both.

Gum disease is a bacterial infection that can affect conditions throughout the body and when this happens, it’s not contained to the mouth. In heart disease, there is a theory that the bacteria from gum disease can enter the bloodstream where they attach to the fatty deposits in the blood vessels. This can cause blood clots and may lead to heart attacks.

Sore, swollen gums are the main symptom of gum disease (gingivitis). Periodontitis is gingivitis that has advanced into the pockets and started to affect the bone which holds your teeth in place. This is a cause for concern as the bacteria and other toxins have made their way below the gum line.

Your gums are very vascular, meaning they are full of blood vessels. Your mouth is full of bacteria. So, when the bacteria enter the bloodstream (which travels through all parts of the body), this triggers inflammation throughout the body.

While it is true that people with poor oral health have more heart attacks, there could also be several reasons for it. People with good oral hygiene might just be better overall at taking care of themselves, eating properly, exercising and getting enough sleep.

Feed Your Teeth, Nourish Your Health
By Amy Immel, RDH

Believe it or not, brushing, flossing, regular dental check-ups and limiting sugars is just not enough to stave off tooth decay and gum disease. The mouth is a harsh environment and the teeth must be able to withstand acid, alkaline and temperature changes. Biting down hard can equal up to 250+ lbs. of pressure! Think of all the abuse our teeth take!

If properly nourished, the teeth can overcome all extremes. Were you aware that the teeth need sufficient fat-soluble vitamins and sufficient minerals to remain strong and healthy? The oral mucosa is an extension of the gut mucosa, of the whole alimentary system, and *needs probiotics/prebiotics to support the good bacteria, keeping the pathogens outnumbered.*

Diet plays an intrical impact on oral health. Fat soluble vitamins, A, D and K2 work synergistically to provide these vital building blocks. Nutrient dense cooking with real foods is imperative. However, it must be assimilated to do its job. Remember if a house is built from sub-standard construction materials, the result is sub-standard. Again, optimal health depends on consuming real, whole, nutrient dense foods.

Quality products from healthy animals, living in their natural environment provide the best sources of the needed vitamins. Cod liver oil, ghee, pasture raised butter, eggs, chicken, goat cheese or even a homemade bone broth — which is an easy source of nutrition and easy to digest, can provide just what your teeth need to remain healthy. A daily dose of sauerkraut, kimchi, kefir or yoghurt can support beneficial mucosal bacteria from mouth to gut. These bacteria help break down the components, so our bodies can absorb the vital vitamins and minerals our teeth need.

Your oral health can be a powerful predictor of overall health, so make sure you are brushing twice a day for two minutes and flossing once a day. See your dentist twice a year, hopefully at Sandi’s Smiles Holistic Dental Care where we are committed to providing you with the best care possible. Call to schedule an appointment: 505-243-1546. www.dentalcareinalbuquerque.com

Amy Immel, RDH, has 25 years of hygiene experience; is a classical homeopath, certified herbalist, a certified acupressure practitioner and a food healing facilitator. She also offers BEMER treatments for various oral issues. Make your appointment with Amy directly. Call 505-586-2020, email: Healthysmile@zoho.com.

Sandi’s Smiles
DENTAL CARE
505.243.1546
Sandi Ganshaw, RDH, MS
Stephanie Martins, DDS
dentalcareinalbuquerque.com

Sandi’s Smiles
DENTAL CARE
505.596.2020
1100 Lomas NW, Ste 1A
ABQ, NM 87102
Healthysmile@zoho.com
When it comes to your life, you can stop the clock in more than one way. Very often we say that time is flying, and it seems that we don’t have enough time to accomplish everything we have on our “To Do List”. The truth is, the days have the same 24 hours in them now that they had 20 years ago.

Racing against the clock is one of the major reasons for stress. Stress is one of the most common reasons for premature aging (inner and outer). Stress is also a common cause of insomnia. Poor sleep produces a lot of wrinkles and bags under the eyes.

Stress is a common cause of unspecific aches and pains that bring patients to visit their Primary Care Physicians as well. Those visits contribute even more to already over-busy days. It creates tension in our muscles including the facial muscles, increasing frown lines and wrinkles. Stress affects our cardiovascular system, endocrine system, immune system, gastrointestinal system and basically everything in our life physically and emotionally. Patients are taking a lot of prescriptions to try to fix one problem and are creating others.

Stop the clock inside and out. Prioritize your chores. Stop racing against time. Find windows in your schedule to relax. Stop and smell the flowers. Remember that you only have one body and if you don’t take care of it nobody else will. When our time comes to leave this earth, I cannot imagine anyone saying, “I wish I had more time to do more chores”. Instead we will be saying, “I wish I had taken more time to relax, taken better care of my health and things that really matter.”

**Aging reflects in our skin showing alterations in:**
- Skin texture and elasticity
- Skin pigmentation
- Subcutaneous tissue
- The vascular system

**If you are ready to stop the clock and look beautiful now, give me a call for a free consultation. We’ll discuss the different affordable cosmetic procedures that will return a Natural and Youthful Look to your Skin. 505-299-0069, [www.abq-cosmetic-doctor.com](http://www.abq-cosmetic-doctor.com)**

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- Facial Spider Vein & Mole Removal *(Starting at $50)*
- Platelet-Rich Plasma *(Skin Rejuvenation, Acne Scars, Hair Regrowth)*
- Latisse for longer eyelashes
- Scar Correction
- Microneedling
- Botox ($11 per unit)
  ... and More!

**Carmen Montano, M.D. personally performs all procedures!**

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Spring has Sprung: What’s the Condition of Your Garden?

By Bill Haggard, All About Health

I’m asking here about your personal garden...the one that resides inside you — your microbiome...your prebiotic/probiotic population; your healthy gut flora.

Who is winning the battle down there? The good bacteria or the bad bacteria (such as viruses and pathogens)? And how do you know who is winning? If you are sick; if you are tired beyond what would be normal, if you have aches and pains, if your ability to think clearly is compromised, then your good soldiers (good bacteria) are most certainly being overpowered by the bad guys.

How do you change this condition so that the good guys are winning?

Help the body get rid of these bullies. Stagnation, slow transit time, fermentation, putrification, acidosis, diarrhea, constipation, cramping, nausea, hot flashes, night sweats are all a result of toxic build up and overload. Enemas and colonics would be a great start. Colonics are much more comprehensive, but both provide an escort service for ridding the body of toxins. The 3-fold benefit of Enemas and Colonics are listed below. They both:

1) Hydrate your body quickly
2) Dilute the toxic concentrations in you so that your body can comfortably release them
3) Exercise your colon, making it stronger and more viable

With these things complete, the good bacteria have a better chance of establishing themselves and populating the territory where the toxins formally lived.

People who find their way to All About Health Colon Therapy Center are focused on reclaiming their health and vitality, knowing that removing substantial amounts of toxic waste contributes greatly to rebooting their immune systems. It’s like the sending in the cavalry when the good guys are overwhelmed and nearly exhausted.

Every time you do an enema or receive a colonic, you reduce the toxic build up by escorting toxins out of your body. This will immediately increase your vitality, giving your body increased energy to do repair work on damaged cells and tissues, instead of using its energy and life force on waste management.

The main reason we age and turn prematurely gray is because of a reduction in our life force. Vitality is being robbed by fighting battles it shouldn't have to fight at all, (if we took good care of our bowel).

Many of us in this culture put things into our bodies that have no business entering our systems in the first place. They are nothing more than waste products that taste good. They get a free a ride through our system, polluting us they go...consuming energy and depleting us. This is because these substances make no contribution to cellular health whatsoever.

So, guess what? If you make food and drink choices based on what tastes good (only) and never consider how much life force and vitality the food or drink has to offer your cells, you will start to degenerate instead of regenerate. Vitality must remain high throughout your life for sustainable health.

Here is a thought that few people realize: even if you have the most ideal diet and use supplements, exercise and sleep well, you are not necessarily going to be healthy if you don't help your body get rid of accumulated toxicity. Enemas and Colonics are most excellent ways to keeping your body healthy.

At All About Health, you receive much more than the average colonic. Starting with filtered, structured and energizing waters, you can incorporate a BEMER session for added support, plus reflexology, acupressure, trigger point release technique and more. Also available are additives such as baking soda, coffee, chlorophyll, aloe vera, sea salt, apple cider vinegar, essential oils. Let your inner garden Thrive and Blossom. Schedule a colonic today.

Love, Bill

Your Good Health Starts Here!

From the NIH website:
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351

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

Cleansing & Restorative Therapies

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At birth, we come into this world with particular genes handed down from our parents. Outside factors determine whether or not those genes will be expressed in handed-down diseases. However, new scientific discoveries are being made every day that help us to optimize or inactivate our genetic expression! This is powerful information! It is just one of the reasons that Methylation is becoming a popular alternative treatment.

Epigenetics change the way a gene is expressed to prevent that expression from resulting in disease. This includes DNA Methylation without having to directly change your DNA. Methylation is responsible for sustaining the pathways in your body that keep you alive and healthy. This is critical for neurotransmitters, biochemical pathways and peptides. How does this benefit you? With proper methylation, your health is dramatically improved quickly!

Just think; using dietary nutritional compounds and/or environmental and lifestyle factors can be a disease preventative when you understand methylation! It also means those genes currently expressing disease can be inactivated! Using Kinesiology, you can get specific information for your body as to what supplements inactivate a genetic predisposition that could result in future disease. That’s exciting!

There are many more supplements being developed that activate or inactivate gene expression and we are seeing much faster recovery for our clients than ever before. Amazingly, it has been observed that these improvements can affect transgenerational gene expression.

By using Kinesiology to advise changes in nutrition, environment and lifestyle, we can improve our life and be on a healthier path!

Janet L. Hall has a Masters’ degree in Holistic Health, practices Naturopathy and is a Certified Master Kinesiologist & Herbalist. She is also a Certified Biofeedback & Essential Oil Specialist, Nutritional Evaluator, Coach & Emotional Facilitator. Her Center is dedicated to helping people “rise above!” anything in their lives. 505-294-WELL (9355). www.alternativewellnesscenter.org
Be Your Best Self: Spring Cleaning for the Body, Mind and Soul

By Dr. Angelique Hart, MD

It’s that time of the year again when the “winter stuff” gets stored, the yard gets readied for a nice warm summer, and the house gets a thorough Dutch cleaning. Our bodies also need regular, thorough cleaning or detoxing for best performance (mind, body and spirit). When we detox regularly, our minds function better with improved clarity and creative energy, our skin clears, our hormones kick into higher gear and we can optimize our bodyweight with less effort.

Removing toxins also helps to reduce inflammation and prevent development of auto-immune disease. There are many different ways to safely remove toxins. The Holistic Medical Clinic in Albuquerque offers Powerhouse Protocols based on individual patient’s needs, abilities, preferences, time commitment, and budget. We have intensive, all day, 1 to 2 week — Detox programs with IV Therapies combined with Live O2 exercise sessions. These open your circulation channels and allow toxins to leave the body through the lungs and sweat glands. The intensive Detox also includes use of an Amethyst BioMat for deep heat penetration and/or a 30-minute session in the Far Infra Red Sauna.

Patients can also choose once weekly (or monthly) detox therapy combinations and continue with maintenance programs at home. Home programs are focused on routines that are safe, cause no side effects, and are “doable” for the patient. We remind our clients to do the best they can and don’t go overboard or feel guilty about not always following the protocol precisely.

There are dietary prescriptions, juicing recipes, coffee enemas, supplement programs, Epsom Salt baths, HomeoTherapeutic remedies and interval training exercise opportunities; all to help you reduce your “toxin body burden”. Before starting a detox program, it is important to open your “exit pathways”. This means that we have to ensure that our gut is able to expel stirred up toxins efficiently, our kidneys get enough fluids (water) to flush out toxins, and our liver is supported with proper nutrition providing the co-factors needed to metabolize toxins into waste products.

Our grandparents would detox monthly with the administration of cod liver oil that would provide a “nice cleaning out of the gut”. We live in a different environment than that of our grandparents. Our toxic exposure is exponentially greater because of our increasingly more polluted environment, (which includes the effects of EMFs!), our “un-natural” food ingredients that raise inflammatory responses, and our much higher stress levels.

Emotions trapped in our bodies also affect our highest functioning. They are like physical imbalances in our systems and can cause pain, discomfort and dis-ease. Left unchecked, they can be the root-cause for most illnesses within the body, mind and spirit. When we do intensive detox programs in our clinic, we usually see these issues surface by day 4. As these “issues in the tissues” show up, we spend the needed time to properly and effectively work with the client to raise the awareness of these root-causes. Then we guide them through a clearing/cleansing process, thereby creating a foundation for lasting wellbeing. Rev. Dr. Richard Heart gets amazing emotional clearing results with our clients. Some of the tools he uses for this cleansing process include Mind Scape, NLP, Guided Imagery and Spiritual Counseling.

We welcome you to our clinic to discuss your toxin related issues and create your individualized detox protocol. Dr. Angelique Hart M.D. is Board Certified in Pain Management and Anesthesiology and is a Founding Diplomate of the American Board of Holistic Medicine. She specializes in Holistic Medicine, Pain Management, Detoxification Therapies, Functional Medicine, and Hormone Balancing. She is certified in Chelation Therapy; is a former University of Miami Assistant Professor and former Director of the Pain Center at the VA Medical Center in Miami. Dr. Hart has been practicing Integrative and Holistic Medicine for 16 years. 505-433-2267 www.HolisticHealing.Care

Holistic, Integrative and Regenerative Medicine

Dr. Angelique Hart, M.D.
Rev. Dr. Richard Heart, D.T.M

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READ MORE ARTICLES BY ANGELIQUE HART ONLINE: www.trulyalive.net
All the docs and healthcare professionals of every sort (who are worth taking care of your health) are becoming aware of the essential importance of the intestinal microbiome, and with good reason. Unfortunately, however, they are often missing the most important issue! Since 1980, I’ve focused on treating intestinal dysbiosis, including the elimination of parasites, as the foundation for all strategies to resolve any health concern and optimize performance. Below, I’ll explain more about this but first, a bit of fascinating context.

A microbiome is a community of microbes. It could be found anywhere — in a pond, the soil in a field, or the human intestines for example. The Human Microbiome Project (HMP) was an initiative by United States National Institutes of Health (NIH). Its goal was to identify and characterize the microorganisms that are found in association with both healthy and diseased humans. This is referred to as the human microbiome. It was a five-year project launched in 2008 and had a total budget of $115 million. The ultimate goal was to determine the extent of the human microbiome and test how changes to it are associated with human health or disease.

What was discovered is revolutionizing medicine at the cutting edge! The HMP found that a person is composed of approximately 100 trillion cells and of those only 10 trillion are human. The other 90 trillion are microbes! And, 80 trillion of those microbes are in the digestive system!!! Normally, these microbes are beneficial and essential to every aspect of our life such as digesting food, helping to create neurotransmitters for healthy brain function, and so much more. However, one of the microbiome’s most significant functions is powering our immune system. Medical scientists agree that 70 to 80% of our immune system comes from our intestines. Therefore, if this intestinal microbiome becomes compromised, the impact will have consequences for our entire physiological and psychological health.

**HOW TO ESTABLISH A HEALTHY INTESTINAL MICROBIOME**

Establishing and maintaining a healthy intestinal microbiome requires a strategic, holistic approach with an understanding of the factors that undermine it, the development of sanitary habits and dietary practices, as well as the wise use of some key supplements.

1] Get an accurate test using sophisticated microscopic examination of your stool for the presence of intestinal parasites, unhealthy bacteria, and yeast. Unfortunately, I have not found this in the U.S. and so each week I send a refrigerated box of specimens to a world-class lab in Africa where I get a dependable analysis. Keep in mind that more than half of Americans have some form of intestinal invader and are not aware of it. This first step is essential. Without an objective diagnosis, a healthcare professional is groping in the dark.

2] If an invasion is discovered, decide upon and complete an effective protocol to eliminate the infection. I use plant juices from equatorial Africa that work better than any other natural medicine available. I have also found them to be more effective than the drugs used in conventional medicine.

3] Repeat step 1 above to insure success of the protocol. If this is not accomplished, all following steps for establishing a healthy microbiome will be undermined. Never make assumptions about the effectiveness of the protocol you and your health professional decide upon. My decades of experience has shown me that most do not work.

4] Heal the damage done! Once the invaders are eliminated, the damage they have done to the walls of your intestines...
and the surrounding tissues must be healed. Think of it like intestinal PTSD. Colonics can help the large intestine, but most of these critters were living in your small intestine and the result may be intestinal permeability (leaky gut). Larger molecules of food than normal pass into your blood stream and this can cause inflammation anywhere in the body and even autoimmune issues. I use ozone insufflation for the colon and a unique and highly effective style of abdominal organ massage as my main therapies. Restore is a great product for healing the permeability.

5) If you absolutely must take antibiotics, do so only after an accurate, objective test to determine what type of infection you have and repeat that test to verify success. Never allow a doctor to grope in the dark with your health and the use of antibiotics. Resistant bacteria are increasing from the inappropriate use of antibiotics. Also, be aware that antibiotics are a double-edged sword. They kill not only the unhealthy bacteria but also the healthy microbes that are essential to your microbiome.

6) Avoid chlorinated municipal water. Drink only reverse osmosis filtered water and use ice made from RO water.

7) Avoid salads, raw vegetables and vegetable juices unless the vegetables have been soaked in a dilute hydrogen peroxide bath. See #10 below.

8) Prebiotics and products to heal intestinal permeability and establish the scaffolding for the development of a diverse microbiome may be useful. I use Restore.

9) Eat naturally fermented foods made from vegetables that have been soaked in a dilute hydrogen peroxide bath for 30 minutes to kill any lingering parasite cysts and eggs, or unhealthy bacteria on the vegetables. Simply washing the vegetables is often not sufficient to eliminate these from the crevices of the vegetables. Fermentation will not kill these potential pathogens. You can get detailed instructions about this in an article I wrote entitled “Parasite, Bacteria, Virus and Yeast Prevention.” Simply call the clinic and we’ll email you a free copy.

10) Enjoy your improved health!
Want to reduce inflammation and stimulate your body to regenerate? Biological allografts are most beneficial for regeneration of joints and for boosting the immune system. They are a flowable allograft matrix, rich in growth factors and cytokines, used to stimulate your body’s regenerative capabilities. We combine them with PRP and Prolozone, enhancing the growth factor potential and pain reducing capabilities. This powerful treatment is administered by injection.

Biological allografts are derived from women who are scheduled for C-sections delivery and screened as organ donors. Once the baby is delivered, allografts are harvested from the umbilical cord and placenta. This is cutting edge natural medicine at its best!

PRP contains growth factors that heal damaged tissues; and it works by naturally triggering immune response, collagen production and other regenerative processes. This helps heal/ regenerate the area(s) of the body into which it’s injected. It is a commonly used therapy for healing injuries and arthritic joints. In the early 2000’s, the use of PRP (Platelet-Rich Plasma) extended into orthopedics to boost healing in bone grafts and fractures. Continued success encouraged its use in sports medicine for connective tissue repair.

Prolozone® is a therapy that is excellent for all forms of musculoskeletal and joint pain including chronic neck and back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs and shoulder and elbow pain. Prozolone® was developed by Dr. Frank Shallenberger utilizing ozone (3 oxygen molecules) for healing and soft tissue problems. It involves injecting vitamins and ozone gas into the affected area. A variation of prolotherapy, Prolozone® utilizes glucose to irritate the local tissue to initiate a healing response. Unlike prolotherapy, Prolozone® is relatively painless.

Enhanced Wellness of New Mexico offers an Integrative Medicine approach to patient care combining conventional Western Medicine with complementary alternative medical treatments that have been scientifically validated. Integrative medicine has become a holistic movement that is embodied in many of the nation’s hospitals, universities, and medical schools. At Enhanced Wellness, we offer a healing-oriented medicine that takes into account the whole person (body, mind, and spirit), including all aspects of lifestyle. Rather than just treating symptoms, we place an emphasis on health and avoidance or mitigation of many of the ailments associated with aging and our environment.
Allergies: Get Relief Now!

By Dr. Charles Scott, D.C.

Are you ready for relief; perhaps even total resolution of food and/or environmental allergies? I’ve spent the last 24 years extensively researching how to detect and effectively treat (even literally eliminate) allergies. Using a holistic approach including a combination of spinal manipulation, laser acupuncture and homeopathy, my clients are singing!

How does it work? My combination approach allows me to reprogram the nervous and immune systems and effectively prevent an “allergic reaction”.

Allergies are the most common complaint seen in our clinic. Researchers and health experts state that some 40 to 50 million Americans have been diagnosed with allergies. (Likely many more have not been diagnosed.) The National Institute of Allergy and Infectious Diseases estimates that some 30 million Americans have respiratory illness and distress due to airborne allergens.

What does the NIH say? According to the National Institutes of Health, allergies are a major cause of illness and disability. They are present in all age groups and usually have a hereditary basis. So, if your parents have allergies, chances are great that you will have them. Often, whole families elect allergy treatments with us, for our revolutionary holistic approach and proven results.

What about Traditional Allergy Treatments? It is not unusual to see patients with a history of chronic allergies that have not responded to traditional, allopathic medicine despite years of allergy shots and drugs. The hidden cause of many chronic diseases may be undiagnosed and untreated allergies. Asthma, arthritis, ADD, bronchitis, colitis, chronic cough, depression, ear infections, eczema, headaches, mood swings, psoriasis, joint pain, migraines, and spinal pain can all have allergies as their cause. Dr. George Malcolm determined that food allergies were the prime cause of disc degeneration in many of his patients.

We live in a virtual sea of pollution and are constantly exposed to toxins. Traditional medicine does not address toxicity. As toxins are stored in the connective and fatty tissues of the body, we do not have enzymes which can break them down for elimination through the liver, kidneys, or intestinal routes. So, they continue to accumulate over time and adversely affect our immune system. Hence, the development of allergies.

Which are the most dangerous environmental toxins? Heavy metals. The Environmental Protection Agency (EPA) states the most dangerous and prevalent are mercury, lead, arsenic, and cadmium. These bind to our cell mineral receptors so that essential minerals cannot enter, resulting in mineral deficiencies that can lead to chronic diseases including allergies.

What types of allergic reactions are there? Allergies can affect us on the physical level (cells or organs), the psychological level and the mental level. This is what makes allergies so disabling. Many times, the allergy will manifest on the physical level and we are able to pinpoint a specific allergen as the culprit. Headaches and eczema are two prime examples. Food allergies are usually the main cause of headaches, especially migraines. One can be allergic to fabrics, detergents, and skin lotions and this commonly results in eczema; although sometimes we find cosmetics to be the major factor causing eczema.

To learn more, watch this video (created when I was practicing in Texas): https://youtu.be/nVprZosgGGY

Is it time to get to the root of your allergies? Our revolutionary, effective and safe technique can detect and eliminate your allergies. This drugless, natural method for regaining your health often results in permanent relief from allergies and chronic pain.

Dr. Scott’s services include Functional Medicine with the use of homeopathics & herbs, electromagnetic MORA therapy, meridian therapy, heavy metal testing and elimination. MORA therapy restores patient’s health by using their own electromagnetic frequencies. This proven, scientifically valid therapy has been used in Germany since the mid 70’s. Call for more information and to schedule your first appointment today. Watch Dr. Scott’s show on the Immune System on Housecalls, GLCtv.tv, http://gltc.us.com/site/watch.php?program=25&video=100150, 1-800-253-8024, 505-508-3768. www.scottchirowellness.com
Can you remember a time when you were delighted with everything around you? When you were filled with wonder, knowing all the possibilities you could conceive of were limitless and you were in awe? Do you recall that awe changing to delight and feeling like you could skip across the universe? Like being sprinkled with fairy dust or star dust?

Most of us have lost this feeling along the way of life. Our hurts and regrets have clouded this feeling of wonder. And many of us believe we cannot be or are not supposed to be that happy because of our wounds and the wounds of the world. This naysayer is the voice of the ego and always speaks to you in the negative. You know you are listening to this naysayer when you get more depressed, angry, resentful and scared.

There is another voice in you which speaks only truth. You will know it is real because as you listen, you feel happier, brighter and more delighted. This is how you know you are listening to the voice of truth.

We are conditioned to listen to the naysayer. The wonderful thing is that as we transmute our negative conditioning, we can more easily hear the voice of truth and delight. These negative conditions can be transmuted by holding each condition in love, joy or peace. We all know something about one or all these states of being, so we start where we are, and where we are is always good enough. It may take time to resolve each condition which causes your lack of delight. Persist...just keep holding yourself and the condition in love and the condition in love, joy and/or peace.

If you hit a wall with a particular condition, it is time to work with someone who knows how to work with transmuting conditions. This is the work I do. Often the condition has its origin in the mental, emotional, physical and/or spiritual planes. These dimensions hold the conditions in place. This could be why (for instance) your tight shoulder or your headache always come back after they have been released on just one level. The conditions in all the levels of consciousness need to be released for the condition to release you.

The most painful and chronic patterns are the hardest to release on your own. When we try to heal them ourselves, we can get caught in the sticky web of the feeling. Then we are out of therapeutic healing mode and into the wound energy. This is when a person who specializes in this type of transmutation is so beneficial.

As these sticking points are resolved, the actual bodily tissue is released and becomes soft and pliant, and it is easier to live inside your own skin. There is less physical pain. And, there is less emotional pain so when the world triggers our points of sensitivity, we feel less pain and are able to live less reactively. We experience more calm, more centeredness, and an increased sense that we are OK.

When things are flowing and no longer stuck, we begin to trust ourselves and the world more, and we begin to open more and more. As we open, we experience an energy filling us. This energy is the energy of Source.

It brings with it delight and joy! It fills us and lets us know that delight and joy are limitless, and we can open even more to receive more and more delight, love and peace. There is no end to this filling. It is infinite and ever expanding beyond our mere physical bodies and into the vastness of space. This is transcendence and self-realization.

Blessings.

If you would like to experience my type of transmuting and transforming healing I would be honored to work with you. Call Maggie at 505-898-7853. www.HealingAcrossDimensions.com
With patients increasingly aware of amalgam’s mercury content, dentists opting for less invasive procedures and safer workplaces, and the Minamata Convention on Mercury requiring each nation to reduce its amalgam use, dental amalgam is entering its twilight years.

The European Union (EU) has set in motion a three-year plan that could well end all European amalgam use, starting with a virtual ban on amalgam for children under 15, pregnant women, and breastfeeding mothers as of July 1, 2018.

The new rule also requires each member country to issue a national plan to phase down amalgam use by July 1, 2019, and for the European Commission to make a recommendation by June 30, 2020, on the phasing out of amalgam use entirely.

The Berlin Declaration: Last November (2017), European civil society met for a two-day summit in Berlin organized by the World Alliance for Mercury-Free Dentistry and its allies, including the European Environmental Bureau, which is Europe's largest network of environmental citizens’ organizations. The civil society then issued the Berlin Declaration to End Amalgam Use in Europe by 2022, with a broad range of goals that can be accomplished by transitioning to mercury-free dentistry, including:

1] Better oral health: Amalgams have been superseded by modern mercury-free alternatives that improve oral health. As noted in the World Health Organization report Future Use of Materials for Dental Restoration, “recent data suggest that adhesive resin materials allow for less tooth destruction and, as a result, a longer survival of the tooth itself.”

2] Less mercury pollution: Dental amalgam is approximately 50% mercury. Between 226 and 322 tons of mercury were used for amalgam in 2015, accounting for about 19% of global consumption of mercury-added products. Much of this dental mercury enters the environment via cremation, dental clinic emissions, sludge incineration, and human waste. From there, amalgam’s elemental mercury can become methylmercury, which can contaminate the fish we eat and damage children’s developing brains and nervous systems.

3] Social justice: People in low-income and minority communities are not only more likely to receive amalgam, they are also more likely to live near the crematoriums, incinerators, and sewage facilities emitting amalgam’s mercury, increasing their cumulative chemical burden.

4] Ending toxic trade: Amalgam manufacturers and suppliers often export amalgam to developing countries that do not have the infrastructure to even collect, transport, and store dental mercury waste, much less address the many other pathways by which amalgam’s mercury reaches the environment.

5] Improved occupational health: Dental professionals — dentists, dental hygienists, dental assistants, and office staff — are exposed to higher levels of mercury in their workplace than the general population.

Dentistry’s old workhorse, amalgam, is headed out to pasture. Its departure means the dawn of more tooth-friendly procedures for patients, a sharp decline in mercury pollution, and a profession that embraces the full potential of 21st century dentistry.

To discover how much mercury vapor is being emitted from your “silver fillings” or for safe mercury filling removal, call Dr. Wolfe’s office: 505-988-9868. www.DrWolfe.com

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— Shirley MacLaine
Academy Award Winning Movie Actress

Dentistry is always a piece of the total health puzzle — sometimes a very vital missing piece.
Stephanie Arnold was an Emmy-nominated and award-winning TV producer who spent 27 years creating and producing TV shows, music videos and documentaries. She left the “business” in 2008 after meeting the love of her life. From that point on, the only thing she wanted to produce was a family.

During the birth of her second child, Stephanie suffered a rare, but often fatal condition called Amniotic Fluid Embolism (AFE) and died on the operating table for 37 seconds. Everything she does since is a direct result of her survival.

Stephanie currently serves on the board of directors for the AFE Foundation, speaks on patient advocacy to organizations like the American Society of Anesthesiologists (ASA), medical institutions and nursing organizations (AWHONN). She was the face for the legislative campaign When Seconds Count (ASA) and also for the Mother’s Day LifeSource program, helping to educate about blood donation. She has raised hundreds of thousands of dollars for Northwestern Memorial Hospital’s Prentice Women’s Hospital and continues to raise money for research and education into one of the leading causes of maternal death in the world.

She was named one of the Today’s Chicago Woman’s “100 Women of Inspiration.” She blogs and offers support to families affected by trauma and surviving against the odds. She has appeared on numerous TV shows, including Good Morning America, Megyn Kelly Today Show, The Dr. Oz Show, The Steve Harvey Show, Good Day LA and has been featured in Yahoo, Women’s Health, Good Housekeeping, DailyMailUK, Cosmopolitan online and many more. Her multi-award-winning, best-selling debut book is being translated into many languages and is currently being distributed worldwide.

Stephanie Arnold lives in Chicago with her husband Jonathan and is the loving mother of Adina, Jacob and stepdaughter Valentina.

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Truly Alive: **Please describe AFE for our readers and the health complication that caused your “37 seconds” of death.**

**Stephanie Arnold:** AFE stands for Amniotic Fluid Embolism (**www.afesupport.org**) — it’s a very rare, 1 in 40,000 pregnancy risk, where the amniotic fluid gets into the mother’s bloodstream, and if you happen to be allergic to it, your body goes into anaphylactic shock. There are two phases to an AFE — the first phase is cardiac arrest — in my case I flat-lined due to the cardiac arrest. In my case, the hospital staff had the crash cart there and got me back up quickly. After cardiac arrest, the second phase is DIC (Disseminated Intravascular Coagulation), the body’s inability to clot blood. Every part of the body starts hemorrhaging.

**TA:** Why is the recovery from an “AFE” so lengthy? Can you talk about what you went through?

**SA:** The medical staff brought me back up from cardiac arrest, and I was hemorrhaging. They did their best to stabilize me. Hours later, they realized I was still hemorrhaging, so they called in a specialist to perform a hysterectomy. Once they did the hysterectomy, they patched me back up again — and then my kidneys went offline. After that, they put me in a medically induced coma to stabilize everything, so I wouldn’t be thrashing around. I was the coma for six days. When they took me down off the meds, I was still on dialysis with kidney failure. It took several weeks for my kidneys to become functional again, and for me to be able to walk.

**TA:** You had a premonition that this was going to happen before it did — can you describe how this happened for you?

**SA:** Three months prior to the birth, when I was 20 weeks pregnant, I had the twenty-week ultrasound. The baby was perfect… but I tested positive for placenta previa, which is not uncommon. It’s a 1 in 200 risk where the placenta is growing on top of the cervix. It’s not serious, and at the most, I might be required to have a C-section. But even so — something sat wrong with me the moment the doctor said “placenta previa.”

Then we went home, and I decided to learn all about “placenta previa” on the Internet. I found out about a rare complication of placenta previa, where it can become an accreta. That’s what Kim Kardashian had, which is basically when the placenta marries itself to the uterus. If that happens, I could potentially need a hysterectomy. As a result of the hysterectomy, I could hemorrhage. In that case, the worst-case scenario is, you and the baby die. Suddenly I sat back in a cold sweat and I looked at my husband and said, “This is going to happen to us. The only difference is, the baby is going to survive.”

**TA:** You were 100% certain. There was not even 1% of doubt. This was a true, complete knowing!

**SA:** Yes — I knew this so strongly, that I’d talk to anyone who was willing to hear me. My husband got tired of hearing the story over and over again. When I’d go to the doctor, I would explain that this was going to happen. Even if you saw me at Starbucks and saw me waddling around and asked, “how’s the pregnancy going?” I’d answer, “I’m going to die.” It was such a strong knowing!
One day, I was caring for my 15-month-old daughter, walking her in a stroller. We were in New York City, walking by a fountain that had been turned off for the winter. I was explaining how the fountain is beautiful with the water flowing — when, in my mind’s eye it turned to blood, and I felt a rush of blood through my entire body. I grabbed onto the stroller and I called my husband. “You need to meet me at the hospital, I’m hemorrhaging!” We raced to the hospital, and I met my husband there — and the doctor came to us and said, “The baby’s fine — and you’re fine.”

I didn’t realize it then, but I realized it afterwards — this incident was a warning. This was foresight.

**TA: How did following your intuition, ultimately save your life?**

**SA:** When I flat-lined, the doctors were able to bring me back quickly because there was a crash cart and extra blood in the operating room, which is unusual. *Later I found out the anesthesiologist that I had a consultation with months prior to delivery, flagged my file and brought these supplies into the operating room.* Unbeknownst to me, she heard me. I mean, *really heard* me. Before the operation, she said to the attending anesthesiologist, “I have a bad feeling about this,” and she wouldn’t leave me. There were other surgeries on in the floor, the anesthesiologist could have been attending — but she decided in that moment that she was going to stay put. I asked her, “Why did you flag my file?” She replied, “You were the first patient I had ever spoken to, who was so sure of what was going to happen to her, who had had a C-section before, and who sought out a specialist to save her life.” It was this one conversation, out of all the times I spoke up, that literally saved my life.

**TA: How did you decide to try regression therapy?**

**SA:** I was getting stronger physically, and also seeing therapists to help me heal the psychological effects of these powerful traumas. I went from therapist to therapist, because each time I started out my therapy session, I’d say “You need to tell me how I saw everything months before it happened.” None of the therapists I consulted, could help me with that. Also, I felt traditional therapy wasn’t working fast enough. I didn’t want to wait another year to be healed — I had children who needed their mother and a husband who needed his wife back ASAP. That’s why I decided on regression therapy. There was nothing traditional about our story, who why did I think traditional therapy would do the trick?

After I started regression therapy, it took many hours before I was able to connect with my memories in the Operating Room. Eventually it got to the point where I needed to rip the band-aid off. I had my regression sessions videotaped so I could refer to them later — anyone can go to the “spirituality” section of my website, register, and see a couple of intense minutes of my regression therapy session, where my body convulses and goes through a seizure. After that, I explain what I see in the Operating Room after I flat-lined.

This hypnotherapy session was powerful. I was explaining who hit the button for the code, which nurse jumped on my chest and gave me CPR and broke my ribs, that the anesthesiologist was by my feet, that my gynecologist kept saying “This can’t be happening, this can’t be happening.” I also saw what was happening down the hall, what my daughter was doing with her friend in the delivery room — and even more. After this regression session, I felt a weight had lifted from my shoulders. Jonathan noticed that I felt better — he was happy that the regressions were helping. But he also questioned whether my sessions could be considered factual. At first, I was angry at him, but then I realized he had a point. To determine if my regression experience could be supported by factual evidence, Jonathan and I showed my hypnotherapy videotape to the doctors who had cared for me. The doctors were perplexed — they didn’t know how I knew what happened in the Operating Room! Next, I asked my OB/GYN, “Did you say, ‘This can’t be happening, this can’t be happening’? She said — ‘Yes I did, but only in my head.’ I then identified the medical resident who delivered my baby and asked my doctors if I was right. Julie — one of my doctors — looked ashen and said “Yes. How do you know that?”

The argument could still be made: “Maybe you heard it all, because the brain potentially loses consciousness after 10 minutes, and you were clinically dead for only 37 seconds.” Yes —*that’s possible.* But I most certainly *couldn’t* see what they were doing. Once you flat-line, and the medical personnel bring you back up, they intubate you, and they tape your eyes shut. Additionally, there was a curtain in front of my neck because I was having a C-Section — and I couldn’t see anything below my neck.

**TA: Did your “out-of-body” experiences heighten your intuitive abilities or precognition?**

**SA:** Prior to my near-death experience, I could sense a few things — like when someone died — but these were sporadic experiences. Now I have powerful experiences I can’t explain. For instance: I was in a concert with a girlfriend of mine, and we’re enjoying the music, while standing in a crowd of thousands of people. And I turned to look at this guy about a hundred feet from me — and I felt something — I don’t know why I had the need to say something, but I walked over to the guy and I asked, “Why did you try to commit suicide?” And the guy falls to the floor in a puddle, crying. He lifts up his pant leg and shows me a prosthetic leg, saying, “Everybody thinks I was in a car accident, but the reality is I jumped in front of a train. How do you know that?” And I answered, “I’m sorry. I can’t tell you...”
how I know it, and I don’t mean to invade your privacy…I’m going to walk over here.” And I walked some distance away. **How did I know — while standing in a crowd with thousands of people all around me — to approach this person, and say that to him?**

Here’s another example. I used to work in television and was recently introduced to a very successful executive producer, a creator of content. She has a very strong reputation in the industry, selling shows. I had a meeting with her approximately 8 months ago. I’d never met her before. The first thing she said was, “I’m a skeptical person.” I said, “Cool — I’m not here to prove my story. I’m here just to pitch you a show.” In our meeting, I was sitting in a conference room with 10 people I’d never met, with my girlfriend sitting next to me. Suddenly I felt like I was having a heart attack — but I knew it wasn’t mine. Pain started radiating down my left arm, my chest was being squeezed too tightly, and I couldn’t go on. I had to stop the meeting and ask, “Does anybody here have a male family member who just had a heart attack?” Everybody denied it, so we concluded the pitch meeting and I walked out. My heart attack symptoms stopped immediately after I left the building.

I didn’t expect to hear from them ever again. Then — four days later I got a phone call from the company, who informed me: “We figured out where the heart attack symptoms came from. After the pitch meeting, the producer got a call from her sister in New York. Her father had a heart attack at the moment you were feeling it. Now her father’s OK. She doesn’t want to talk about it, and we’re buying your rights!”

I got off the phone, and I was so upset that I threw up. I realized that I could meet some complete stranger and feel their pain — and more — and it was freaking me out. So, I am still learning how to handle my abilities. But I have found that sharing my experiences can be of great help to other people as well as to myself.

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

**SA:** I host a Facebook Live event on my public page, [www.facebook.com/StephArnold37](http://www.facebook.com/StephArnold37) on the 18th of every month. The Facebook Live event is a great platform to talk to people “live” about their thoughts. I’m finding that people need validation for what they are feeling. They want to know that they’re not crazy and/or that they can trust their perceptions. If we listen to our intuition, we just know! So — go with the feeling you have, wherever it sits in your body. Sometimes it sits in your head, your heart or your gut. If you listen to it, you won’t regret it. **But, you will probably regret it if you don’t.**

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**Learn more about Stephanie Arnold at:** [www.stephaniearnold.net](http://www.stephaniearnold.net). **Purchase 37 Seconds wherever books are sold:** [http://stephaniearnold.net/author/](http://stephaniearnold.net/author/). To participate in Stephanie’s Facebook Live event, just follow the page at [https://www.facebook.com/StephArnold37](https://www.facebook.com/StephArnold37) and send questions to the inbox. Because Stephanie’s responses are heartfelt and connected, it takes more time for her to answer them. Stephanie welcomes your questions and wants people to come along for the ride, because she is still asking questions herself. **When people like you give her their perspective and their experience, she learns from that.**

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Redefining and more specifically, reframing realistic, achievable goals is a way to experience greater levels of happiness. The language you are using while talking to yourself, (body language included), can and will affect your probability of success in achieving any goal. With NLP, you can quickly and easily reframe unsupportive language.

Consistent, repeated, negative language creates negative results in the reality manifesting around you. Your programming is the belief system by which you currently live and until something changes in this programming process, your results (and life experience) will remain the same.

Serious and chronic problems (such as smoking and weight loss) require attention and discernment of your internal monologue (your internal self-talk) and can be overcome with practice.

Our subconscious mind is like an island poking up through the ocean. We may be familiar with the land, however, underneath the surface there is a lot more territory. It interprets and acts upon the predominate thoughts in your conscious mind, and its goal is to attract circumstances and situations that match the images you have within.

The subconscious doesn’t discriminate, judge, or censor. It will manifest success, abundance, and health just as easily as failure, ill health, and misfortune. Your subconscious accepts what is impressed upon it with feeling and repetition, whether these thoughts are positive or negative. It does not evaluate things like your conscious mind does.

This is why NLP is such an important tool in changing life experiences. NLP bypasses the conscious mind and works directly with the subconscious mind, bypassing willpower in its finest moment.

Are you ready to try this rapid, proven effective technique to help you change, shift or achieve something? Do you have an open mind and a willingness to change? Have you tried other techniques without success? Unlock your dormant potential with Stacey Lane, MLSt, Certified NLP Practitioner. Call today for an Albuquerque appointment (long distance also available). 602-367-6748, www.sharedvisionnlp.com
Happy spring! Time for renewal and growth. Time to spread our wings and expand our horizons. Time to announce my new position of medical director at MicroNutrient Infusion Services, here in Albuquerque! I am not abandoning my practice at Natural Women’s Health, but simply adding the directorship to my job list.

MicroNutrient Infusion Services is a company owned by Chris and Natalie Hall, and offers a broad selection of nutritional IV’s and other health services not available in most mainstream medical offices. We offer infusions such as high dose vitamin C, chelation therapy, Meyer’s cocktails, Alpha Lipoic Acid, glutathione, and even stem cells, to name just a few. We have infusions to boost the immune system, to support the body with nutrients, and support the brain and central nervous system.

Other, non-Infusion services we offer include hyperbaric oxygen therapy, ozone sauna treatments and ultraviolet blood treatments (UVB). We also provide prolotherapy injections for joint pain and often add ozone to the mix when indicated.

Staying true to our holistic, Functional Medicine philosophy, we encourage all our clients to see Natalie Hall while receiving treatments. Natalie has a Masters degree in nutrition and can guide you through diet and supplements that will help you maintain the higher level of health attained with our services.

One of the most important services we offer at the clinic is Live Blood Analysis. This is a procedure where Chris takes a drop of your blood, and looks at it under a microscope. As you sit next to Chris, looking at your blood on a monitor screen, he points out numerous markers in your blood that indicate deficiencies, see Candida (yeast) cells attacking your blood cells and other anomalies. This test is invaluable in deciphering the cause of your symptoms and can help guide us in establishing a treatment plan best suited to your needs that will be most effective. It can also be helpful to repeat it after you have done several treatments to see the positive changes that have occurred.

True to the Functional Medicine model, none of the services we offer at MicroNutrient Infusion Services “cure” any disease or injury. Our goal is to provide the body with the appropriate resources so the body can heal itself. As I have mentioned in previous articles, prescriptive medications, for the most part, are bandaids aimed at controlling the symptoms and can have unpleasant side effects associated with them.

At one time, I was providing limited nutritional infusions and chelation in my practice, Natural Women’s Health, because I believe in the manner in which they help the body. I finally started referring my patients to Chris a few years ago when I realized that he has more experience in mixing the infusions, could provide a larger selection of infusions, and at about half the price of what I could provide! He has a dedicated area in his clinic for mixing infusions (they MUST be sterile), and uses very high quality products. He uses only glass bottles because plastic bags can add chemicals (like phthalates) to the mix that are toxic. Not something you want when you’re trying to heal. Chris also does a large number of infusions 5 days a week, so he gets bulk prices on supplies, and passes that savings on to you.

You have probably heard the phrase “if you can’t beat em, join em”, so that’s what I did. I now work with Chris and Natalie every Wednesday, and at my own office Monday, Tuesday, and Thursday. MicroNutrient Infusion Services is located at 4120 Ellison Rd. NE, Suite A. The phone number is 505-821-9609, or you can check out the website: www.microinfusions.com. Chris and Natalie are two of the sweetest, most genuine people I know. I am honored to be a member of their team. Come see how we can help you improve your health!
I sn’t living in the Land of Enchantment absolutely amazing? I recently hiked up to the peak of the Mesa Point Trail at Boca Negra Canyon to check out the petroglyphs and experience the incredible view of the valley below. After planting a crystal, I found an isolated enclave buffered from the brisk winds and I sat down to meditate. As I began to visualize in my mind’s eye the movement of joy and creativity as a force of energy, I heard the cawing of a crow who is one of my animal totems. I opened my eyes and looked up, only to find him circling over my head in all his majestic striking black beauty.

Black is considered to be a maternal color because the black night always gives birth to a new day that is as yet unformed, but full of potential. Whenever a crow shows up in your life, the secret magic of creation is calling! Because the crow has great intelligence and it adapts easily to its environment, it is a great example for all of us to emulate.

Whenever I hear a crow cawing, it reinforces for me the joy of service I experience as the leader of our spiritual community. Joy is our theme for May and we’ll be exploring ways to keep the magic of the Great Spirit flowing through us. A New Moon Drumming Circle and an Experiential Seminar about the “Joys of Meditation” is offered. Also in May, we have plans to swing wide the doors and open our individual paths of creativity so that we can begin to live an even more joyful, fulfilling and rewarding life.

We cordially invite you to enjoy the tantalizing taste and the inner blooming of your own spirit as you enter our sacred space. Wherever you are on your spiritual path, we look forward to sharing the journey with you.

Namaste, Rev. Heidi Peck
n the last few years, there have been many news reports of major companies and online services that have been “compromised”, exposing sensitive customer data like credit card information; or have such information stolen by “hackers”. Notable examples include Target, and most recently, Panera Bread.

What we take for granted as convenience has come at the cost of security; and brings to mind just how much information we give out and leave on the Internet in our everyday lives!

This is a call for us to really take stock, make conscious decisions and take responsibility for what we do online all the time. There are several ways to do this:

- Utilize the “Private Mode” or “Incognito Mode” of your web browser and perform your banking and e-commerce activities while in this mode.

- Use expendable information, such as “spam barrel” e-mail addresses using free services; one-use credit/debit card numbers issued by the bank; phone numbers with something like Google Voice; and passwords that you can easily change and replace.

- Use the extra security features of various online services like changing passwords, security questions, and something called “two-factor authentication” where after entering your password, you have to enter a code or use an app on your phone to complete the login.

- On a regular basis, check websites like “Have I been pwned” (www.haveibeenpwned.com) and take immediate action depending on the results.

- Finally, be mindful of how often you give out your information and ask yourself if you really need to; or if it is worth the supposed benefit by the company/online site. You have just as much choice and right to decline to do so.

Don’t let convenience trump your security. If you would like assistance setting up any of these options or tech support for any computer issue, please email me: Peter@TrinhTech.com. Superior Remote Services await!

Ellen Santistevan, LMT, is the therapist behind Third Goddess Therapeutics, offering craniosacral therapy and integrative bodywork for adults and children. By appointment: 505-250-4483. www.thirdgoddess.com

Döstädning, or Swedish “death cleaning” is the newest way to label what’s commonly known as “downsizing.” In its essence, döstädning is scaling down your possessions before you die, leaving less work for your loved ones when you pass. I have been involved in this process at my parents’ home, my childhood home, for a few weeks now, as they transition into a retirement apartment. Technically, this isn’t “death cleaning”, as it has become the children’s job to clean out what is left at the house, but in the process, I have acquired some helpful skills that I will be carrying home with me to apply to my own house.

My Swedish mother was able to let go of possessions she no longer needed with relative ease. My father, a semi-hoarder whose mentality is born of the depression era, has had a tougher time. His most valued possession, an extensive collection of book and magazines, lovingly saved, has sadly had to be let go. While packing them, we discovered that nearly every book was molded from disuse. You see, my father loves having things, but he used them rarely. I love books, nearly as much as my father does, and it is heartbreaking to see the ruin that comes from disuse.

TIPS: If you want someone to have a particular item, give it to them now so you can see them enjoy it. Tackle large items first so you don’t get bogged down in the small ones. If your possessions are decaying from neglect, let go of them. If your clothes do not fit, give them up. Make a hard copy of all your computer passwords and let someone know where it is. Be ruthless with the things that don’t matter, so you have room for the things that do. Do keep one box of mementos for yourself. Do it all with love and gratitude.
Positive Results with Regenerative Medicine

By Philomena Marcus, CNP

What are all of these letters? O3, PRP, BA, MAH H2O2, HC03. It sounds like an alphabet soup! What do they mean and how can they help me? To the lay person this might be unknown territory. To the staff at Revitalized Natural Health Center, these letters and abbreviations indicate steps to better health, less pain, a higher level of functioning and a better quality of life.

Let’s take a closer look at a few. Here are the three levels which can be used to ensure positive healing long term effects.

Level One — What is Prolozone?

Dr. Shallenberger pioneered Prolozone therapy. This treatment involves homeopathic medication, vitamins and ozone injected into the affected areas. First the homeopathic, anti-inflammatory, vitamins and minerals are injected into the area, (our recipe) which helps reduce swelling and are critical for healing and regeneration. Then the injection of OZONE (super charged oxygen source), completes the process. This results in a high concentration of oxygen at the source of the problem, which in turn gives the tissues the necessary elements for Healing.

Prolozone Therapy (O3), relieves symptoms related to: Chronic neck pain, whiplash, degenerated or herniated discs, low back pain, plantar fasciitis, carpal tunnel syndrome, torn tendons, TMJ syndrome, sciatica, heel spurs, tennis elbow, rotator cuff tears, degenerative or arthritic hips, knees or shoulders or virtually any other sports injury.

RE: “75% chance for the chronic pain sufferer to become permanently pain free.” There is a plethora of information about the miracle of Prolozone. Here at RNHC, we have been using it for over 8 years and it has made a significant difference for many patients.

Because Prolozone treatments also result in cartilage regeneration, the technique is remarkably effective – even in severe cases of osteoarthritis of the hip or knee.

Level Two — Plasma Rich Platelets or PRP:

This is a process where we take the patient’s own blood, spin it down and then the high levels of rich platelets are used to help the body get back on the road to healing. The growth factor which is pulled from the blood are the cells used for soft tissue repair, bone regeneration, new blood vessels and increase in wound healing. This is also followed by O3 to increase the oxygen in the area for faster results and healing. This process has been shown (in many, many cases) to fix the issues without surgery...allowing the body to heal itself naturally with PRP and regenerative medicine.

Level Three — Biological Allograph:

(BA) provides powerful regenerative healing for a wide spectrum of issues like providing joint healing, tissue repair, even with some severe conditions. Regenerative Medicine is the exciting cutting edge “medicine of the future”, which holds the hope and the promise of efficacy, which revolves around the ability of human tissue to be repaired, replace and healed, (regenerated) once human tissues and organs are damaged or diseased. Regenerative therapies, like Prolozone, PRP, BA, aid and supplement the natural healing mechanisms of the body. These therapies employ the activation of stem cells in our body to stimulate and cause renewal of the tissues damaged by injury, disease or aging.

Why are Stem Cells important? Stem cells are the basic building blocks of life. They are unspecialized cells which can produce more stem cells through mitosis or differentiate into specialized cells. These carry out specific functions in the body. They are found throughout the body’s tissues, organs and systems, although, adults typically have small quantities of our own stem cells. The BA is injected and will then find our stem cells and activate them (turn them on) in order to begin and initiate the regenerative process. This also is followed by the Ozone.

Remember: Good nutrition is vital to the highest and most sustainable healing. Here at RNHC, we share the importance of a healthy diet with our patients. This doesn’t include sugar, fast, junk, white or processed foods. For the body to utilize every opportunity to heal and have the best quality of life without the plague of disease (we have in these recent times), attention to what we put into our bodies is of the utmost importance. We offer nutritional counseling to ensure the greatest success with the healing process; an essential part of the whole protocol for healing and regenerating the body for longevity of life.

Call our office and make an appointment for a consult to see if your condition can be remedied with our special therapies: 505-750-0574, www.revitalizednaturalhealth.com
Yes! The trigger for breast cancer may be in your mouth...not only from poor dietary habits but from bacteria and toxins that accumulate in our teeth and gums. Most of us think of dental and oral disease as more of a nuisance than a health threat; but research proves otherwise.

Years ago, the medical community learned that gum disease could lead to heart disease and several news stories featured information about the link between bacteria in the gums and pericarditis (inflammation of the sac/tissue that surrounds the heart). The truth is the blood that is pumped through the gums (possibly containing bacteria) can travel to all parts of the body. In 2015, researchers in Brazil reported that gum disease can increase the risk of breast cancer by up to three times. Others claim that women with gum disease are 11 times more likely to be diagnosed with breast cancer.

There is a very clear link between dental/oral health and overall body health. Several books have been written about it, among them: It’s All in Your Head by Dr. Hal Huggins and Whole Body Dentistry by Mark Breiner. I have a chart above my desk that I refer to with almost every patient. It is similar to this interactive tooth chart that correlates the empirical relationship between teeth and disease: [http://naturaldentistr-from-encinitas-dentist/y.us/holistic-dentistry/meridian-tooth-chart](http://naturaldentistr-from-encinitas-dentist/y.us/holistic-dentistry/meridian-tooth-chart).

Gum disease is an inflammatory condition and that means there is heat associated with it. Thermography records the heat emitted from the body and translates it into a colored image. It is fast and painless. Breast imaging is the most common use of thermography (women wanting to avoid the radiation associated with mammograms); but full-body thermograms image the face, as well as the breasts.

Thermography can help to locate inflammatory conditions. This helps both patients and doctors locate areas of concern before they become a more severe disease. To schedule your breast or full-body thermogram please call the Thermography Center at 505-271-6608. [www.ThermographyNM.com](http://www.ThermographyNM.com)

Healthy Living Day Event Details:
- **Date/Time:** Saturday, June 23, 1-4pm
- **Held at:** Family Life Center, St. John’s United Methodist Church, 2626 Arizona St NE, ABQ, 87110
- **For:** Local community members, members of Body & Brain Yoga and Tai Chi centers and their friends and family, participants of Body & Brain’s community classes AND ANYONE! All are welcome!
- **Tickets:** $25 (includes admission and a copy of the book)
Unplug, Reset and Celebrate!
By Dr. Juliette Sweet

Did you know the average American looks at their cell phone 80 times a day? We live in a fast-paced world, continually bombarded with technology notifications and artificial light. We have not truly adapted to these major changes over the last 25 years and it is negatively affecting our health.

The effects on mental health, our nervous systems, and overall quality of life is becoming widely known. Every time we receive a sound notification, our brain’s reward center responds by releasing dopamine — the same neurotransmitter responsible for addiction. Many are addicted to technology and it’s been proven to lead to increased anxiety and depression.

Phones, iPads and computers all emit light which can affect your sleep/wake cycle when used after dark. The blue light enters your retina and tells your brain that it’s daytime, stimulating cortisol instead of melatonin, needed for restful, prolonged sleep.

Counterbalance Negative Effects: Eco-therapy, or as some call it “green therapy, forest bathing, or earth-centered therapy” refers to the benefits humans get from spending time in nature, shown to improve cardiovascular health and immune function and decrease depression/anxiety.

Additional tools:
- **Limit use**: No cell phones while eating. Turn off all sound alert notifications and avoid checking your phone right before bed or first thing in the morning.
- **Light**: Do not use devices after 8 pm. After dark, use “night-mode”.
- **Un-Plug and Re-Set**: Just 48 hours of being in nature and taking a “technology vacation” can help re-set your nervous system.

Dr. Sweet holds a doctorate in Naturopathic Medicine and a Masters’ degree in Ayurvedic Sciences from Bastyr University, an accredited 4-year postgraduate school, in Seattle Washington. She sees clients throughout the central New Mexico area including Albuquerque and Santa Fe. (575) 829-4149, www.spiravitanaturalhealth.com

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ONDAMED®: What is it and why is it so effective? ONDAMED® is a powerful combination of cutting-edge pulsed electromagnetic field (PEMF) and biofeedback therapy. It is extremely effective because time-varying or pulsed electromagnetic fields create microcurrents in the body’s tissues. These microcurrents elicit specific biological responses depending on field parameters such as amplitude, frequency, and waveform.

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The connection between the Infinite Power (God), the elements (Tobacco) and the Sheripiari (Mino) all work together with the intention to bring cleared energy, harmony, balance, clarity, prosperity, connection, strength, opening one’s pathway, freedom, joy, peace, happiness, blessing, wellness, forgiveness, protection, release traumatic memories from childhood connected to either mother or father that are affecting the person, and finally to gather all dispersed feminine and masculine energy that are causing clients to lose concentration and confidence. This triangular unity also works on house clearings and long-distance healing as well as in person healings.

Sheripiari (Mino) always starts each healing session with Sheri (Natural Tobacco) and ends with it. People want to call Mino a shaman, curandero, tata or whatever title they use in their communities to address the great healers. Mino says “No! I am only a man. I get hungry, thirsty and if you hit me, I will hurt. If you must call me anything call me Sheripiari - man who helps the health of humans or healer in the Ashéninka language.” Mino further explains that a woman who works in this manner is called Sheripiaro. Both healers work mainly with the Spirit of the Sheri who is represented by Manitzi (Jaguar), as well as Tsonkiri (Hummingbird) the messenger of Sheri and many times they will appear in visions or dreams.

Before any session, Ashéninka Mino does a personal cleansing on himself and the space. He meditates and prays for the blessing of “Pawa” (God in Ashéninka language). He reverently asks the Spirit of Sheri to free and protect the space from any and all negative influences and prays with the smoke of Palo Santo (sacred tree in Peru) to bring harmony and balance as well.

When a person comes for the first time, Ashéninka Mino asks permission to enter their body with the smoke of the Sheri so that the Spiritual Brothers and Sisters can guide and assist him to do the treatment on 4 levels (physical, emotional, mental and spiritual). Sheripiari Mino works through all points of the body, all pathways, all channels, all meridians. (Sessions last approximately 2 hours with the time before to discuss what clients want to work on and the summary after where Mino shares what he found and cleared.)

Testimonials are as diverse as the different people that have come to receive the work. Many have expressed deep gratitude for the relief from worry, grief, pain anger, fear, depression, disease and many more. We witness a positive, glowing change in their expression and a sparkle in their eyes. No matter how many times you tell Sheripiari Mino “thanks” he always points toward the sky and says give thanks always first to Infinito Poder (Pawa) for that is who truly does the work.

Nearly four years ago, by a series of synchronistic events I met Bernadette and Mino with Shabeta’s Sheri Garden. Over those four years, I truly have been blessed to call them my friends and teachers. I have had approximately six or seven healing sessions with Mino. I feel (at this juncture in my spiritual development) I could already write a book about my encounters with them. Bernadette is an earth mother, a curandera, a plant whisperer, a seer, a soul soother, a medicine woman and an incredibly wise person. She is the manifestation of Love. She is all heart and I am grateful for her unconditional love and spirit. I would call Mino a holy man but, he wouldn’t like it because he is before all things a humble man. Never once have I heard him take credit for the divinity that channels through his being. He is a true healer.

Blessings and Love, Elizabeth
The NM Center for Meditative Inquiry and Retreat is offering a silent retreat from June 23 to 30, 2018. Attend one to seven days. It will be held in a spacious country lodge just outside Albuquerque.

The retreat is free of traditional trappings and is accessible to people from any or no tradition — including Tibetan, Zen, Vipassana, and Western. It will appeal to people who like Eckhardt Tolle, Adyashanti, Byron Katie, Krishnamurti, Thich Nhat Hanh, and Pema Chodron.

The retreat day includes sitting, walking, dialogue, a talk, and individual meetings with the resident teacher, Jay Cutts. This will be a simple, deeply honest inquiry — together and alone. All activities are optional.

Both new and experienced meditators will explore directly what meditative work is and how it sheds light on the deep concerns of our lives. We will discover together, the moment-to-moment unfolding of healing, wisdom, and compassion that wells up in us when we allow ourselves the time and space to be present.

Jay Cutts attended retreats for over 40 years and is a senior student of the late Toni Packer. Toni began in Zen practice and evolved a direct, simple, and very human approach to meditation and the unfolding of our human condition.

Jay says, “Meditative work is, in its deepest sense, is not theoretical or goal oriented. It’s not a matter of time or progress. It is the direct opening, fully complete in this moment, to a simple, compassionate, open awareness that allows the myriad fears, clingings, confusions of the mind that we all suffer from to be revealed — and healed — in a fresh way. It brings us intimately, undividedly, and lovingly in touch with the wide universe in all its profound stillness. I feel that, in our deepest hearts, it is the possibility of this openness that most calls to us.”

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ADDITIONAL RESOURCES ONLINE: www.trulyalive.net
Dying Grandma Was Too Sick to Attend, So College Baseball Team Took the Game to Her, found on:

www.goodnewsnetwork.org/dying-grandma-was-too-sick-to-attend-so-college-baseball-team-took-the-game-to-her/

This 19-year-old college baseball player was heartbroken over his grandma’s inability to watch his game — so instead of allowing her to miss it, he and his team brought the game to her.

Due to the chemotherapy and radiation treatments that Marilyn Seavers had endured to fight her stage IV lung cancer, she was too weak to leave the house for her grandson’s game in March. Zach, who was very close with his grandma before she died, was determined for her to see him play in a college uniform.

“She was more than a grandma for me and my sister,” he told the Belleville News-Democrat. “We were like friends. We’d go to movies together, she took me shopping for homecoming, we played a lot of pranks on each other and whenever we had a game, she was there.”

The student then asked his teammates on the Lewis and Clark College baseball team if they would play a game in his grandma’s backyard — and they agreed. The next morning, Zach told his aunt to help his grandma into her wheelchair, position her in front of her bedroom window, and open the blinds. The senior was stunned to see that a dozen young athletes had drawn a makeshift baseball diamond in her backyard for a game. Not only that, but Zach’s 16-year-old sister, who is also a talented softball player, was included in the game as well.

“She shed some happy tears and sat there in disbelief,” said Zach’s aunt. “I get choked up every time I think of it. What an amazing, loving gift these boys showed Zach and his grandma.”

“Every guy who was there came out without hesitation,” Zach told the online news outlet. “All of them are nice people, and it was really cool that they could come out and be with me and my family. Everybody had a lot of fun with it. I could see into her bedroom window, and there were smiles all around.”

Two weeks after the surprise game, Marilyn passed away in her Edwardsville, Illinois home surrounded by her loving family members. She was 78. “It meant a lot to me to be able to pull that together for her,” says Zach.
MAY 2018:

My first impression of May is that something is missing, as 3 of the outer planets are Retrograde. There seems to be hidden factors as we express American values in personal ways. May can be the beginning of some big changes in the world. There will be radical attempts to change whole cultures. Earthquakes are likely along with volcanic eruptions over the next 7 years. January of 2020 is a peak time for this activity. The 8th holds a surprise. A long-held truth is found to be a myth. Our country seems to have a nervous energy, which some people prefer. It’s a strong rebellious wind that rattles the windows of our homeland. The old comes down to make room for the non-descript new. Fortunately, we have historic sites which still hold the psychic energy from days of old. Someday, science will have a way to read that psychic energy which will give us images from the past. So, Uranus is the big deal this month as it transits into Taurus and progresses to our Country’s Ascendant. Also, with Uranus progressed to, and standing on, our Country’s Ascendant, we can understand the radical, most eccentric elements, which are attracted to our country. Money matters matter more as fluctuations, like aftershocks, ripple through the economy. Our ship has set upon a stormy sea with a damaged rudder. Yet, stout-built and strong, our keel cuts a clean swath though the storms. Events and objects are large as an energy wants to burst forth after being long-suppressed. If allowed, this could build to a war-like situation by mid-month. The 25th brings a chance for civility to set in. The full Moon of the 29th gives attention to foreign issues and zealotry.

JUNE 2018:

My first impression of May is that something is missing, as 3 of the outer planets are Retrograde. There seems to be hidden factors as we express American values in personal ways. May can be the beginning of some big changes in the world. There will be radical attempts to change whole cultures. Earthquakes are likely along with volcanic eruptions over the next 7 years. January of 2020 is a peak time for this activity. The 8th holds a surprise. A long-held truth is found to be a myth. Our country seems to have a nervous energy, which some people prefer. It’s a strong rebellious wind that rattles the windows of our homeland. The old comes down to make room for the non-descript new. Fortunately, we have historic sites which still hold the psychic energy from days of old. Someday, science will have a way to read that psychic energy which will give us images from the past. So, Uranus is the big deal this month as it transits into Taurus and progresses to our Country’s Ascendant. Also, with Uranus progressed to, and standing on, our Country’s Ascendant, we can understand the radical, most eccentric elements, which are attracted to our country. Money matters matter more as fluctuations, like aftershocks, ripple through the economy. Our ship has set upon a stormy sea with a damaged rudder. Yet, stout-built and strong, our keel cuts a clean swath though the storms. Events and objects are large as an energy wants to burst forth after being long-suppressed. If allowed, this could build to a war-like situation by mid-month. The 25th brings a chance for civility to set in. The full Moon of the 29th gives attention to foreign issues and zealotry.

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