October 12 & 13, 2018
Inn at Rio Rancho & Event Center

HUMAN ORIGINS CONFERENCE
A UFOTEACHER GLOBAL INITIATIVE
humanoriginsconference.com

LIFTING THE VEIL
THE FORGOTTEN KNOWLEDGE OF OUR COSMIC LEGACY

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THE NEW MEXICO UFO AND PARANORMAL FORUM
CONFERENCE TICKETS & INFO 954-394-7431 HUMANORIGINSCONFERENCE.COM RIO RANCHO, NM
In this groundbreaking book, therapist and intuitive Elisa Romeo, takes Soul beyond an intellectual concept and into a direct and personal relationship. Pulling from depth psychology, years of practical experience, and touching stories from clients, Elisa brings substance and gravitas – and some levity – to the topic of how to live a Soulful life.

Elisa’s comprehensive, straightforward program contains effective meditations, visualizations, and inquiries to support you on the often messy, winding, and yet amusing path of discovering your Soul in modern times. Meet Your Soul not only tells you how to access your Soul connection, but also preps you for some of the common obstacles you’re likely to encounter on your journey.
**INTUITIVE HEALING PROGRAMS WITH:**
Chantal Fidanza
Location: Santa Fe (San Marcos Area)
505-438-1074 • www.yourdivinelight.biz

**Become An Intuitive Practitioner!**
Jan 5 – Jun 15, 2019
Early Bird Discount!
Called to take the next step? Would you love to have your own intuitive healing practice? Would you like support to “manage” your own sensitivity (with or without clients)? This is your chance to shine! Deeply transformational 6-month program includes a 3-day retreat with equine guides supporting us to refine our intuitive gifts, attune to our highest calling, and gain the skills to offer these gifts in our own successful healing practice.

**Equine Assisted Intuitive Healing**
“Horses & Donkeys Helping You”
2-hr Session by appt.
(1 person)
**Truly Alive Special ONLY $199**
(Reg. $260)
Release stress, grief, trauma. Embrace joy, peace, empowerment and your divinity.

**Up-level Your Wellness**
Learn Panic Healing!
2-Day Experiential Intensive
August 11-12, 9am-6pm
Anyone can learn to be a Pranic Healer! Work with the energetic anatomy, preventive healing and self-healing. Also, learn to direct and enhance your inborn ability to heal. This highly developed and tested system of energy medicine utilizes prana, the life force, to balance, harmonize and transform the body’s energy process. Learn the basics of working with the energy aura, including scanning, sweeping, cleansing and energizing. This course is for everyone – NEW and REVIEW!
Info: Lynn Provenzano, 915-449-0619
Register: http://pranichealing.com

**OFFERED BY:**
The Human Origins Conference
Held at: Inn at Rio Rancho & Event Center
1465 Rio Rancho Blvd, Rio Rancho 87124
954-394-7431
info@humanoriginsconference.com
www.humanoriginsconference.com
facebook.com/human.origins.conference

**2018 Human Origins Conference**
October 12-13, Friday & Saturday
Tickets: $180
Who are we? Where did we come from? What’s humanity’s true origins? Revealing the fascinating realms of Earth’s cosmology, human origins, ancient history and lost wisdom. Our mission: sharing knowledge with the purpose of expanding our consciousness by presenting prominent speakers and discussions. Tickets include breakfast buffet and dinner with the speakers. Sponsors: New Mexico UFO and Paranormal Forum and Turtlegang Edutainment.

**Calling All Vendors!**
2018 Human Origins Conference
Get your own vendor table at the conference! Visit our Vendor page for more info on becoming a Conference Vendor. Vendor fee includes your name, business, logo and web site promoted on Conference’s Vendor page, Facebook event page and social media channels. Have any questions, call/email us.

**Reiki I Classes**
Usui System 15-hr class
July 26-29 & Aug 2-5
Thur 6-8pm, Fri 6-9pm
Sat, Sun 1-6pm • $150
Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 30 years, teaching for 27 years. RSVP required. 505-299-0011 • ReikiABQ.com
11930 Menaul Blvd NE, Ste 108, ABQ

**Reiki I Class $175**
July 28 or August 25
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

**Jemez Health Retreats:**
Summer Special
Expires 8/31/18
**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

**From Chaos to Coherence Conference**
With Gregg Braden & Bruce Lipton
Power to Thrive in Life’s Extremes
November 8-11, 9am-5:30/6pm
Extraordinarily Transformative 4 days (over 30 hours) with two world renowned pioneer, scientists, teachers and authors in the field of science, biology, metaphysics and consciousness. This one a kind extend ed program is offered nowhere else in the world! Book early and secure your place.
Hyatt Regency Tamaya Resort and Spa
1300 Tuyuna Trail, Bernalillo 87004
Info/Reg: https://tinyurl.com/ychnxjtb

ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN: www.trulyalive.net
HAPINESS IS AN INSIDE JOB.

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
July 21 & 28, 6:30pm • 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
August 11 & 25, 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!

Alternative Wellness Open House
August 16th, 5-7pm
FREE with light refreshments
Come and meet the Practitioners and learn about all of the services now available to clients of Alternative Wellness! Check out Janet’s beautiful new office, located in the Promenade Shopping Center.
5200 Eubank NE, Suite C-3
Albuquerque, NM 87111

Live Call: Health/Essential Oils Info
With Janet Hall, Naturopath, CKP, CBT and Carol Akright CKP, CFP™
June 7 & July 7, 7pm (MST)
One major health issue is discussed each call as well as 3 essential oils, what they are for and how to use them. Get your questions answered! Dial 1-563-999-1089, enter ID#781351 and announce you are on the call. Each call is recorded for listening later if you can’t make it on live.

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

EVENTS OFFERED BY:
Stacey Lane, Shared Vision NLP
Author, Lecturer, Cert. NLP Practitioner, Workshop Leader
Osher Lifelong Learning Institute (OLLI) at UNM
602-367-6748
www.sharedvisionnlp.com

Introduction to Neuro-Linguistic Programming (NLP):
Subtle, Sensitive & Sophisticated: 19872
October 19, 1-3pm
Scientists say most of your brain is active all of the time (not just 10%). Learn basic, practical mind-body truths and how to consistently achieve specific outcomes and maximize your potential. NLP is a simple, yet sophisticated approach to communication and personal development.

Neuro-Linguistic Programming (NLP)
The NLP Meta-Model: 19874
October 26, 1-3pm • $20
NLP trains us to observe and find out, rather than relying on our own conclusions. The meta-model is an analytical tool that enables us to notice what’s missing and effectively communicate with others and pay attention to our language. (Prerequisite: 19872 Introduction to Neuro-linguistic Programming)

Creative Writing Exploration
Where are you From? 19515
December 14, 1-4pm • $20
Examine your past (always present within you), your childhood, beginnings, roots. must tell our stories in order to survive them, learn from them, grow beyond them. Where are you from? Using images of family, of history, of ancestry, of concretion, you will write and discover.

EVENTS OFFERED BY:
Wise Medicine™
Dr. Glenn Wilcox, DOM, Judy Allen, FNP
5353 Wyoming Blvd NE, Suites 4 & 5
ABQ, NM 87109 • 505-771-4998
www.DrGlennWilcox.com

Third Thursday Presentations – Free Every Month, 7-9pm
O Shot, P Shot, Shockwave Therapy, Bioidentical Hormones & Sexual Rejuvenation
July 19, 7-9pm • FREE
Learn about PRP injections (your own plasma), how they contain growth factors and attract stem cells, and regenerate sexual organ function (male and female). Understand if your hormones are deficient/excessive and how to stimulate balance. Also, how natural hormones improve vitality, psychology, sexual vigor, more.

Resolve Your Pain, Regenerate Your Joints with Advanced New Therapies
August 16, 7-9pm • FREE
Experience relief from acute and chronic musculoskeletal pain with Shockwave Therapy alone or combined with injection therapies: Prolozone, Platelet Rich Plasma (PRP), and Myofascial Trigger Point Therapy. These therapies can also regenerate tendons, ligaments and cartilage in joints, and quickly resolve strains and sprains.

Melissa Parra, CNP is Moving!
Effective Date: 7/16/18
My practice will be moving from Dr. Weiss’ office to Equilibrium Wellness, right next door in the same office complex. I look forward to seeing patients in my new location!

Equilibrium Wellness
3901 Georgia St NE, Building F
ABQ, NM 87109 • 505-433-4349
www.melissaparracnp.com

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 realization into the Infiniteness you are and have always been! Bring your willing spirit. Psycho-therapist/Intuitive 20+ years. NE ABQ. Susan Spensley, MA
505-883-0191 • susan@iqspirit.com
www.susanspensley.com

ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN: www.trulyalive.net
High Desert Center cont’d
Topic: I Live Fully Today
Friendship Sunday, Community Conversation & Pot Luck immediately after our Celebration

August 19, 10-11am
Sunday Celebration with Rev. Heidi M. Peck
Topic: Plugged into the Vitality of the Great Spirit!

August 26, 10-11am
Sunday Celebration with Rev. Heidi M. Peck
Topic: Dancing with the Divine

August 29, 6-7pm
Heartfelt Peace Meditation with our Ecclesiastical Team
Featuring a journey towards discovering your inner child.

Wherever you are on your spiritual path, we look forward to sharing the journey with you! Please visit our website: HighDesertCSL.org and our YouTube page http://tinyurl.com/y7k4pupw

Guild Cinema cont’d
French artist Paul Gauguin (1848-1903) innovator of modern art, known for experimenting with bold color/distorted proportions, leaves his family and ventures alone to Tahiti. Pushing deep into the Tahitian jungle, he meets his muse, who inspires his most iconic works of art.

PRANIC HEALING EVENTS:
Contact: Rita Herther
505-298-4823

Self-healing, Your Life Force and Pranic Healing*
July 28, 1:30-3pm • Donation
Pranic Healing® introduces you to the energy body, the blueprint of the physical body and how prana, the life force, works with your innate ability to heal.

Self-healing, Your Life Force and Pranic Healing*
July 29, 1-2:30pm • Donation
Recharge your brain for clarity with an ancient technique that balances energy. Together with Pranic Healing®, learn to harness your “life force” for healthy benefits.

Super Brain Yoga and Pranic Healing®
July 29, 1-2:30pm • Donation
Experience no-touch clearing of congested energies and energizing and balancing of your energy body to promote healing.

Benefits of Hyper Oxygenation
LiveO2 Training Demos
2nd & 4th Friday of each month
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.

ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN: www.trulyalive.net
Dr. Stephen P. Weiss is Moving!

Effective Date: 8/1/18
Relocating his practice 3901 Georgia St. NE, Suite D to Santa Fe, Dr. Weiss is joining Russ Canfield, M.D. and 360 Medicine. He looks forward to seeing patients in his new location! Please call 505-795-7111 for an appointment.

360 Medicine • www.360medicine.com
66 Avenida Aldea, Santa Fe, NM 87507
www.holisticmedicineheals.com

How to handle Chronic Pain
With Dr. David Sobers
Learn how thousands of people have become pain-free without drugs or surgery. Dr. Sobers will demonstrate PEMF therapy developed by NASA for the astronauts. Question and answer period and FREE trials of PEMF follow the talk.
Info/RSVP: 505-369-5083
www.LifeCanBeReallyGood.com
July 14, 21, 28 & Aug 11, 2:30pm • FREE
Held at: Juan Tabo Library
3407 Juan Tabo Blvd NE, ABQ, 87111
AND
July 19, Aug 16, Sept 20, 1-2pm • FREE
Held at: Domingo Baca Multigen. Ctr
7521 Carmel Ave NE, ABQ, 87113

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https://www.alzcorp.com/product/life-imagined • 1-800-606-0192
(from the publisher)

As someone who has (since my teenage years) been fascinated with what goes on for humans when they are not in bodies on earth, I’ve been drawn to read books, attend workshops, trainings and more to learn everything I could about the subject. I was compelled to feature this book. That’s the only way I know how to describe it. (Intuitively I knew it was a tool to help me personally move to the next level of Soul Work.) I hope you enjoy the feature and if you are drawn, to purchase the book. It’s the first I’ve read which goes into depth about working directly with our Souls (and is the subject from cover to cover).

I especially loved the author’s suggestions to personify our Souls and Gremlins and really enjoyed the exercise in creating my Soul’s Mission statement as well as the reference to us as individuated “God Pods”. The book is chock full of information!

If you haven’t already, be sure to check out the “Feel Good News” page at the back of the magazine. Each issue, a story from the www.goodnewsnetwork.org is featured. Numerous rave reviews have come in already about this new offering which started with the January/February issue of 2018.

A change of note: Truly Alive Magazine has (for the past couple of years) been printed in El Paso, Texas. It is with great sadness along with excitement that we are now (starting with this July/August 2018 issue) being printed in Colorado. We have, up until the last few issues, enjoyed a wonderful quality of printing from El Paso and I am confident the Colorado change will provide a happy, consistent outcome for all issues in the future.

Even more exciting changes are on the way for Truly Alive as well. Stay tuned for more news as things continue to unfold.

Have a safe and happy summer!

Karen Larré
The accuracy of conventional lab tests for parasites in the United States is medically frustrating for me and many of my colleagues. This opinion has been expressed to me over the past four decades by many medical professionals who have made the effort to better inform themselves and stepped beyond the established, conventional medical stance. It has certainly been my experience. But why would this be so in the twenty-first century, a time when we have mapped the human genome and made huge strides determining the extent and influence of the human microbiome?

Parasitology Diagnosis History: “Currently, the detection and diagnosis of parasite infections rely on several laboratory methods in addition to clinical symptoms, clinical history, travel history, and geographic location of patient. The primary tests currently used to diagnose many parasitic diseases have changed little since the development of the microscope in the 15th century by Antonie van Leeuwenhoek.”1

Expertise: Generally, a Ph.D. directs a lab, but the microscopy is usually performed by a lab tech. A lab tech has a minimal education in identifying parasites, and this is not expertise. It requires 3 to 5 years to attain entry level expertise as a parasitologist. Furthermore, the expertise of the directing parasitologist varies greatly depending on where they were educated. As in all areas of medicine and life, parasitologist competency varies widely. It is important to understand that it is rare for an actual worm to show up in a stool specimen. Diagnosis is made by identifying very small, microscopic metazoan parasite ova (eggs), and protozoan cysts (immature) or trophozoites (mature). Identifying pathogens by microscopy is a rigorous science. Evidence of a parasite infection can easily be missed due to lack of expertise.

Laboratory Methodology: Laboratory methodology varies from lab to lab. It takes time, and time is money. The lab often does not take the time to do the methodology for identifying parasites thoroughly. This methodology includes many steps: physical examination, concentration techniques, filtering, centrifuging, washing, transferring from one tissue to another, and one CF (dye) to another, separation of fibers, preparation of slides, etc. Finally, the ability to identify the parasites at various levels is essential. In the U.S., those doing the microscopy often do not have the level of expertise required.

CLIA: Through the Clinical Laboratory Improvement Amendments (CLIA), the Centers for Medicare & Medicaid Services (CMS) regulates all laboratory testing (except research) performed on humans in the U.S. (However, CLIA has no direct Medicare or Medicaid program responsibilities.) CLIA certifies clinical laboratories but does not guarantee accuracy of testing by the certified lab.

Time: As part of my research to try to understand why labs in the U.S. are not doing a good job finding most parasites in standard ova and parasite tests, I decided to ask lab techs about what goes on. So, I invited a few out, individually, for a meal. What I learned was interesting, and while frustrating, their responses were consistent with most profit-motivated businesses. Simply stated, the techs told me, off the record, that management made it clear that minimal time was to be spent doing hands on microscopy since the lab made more money with automated procedures. And so, I asked a friend who had a friend who was a lab manager to discretely inquire. The lab manager told my friend that corporate sent down the same word. These are the simple facts of life in our society. Therefore, the appropriate time needed to perform accurate parasitology microscopy may not be allowed for, and of course this will interfere with getting accurate results.

Conventional Medical Opinion: Several years ago, I taught a four-hour introductory class about parasites to health professionals and consumers. There were four M.D.s in the class. When the class was finished each of the M.D.s told me they had learned more about the subject in this short class than in their entire medical education. Medical students get a few hours of introductory education in parasitology, usually as part of an infectious disease course.

“According to Acholonu (2003), in USA, there is de-emphasis of parasitology in the medical and veterinary schools, but more so in medical schools. A survey carried out revealed that there is not a single department of parasitology in medical schools in the USA.”2
Unfortunately, the conventional medical belief is that parasite infections are a third world problem and not at all common in “clean” America. In fact, what I have learned while specializing in treating parasites since 1980 and working closely with a world-class parasitologist for three decades is that it is a very common problem in the U.S. In fact, a recent, large study about the prevalence of intestinal parasites in the U.S. was reported in the American Journal of Tropical Medicine and Hygiene in 2002. “One-third of 5,792 fecal specimens from 2,896 patients in 48 states and the District of Columbia tested positive for intestinal parasites during the year 2000…”

Obviously, many of us travel to other countries where our chance of being infected increases. And, much of our food comes from those countries. Parasite cysts and eggs can be on vegetables and fruit as well as unhealthy bacteria. Furthermore, for example, it is understood by the U.S. Centers for Disease Control (CDC) that normal municipal water purification does not completely eliminate parasites like Giardia and Cryptosporidium from our drinking water or the water used to wash and keep fresh looking vegetables in the store. In America, is our water safe to drink and our food safe to eat? Sometimes... But not always! Drinking water that has not been purified by reverse osmosis or eating raw vegetables (salad!) without first soaking them in a dilute hydrogen peroxide bath is quite simply a gamble. The risks may be less in the U.S., but they are very real.

DNA Testing: DNA testing for parasites is evolving rapidly. While this method of parasite diagnosis is not fully mature currently, the promise for the future is exciting. Here’s an example of recent problems with DNA testing. In 2007, Metametrix, a well-known, CLIA licensed, diagnostic laboratory began offering a stool-screening test that used a proprietary DNA method reported as “DNA/ELISA” in an effort to identify stool microbia (pathogens including parasites). Many docs used this test. To test the accuracy and specificity of this method, and unknown to Metametrix, an external proficiency analysis study was conducted by an independent research institution. Results revealed that there was a significant discrepancy between the results found in the study and those of the reports of the same specimen from Metametrix. In simple words, the DNA test was very inaccurate. On July 11, 2012, Genova Diagnostics, Inc. (formerly Great Smokies Diagnostic Laboratories) announced the acquisition of Metametrix, Inc. On June 18, 2012, the results of the independent study were presented at the 112th General Meeting of the American Society of Microbiology.

One day your smartphone may have an attachment that will immediately analyze a sample of your morning BM, and you will know if you have uninvited guests. Until then, I will continue to send specimens to the world-class lab I use in Africa that I’ve depended on for decades and that has helped...
Hammed Ibraheem, M.D., Ph.D. Since 1988, I have worked closely with my mentor Dr. Hammed Ibraheem, a world-class parasitologist and brilliant medical doctor. He has been a member of the World Health Organization (WHO) since 1971 and is the founder of EKO University of Medical and Health Sciences in Lagos, Nigeria (https://ekounimed.edu.ng). It is the premiere medical university in Nigeria and is emerging as the top school in Africa. It enjoys an affiliation with Columbia Medical School in New York City, and graduates may sit for U.S. foreign M.D. equivalency exams. There is a hospital on the EKO University campus. EKO University also offers a post graduate program in parasitology, and many other specialties. EKO University has a strong memorandum of understanding with Lagos State Government and is fully accredited by the Federal Republic of Nigeria. The EKO University and Hospital Lab is a world-class facility. This is where I send my patient’s specimens and those of other doctors’ patients for accurate diagnosis.

Who Is Willing to Work with Feces? Over a decades-long career in parasitology and as a result of teaching the subject to students wanting to specialize in the field, Dr. Hammed Ibraheem has observed what may be the fundamental issue. Whether a parasitology student, a lab tech, or a Ph.D. parasitologist “Many people run away from fecal waste. They don't want to touch a stool sample, even if it comes from their own rear end.” This simple fact of life may be the most revealing bottom line about why parasite diagnosis is not more reliable.

FOOTNOTES:
2 Interdisciplinary Perspectives on Infectious Diseases, Volume 2009, Article ID 278246. Diagnosis of Parasitic Diseases: Old and New Approaches, a review article by Momar Ndao, National Reference Centre for Parasitology, McGill University Centre for Tropical Diseases, Montreal General Hospital, 1650 Cedar Avenue R3-137, Montreal, QC, Canada H3G 1A4 http://dx.doi.org/10.1155/2009/278246
5 Quoted from a personal conversation on 06/03/18 with Dr. Hammed Ibraheem by Dr. Glenn Wilcox.
Recently, we have been contacted by several indigenous people asking for healing treatments with Ashéninka Mino (Sheripari). We find this particularly interesting, as Mino is Peruvian. The tradition of healing has been in his family for many generations. His sister serves as the local healer in the small Peruvian village in which Mino was born (central jungle of Peru). Occasionally, Mino asks his mentor, a Peruvian healer and psychic surgeon for assistance.

Sacred tobacco (Sheri) is used in each session to clear the client’s energy field and solidify each healing. Mino (Sheripari) begins every session with it and ends with it. Mino’s healings (with the assistance of his healing brothers and sisters in spirit) are truly amazing. He maintains that it’s God (Pawa) who does the healing; Mino is just the vehicle in which God’s healing energy flows. Powerful healings continue including physical, emotional and spiritual and for this, Mino is deeply grateful. The connection between the Infinite Power (God, Pawa), the elements (Tobacco) and the Sheripari (Mino) work together to bring harmony, balance, clarity, prosperity, connection, strength, wellness, forgiveness, and protection. Through the process, traumatic memories from childhood can be released and more.

As energetic beings interacting with many other energies in life, we naturally pick up energies that stick to our energy fields. Many of these do not belong to us but have attached along the way. Some are energies in our bodies or energy fields that affect us in ways we are not even aware. Those that are detrimental, when cleared can result in dramatic improvements in our lives.

As an herbalist/healer of many years, I am honored to work with and translate for Mino and have this sacred work in my home. Sessions are affordable, hours are flexible. If you feel you would benefit from a session with Mino and Bernadette, please call for an appointment: 505-480-0920 or email Bernadette at: shabeta.abq@gmail.com

www.shabeta.webs.com

As a shared exponent of Ashéninka Mino and Meadowcine Woman Bernadette Torres.

Humble Healer

Powerful Dual Healing Sessions

As an herbalist/healer of many years, I am honored to work with and translate for Mino and have this sacred work in my home. Sessions are affordable, hours are flexible. If you feel you would benefit from a session with Mino and Bernadette, please call for an appointment: 505-480-0920 or email Bernadette at: shabeta.abq@gmail.com

www.shabeta.webs.com

If you suffer from chronic pain, chances are you have tried almost everything to handle that pain. If doctors prescribed pain-killing drugs, the side effects may have even made things worse.

You may have been told by your doctor that you will have to learn to live with pain, that it’s just part of growing older. So, you may not have much hope for ever feeling great again.

If so, you really need to know about a treatment that NASA developed for the astronauts called PEMF (Pulsed Electro-Magnetic Frequency).

Many people have used this to become pain free without drugs or surgery. Over 2,000 double-blind scientific studies show that PEMF is safe and effective for a wide variety of health conditions including: Back pain, Arthritis, Neuropathy, Insomnia, Tendonitis, and Depression.

Even though PEMF is approved by the FDA, doctors are largely trained to treat patients’ symptoms by prescribing drugs. Unlike drugs, instead of masking your pain, PEMF works by increasing circulation and improving your health.

My wife developed diabetic neuropathy and arthritis in her hands and feet. One foot had 2 broken bones; the other had plantar fasciitis, making it even more painful to walk. She was desperate to find a way to get free of the pain.

After using PEMF on her feet for about 6 weeks, the bones were healed, the fasciitis was gone, and the neuropathic pain in her feet was also gone. Best of all, her hands were now functioning normally. She could make a fist and play the piano without pain.

Learn how thousands of people have become pain-free without drugs or surgery. Dr. Sobers will demonstrate PEMF therapy at the Juan Tabo Library: 2:30pm, July 14, 21, 28 and August 11. Attendees can try PEMF for free.

If you know anyone who suffers from chronic pain, please be sure to tell them about www.LifeCanBeReallyGood.com so they can learn about this alternative therapy that they can use at home.

For more information and the opportunity to try this yourself for free...

text: 505-386-3063 or call: 505-369-5083.

See Dr. Oz showing how PEMF can help you become pain-free at: www.LifeCanBeReallyGood.com, click on: “Dr. Oz on PEMF.”
Incredibly Effective, Natural Treatment for Your Heart

By Dr. Angelique Hart, MD and Dr. Richard Heart, DTM

Powerhouse Treatment (Holistic) for the Whole Person

Want aggressive, natural treatment? Enhanced External Counter Pulsation (EECP) improves circulation to the heart without medications or conventional therapies. We combine Live02 Training (Exercise with Oxygen) with EECP and detoxifying IV Therapies to EECP. These natural therapies help your body heal itself.

Research shows that EECP appears to stimulate the opening of new, natural pathways around narrowed or blocked arteries. Many people report fewer and less severe instances of angina, increased energy levels and have greatly improved their ability to engage in activities of daily living with EECP. Also, patients are often able to enjoy moderate exercise for the first time since they developed angina. No major adverse reactions have been reported.

The following article dated September 9, 2013 was published on PR Newswire—Vasomedical.com—https://tinyurl.com/y8gqecw7.

EECP Therapy Receives Class Ila Recommendation in European Society of Cardiology Guidelines for the Management of Stable Coronary Artery Disease: New Guidelines Recommended EECP Therapy as a Top Treatment Option for Refractory Angina in its First Inclusion:

The Ila classification signifies that the weight of evidence and level of opinion are in favor of a treatment and, in this case, that physicians should consider EECP Therapy as a treatment option for patients suffering from refractory angina.

November (2012), The American College of Cardiology Foundation and The American Heart Association (ACCF/AHA) Task Force on Practice Guidelines issued its new Guideline for the Diagnosis and Management of Patients with Stable Ischemic Heart Disease. In this Guideline, EECP Therapy retained the same IIb Class of Recommendation rating it had received in the ACC/AHA 2002 Guideline Update for the Management of Patients with Chronic Stable Angina. Vasomedical has been in communication with the ACCF/AHA task force, as well as its guideline writing committee, requesting a review of more recent data than was referenced in the 2012 Guideline, for the purpose of upgrading EECP Therapy’s level of recommendation to Ila in its future guideline.

“It is a breakthrough that EECP Therapy was included in the ESC Guidelines for the first time, and at the same time was given a level Ila recommendation, which means it ‘should be considered’ as a treatment option as opposed to ‘may be considered’ recommendation for a IIb rating,” said Dr. Jun Ma, President and Chief Executive Officer of Vasomedical, Inc. “We are pleased that the European Society of Cardiology has recognized the value and efficacy of this treatment, as has been demonstrated by many studies. On behalf of all heart patients, we thank the many physicians in the U.S. and Europe who have done great research on EECP Therapy and presented data to ESC for consideration.”

“Throughout the past decade, EECP Therapy has been offered to hundreds of thousands of patients in numerous centers and hospitals in the United States and abroad. During this time, we have gathered a wealth of data from many different studies, including randomized controlled trials published in peer-reviewed journals, and received countless testimonials regarding an improvement to patients’ quality of life,” continued Dr. Ma. “We believe this treatment option should be made available to a wider patient base. Our responsibility is not only to support and improve this technology, but also to champion the patient who is not receiving it and its benefits. Furthermore, we have a social obligation to support healthcare cost reduction through expanding the role of EECP Therapy, which has been demonstrated in clinical literature to reduce re-hospitalizations and emergency room visits. We believe this high recommendation by ESC should help promote a broader acceptance of the EECP Therapy around the world.”

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Dr. Angelique Hart, M.D. is Board Certified in Pain Management and Anesthesiology and has been practicing Holistic and Integrative Medicine for 18 years. 505-433-2267
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TRULY ALIVE | JULY . AUGUST 2018 11
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**Myers Cocktail:** This is full of B-vitamins, magnesium, vitamin C, and more. It helps with the adrenal gland functioning, which helps with your stress and energy. This is a wonderful way to get a big boost in energy for patients with Epstein Barr Syndrome.

**Glutathione High Dose IV Push:** This is a powerful anti-oxidant. It helps increase your immune system’s ability to protect healthy cells from free radical damage (and we are subject to free radicals daily in our society!)

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**Prolozone Injections:** This includes vitamins and homeopathics with procaine, which helps with healing and regeneration of any joint, back or neck area. **Prolozone Therapy is covered by most insurances.**

**Platelet Rich Plasma PRP:** A regenerative therapy, using cells from your own body which are processed and injected back to promote healing.

**Biological Allograph BA:** Donated cells help regenerate your own body’s cells.

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After 18 years serving the Albuquerque community, I am leaving the Duke City for the City Different, also known as the Holy City of Saint Francis of Assisi, where it all began for me. I have a wonderful opportunity to work with Dr. Russ Canfield M.D., an Integrative physician I highly respect, owner and founder of 360 Medicine. He and I believe that through this affiliation we can enhance patient care and expand on the therapeutic modalities each of us has been offering until now.

360 Medicine offers a wide array of cutting-edge Integrative therapies including Stem Cell injections, more extensive IV therapies than what we have offered in Albuquerque, Frequency Specific Microcurrent, Apitherapy, Chiropractic, and Spiritual Healing, amongst others. Their dedicated staff are kind, professional, and provide outstanding customer service. My last day seeing patients in Albuquerque will be Thursday, July 12, and I will start up in Santa Fe on August 6th.

I would like to take this opportunity to thank the Albuquerque community—you! —from the bottom of my heart for the trust and confidence you have placed in me, and for enriching my life in so many ways. Your commitment to holistic healing, to spirit and your kindness touches me deeply. Through your patronage, you have allowed me to fulfill my dream and realize my life's purpose of compassionately treating people using the safest and most effective therapies, “blending the best of Western and Alternative Medicine”, while doing my part to help shift us away from the obsolete paradigm that is modern-day healthcare.

I’ve laughed with you, cried with you, prayed with you, worried about you, celebrated your victories and lamented your defeats. I’ve had the privilege of being your confidant, counselling you, as well as learning SO much from you, for which I am extremely grateful.

I have been very fortunate to have had several top-notch practitioners join our team over the years and provide outstanding patient care. I wish to personally thank Melissa Parra CNP, Dr. Sharon Esquibel D.O.M. and Rena Tairifa Suloway—I recommend their services highly. Melissa will be staying in Albuquerque and will be seeing patients at Equilibrium Wellness, which is located right next door to our current office, 3901 Georgia St, Suite F. Her new number is 505-433-4349.

Rena Tairifa will be seeing clients at The Source, 1111 Carlisle, and can be reached at 505-570-0900. Dr Sharon is still working on finding a suitable location for her practice. Please call 505-872-2611 for updates on how to contact her in the future.

I also wish to extend my heartfelt thanks to all of my employees, current and past, for their hard work, dedication and support. They have always put their best foot forward and gone the extra mile to assist our patients and alleviate their suffering.

The greatest teaching for me has been relinquishing my agenda, preconceived notions and fears (stories) in favor of a beginner’s mind pregnant with possibility and open to what Life sends my way. More and more, I experience blessing, synchronicity, gratitude and joy, which are the direct result of this new outlook.

Santa Fe is not so far away, and many of my patients have elected to continue to see me. To schedule an appointment with me on or after August 6th, 2018 or for more information, please call 360 Medicine at 505-795-7111. The clinic is conveniently located for patients travelling from Albuquerque to Aldea de Santa Fe, only 7.8 miles north on US 599, (Santa Fe Relief Route/bypass) off I-25 Exit 276. Here is a link for directions: http://www.360medicine.com/pdf/360map2.

It will be possible to do some appointments via video conferencing, although I will need to see you in person at least once a year.

I wish you tremendous happiness, health, well-being and peace!

Lokah Samastah
Sukhino Bhavantu
Translated from Sanskrit:
“May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all.”
Who are we? Where did we come from? Where are we going? What is the true history of the human race? Revealing the fascinating realms of Earth’s cosmology, human origins, ancient history and lost wisdom, the Human Origins Conference’s mission is to share knowledge with the purpose of expanding the consciousness of humanity by presenting world renowned researchers, writers and visionaries revealing such sensitive information.

The conference targets these profound questions and mysteries while bringing light to many areas of suppressed knowledge the mainstream media will not touch. Be it economic, political or interstellar, this annual conference event represents a serious approach to sensitive issues while remaining dedicated to providing hidden knowledge on various topics that profoundly affect us all; topics rarely addressed by our mainstream media.

Sponsored by the New Mexico UFO and Paranormal Forum, Turtlegang Edutainment and the UFOteacher Global Initiative, the 2018 Human Origins Conference has an outstanding lineup of speakers including NASA whistleblower R. Ken Johnston, Karen Christine Patrick, Bret Colin Sheppard, Norris Francis Branham and Richard Smith as well as George J. Haas — as seen on Ancient Aliens and Beyond Belief with George Noory — and Sonia Barrett, executive producer of the award-winning documentary The Business of Disease. Visit http://humanoriginsconference.com for more information on each of our speakers.

The 2018 Human Origins Conference is an annual event organized by Conference directors Linda and Richard Smith. The Conference has a prime directive that focuses on getting the word out regarding extraterrestrial intervention, alien contact, the Moorish Legacy and the dynamic scope of our interstellar human origins here on Earth. The prime directive’s mission includes a special focus on economic, social and geopolitical issues affecting Earth’s ecology, spirituality, reincarnation, lost knowledge, ancient wisdom, linguistics and etymology, the human condition and current affairs, to name a few.

The event will be hosted at the Inn at Rio Rancho and Event Center, October 12-13, (Friday and Saturday). Tickets are on sale now and the conference has an open call for vendor booths and sponsorship opportunities. For more information on the upcoming 2018 Human Origins Conference, please visit http://humanoriginsconference.com today.

Linda and Richard Smith are both published authors and currently reside in Rio Rancho, New Mexico. They have been speaking locally and worldwide with author events, interviews, lectures and conferences. Linda is an “extraterrestrial experiencer” for more than 50 years and Richard Smith is a Professional Life-Changing Speaker and Motivational Experiencer, Visionary and Author on the topic of Extraterrestrial Contact, the Moorish Legacy, Human Origins and related matters. Linda and Richard host a monthly event, The New Mexico UFO & Paranormal Forum: www.nmufp.org. To learn more about their books and work, and to sign up to receive their free newsletter, please visit: http://www.ufoteacher.com/.
Survive Heavy Metal Poisoning – Get tested for Your Best Options!

By Janet L. Hall, MA, Naturopathy, CKP, CBT

Heavy Metal Poisoning has become more prevalent! We are subject to so many environmental and toxic chemicals and metals every day. Lead poisoning is common again.

Heavy metal issues can be dealt with using supplementation to gently rid the body of them. You MUST detox-build-detox-build for the immune and endocrine systems to remain strong. However, if the levels of metal are very high—IV Chelation can be a huge relief!

At our new location, 5200 Eubank NE Ste C-3, we have all our wonderful services and now additional access to chelation and IV therapies, along with new items to get YOU to Optimal Health!

Those burdened with heavy metals (lead poisoning taking precedence) is especially showing up in my post-menopausal female clients.

What are the symptoms of heavy metals? Symptoms include digestive disturbances, aggressiveness, anxiety, ADHD, muscle pain, structural weakness, weight change, & memory impairment. Also, unrelenting fatigue, insomnia, restless leg, adrenal burnout and kidney failure. Heavy metal victims usually become anemic (especially with lead). Lead is extremely carcinogenic—causing convulsions, cancer and death. Lead settles into your organs, bones and especially your jaw.

The cause of these symptoms is often overlooked and not properly diagnosed.

Inflammation sets in and immunity declines as metals increase. Not handling the toxic load, the body creates storage space outside the cell to store the toxins so as to eliminate irreparable damage to the cell. Examples are cysts, engorged fat cells, and tumors.

Heavy metals damage the DNA of the cell, (it’s replicating factor); which leads to sick, malfunctioning organs. Examples are liver cirrhosis, Crohn’s Disease (worn away lining of the intestines), Multiple Sclerosis, Alzheimer’s and Parkinson’s Disease, etc. Sick replicating cells easily turn cancerous. Therefore, the end stage of any toxic invasion, (but especially heavy metals) could be cancer.

Lead and other heavy metals are everywhere now, including defective glazed kitchenware, drinking water, food, contaminated soil, airborne particulates, pesticides and weed killers, leaded gasoline, paint and even unregulated internet supplements! Know what you are dealing with and get tested for treatment options today!

Janet L. Hall practices Naturopathy, is a Certified Master Kinesiologist, Herbalist, Biofeedback & Essential oil Specialist. She is a 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
Allergies: Hidden Culprit in Many Chronic Diseases  

By Dr. Charles Scott, D.C.

The hidden cause of many chronic diseases is often undiagnosed and untreated allergies. Asthma, arthritis, ADD, bronchitis, colitis, chronic cough, depression, ear infections, eczema, headaches, joint pain, mood swings, psoriasis, migraines, and spinal pain can all have allergies as their cause.

In the early seventies, researchers found that disc degeneration was often due to chronic, hidden food allergies. Over the past 24 years I have treated many patients with the above chronic problems that had a direct association with hidden food and environmental allergies.

I still vividly remember my first allergy patient—some 24 years ago. This 36-year old female had a sudden onset of severe migraine headaches. She had to remain in a darkened bedroom as light and noises aggravated her headache. I tested her for common food allergies such as eggs, sugar, corn, milk, wheat, and peanuts but she did not test positive for any of these. I questioned her about any new items she was ingesting. She pulled out of her purse a bottle of prenatal vitamins her OB-GYN had prescribed.

She tested positive to the prenatal vitamins and I gave her a full spine chiropractic adjustment. Muscle response testing did not produce the weakness seen initially. She reported significant decrease in headache intensity and after 15 minutes her migraine completely resolved. Several days later she resumed taking the prenatal vitamins and did not experience a return of a migraine headache.

My favorite instrument for activating the acupuncture points is a cold laser. My use of it to activate and treat acupuncture points dates back to 1987 while studying at a large hospital in Beijing, China. Soon after returning to the USA, I purchased my first cold laser and have utilized it with much success in the treatment of allergies and chronic pain syndromes.

The most dramatic incidence of an allergy occurred when an elderly lady presented with chronic swelling of her lower legs and feet, with a purplish color in her lower extremities. Present for 5 years, she had not responded to traditional medical care. She had been bitten at the base of her neck while sleeping and had developed an abscess the size of a baseball at the site of the bite. Her doctor assumed she was bitten by a spider and he surgically drained and removed the abscess. Within days she developed the swelling and purplish color of her lower extremities. Upon testing, I found she was allergic to insect venom and proceeded to treat her for the venom allergy. The next day the swelling resolved and after several treatments, her skin resumed a normal, pinkish color.

These examples (and there are many more) serve to illustrate the diverse conditions that are associated with hidden allergies. The National Institute of Allergy and Infectious Diseases states that some 30 million Americans are suffering from respiratory illnesses such as asthma and bronchitis. Allergies to grasses, weeds, and pollens are especially prevalent this time of the year. Many patients seen in our Albuquerque clinic test positive to dust and mold which are very common on dry, windy days.

My holistic approach to testing and treating allergies includes spinal manipulation, cold laser, and homeopathic remedies. This powerful combination effectively reprograms the immune and nervous systems and prevents an allergic reaction.

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://glc.us.com/site/watch.php?program=25&video=100150, 1-800-253-8024, 505-508-3768. www.scottchirowellness.com

READ MORE ARTICLES BY CHARLES SCOTT ONLINE: www.trulyalive.net
Magic and Migraines

By Maggie Mathisen

What I love to do is transmute energy disruptions. Much, if not all, pain or disfunction is caused by energy disruptions in the body or psyche. Once these are cleared the pain and disfunction go away. These energy disruptions are caused by past trauma. CranioSacral and Lymph Drainage therapies coupled with the energy and help of Source clears and transmutes stuck energy.

This is a testimonial about magic and migraines by one of my clients:

Maggie Mathisen is a gifted healer. She works with energy, CranioSacral Therapy and Lymph Drainage to clear unwanted vibrations or energy blockages. I went to Maggie for help with chronic migraines and for a lymph system tune-up because I know the importance of a healthy lymph system. She welcomed me into a beautiful, calm healing room in her home. After a short conversation to let her know what I wanted to work on, I laid on her comfortable table, cozy under a blanket while she checked in with her guides to determine what areas to focus on and what might be needed in the session.

She offered to apply touches of essential oils which I readily agreed to. The healing aromas were wonderful. In this session, Maggie discovered my cranial rhythms were off. She cleared tons of energy blockages in my head and neck and afterwards my cranial rhythms were much better. She released energy blockages from childhood and worked on the lymph in my face and neck. I felt so much better and knew I would be back to continue the work.

A month later, I returned for a second session. I had not had a migraine since the first session. I had some tightness in my neck on the left side and some milder symptoms and wanted to address some gut issues. The second session was awesome with Maggie directing healing energy to areas that needed it, as well as giving cranial sacral therapy and gentle manipulation around the head and neck.

When the session was over, and we were having a chat, Maggie asked me if I had ever been a tomboy. Yes, I told her, I was at times. I grew up with four brothers and as children we often played in an undeveloped, wooded lot behind the house where I grew up. Maggie then asked if I had ever fallen out of a tree. I was astonished. Yes, I had fallen out of a tree when I was nine or ten years old. I had forgotten about that incident. During the session, Maggie discovered that my collar bone was (energetically) twisted and worked to get it back in alignment. The misalignment was most likely from the fall and had been causing left side issues due to tightness and constriction ever since.

Maggie’s inspiration is truly amazing. I am so grateful to have discovered her. She really listens. I recommend her services to anyone who wishes to improve their health and well-being, as I have. K.M., ABQ

One of the ways I’m continually evolving is in the ability to listen. One level of listening is to the words of my clients, but another level has to do with how a person’s body wants to share and tell me about the pain that’s in the way of experiencing complete freedom.

Another voice is that of the soul. It shows me a larger picture which entails past lives, limiting beliefs, and more. Yet other voices include those of my guides and of Source. Their voices direct me to other planes of consciousness where the disfunction is being held. As I acknowledge these hurts, my client and I give permission for healing and the energy needed to transmute these traumas materializes. It is truly magical.

This is truly Healing Across Dimensions. Call Maggie Mathisen at 505-898-7853 to schedule some magic in your life! www.HealingAcrossDimensions.com

Maggie Mathisen
505.898.7853
www.HealingAcrossDimensions.com
According to BeatCancer.org, “A crucial factor in maintaining a healthy immune system is an efficient lymphatic system, yet almost nowhere in the health community is anyone paying specific attention to it.” At the Thermography Center we recognize that the armpits are densely populated by lymph tissue. Every breast thermogram images the underarms to check for heat in this area that is associated with sub-optimal lymph function.

Why is the lymphatic system so important to breast health? Because lymph nodes capture and destroy toxins, including cancer cells. Mammograms cannot image the underarms; but breast surgery to remove a cancerous tumor usually includes a “lymph/sentinel node” biopsy. WebMD says, “In breast cancer, a sentinel node biopsy pinpoints the first few lymph nodes into which a tumor drains (called the “sentinel” node). This helps doctors remove only those nodes of the lymphatic system most likely to contain cancer cells. The sentinel nodes are the first place that cancer is likely to spread.” Lymph node biopsy is an essential part of diagnosis.

So...what is the lymphatic system? It is a complicated network of vessels, nodes, and glands (spleen, tonsils, appendix and thymus). Unfortunately, there are too many of us walking around without these disease fighting organs because we have had either a tonsillectomy, an appendectomy, a splenectomy OR all three surgeries. Most of us have lymph congestion. It is important to understand that there are more lymph vessels than veins in the human body.

The lymphatic system carries toxins, germs, or invaders away from body tissues and into the blood vessels. Once these invaders are in the bloodstream they are purified by the spleen. The lymphatic system is a type of circulatory system without a pump. The lymph system relies on the contraction of muscles and movement of joints to push lymph fluid through the body. This means that people who are sedentary or wear tight clothing are more likely to have lymph congestion. When the lymphatic system becomes blocked—the immune system is unable to function properly. In essence, this means our immune defenses are down.

There are several things you can do to improve lymph flow or prevent lymphatic congestion:

1. Movement/exercise is important. It is reported that musical conductors are healthy and live longer because of the constant arm gestures they use to conduct a band, choir or orchestra. At the Thermography Center, we encourage people to do “rebounding”. Rebounding involves bouncing on a mini-trampoline because it stimulates lymph flow and improves the immune system. With rebounding, gentle bouncing for a few minutes is enough to get those lymph juices flowing.

2. Avoid under-wire bras. Under-wire bras do not allow the breasts to move and lymph fluid becomes stagnant in the armpits.

3. Avoid anti-perspirants. Anti-perspirants block lymph drainage because they prevent perspiration. A natural deodorant that does not contain aluminum is the best choice.

4. Self-massage. Gentle massage to the breast area improves lymph flow and can reduce breast pain or tenderness. The massage technique in this video is recommended for healthy breast tissue: https://tinyurl.com/yc4o90fr. Consult with a health professional if you have had breast surgery, breast cancer, lymphedema, breast infection or un-diagnosed lumps.

Thermography images the underarms and areas of possible lymph congestion. Mammograms only image the area that fits between the compression plates. Remember that a complete breast examination should always include the underarms.

Please call 505-271-6608 to schedule your thermography appointment. We have 20 years of experience and thermography is our business. www.ThermographyNM.com
We see many people at Enhanced Wellness with chronic pain, often as a result of repetitive activities over years, poor posture, excessive exercise, unresolved injuries and more. Chronic pain increases stress, restricts physical activity, creates poor sleep patterns and plays a huge role in a person’s psychological well-being. Chronic pain can trigger anxiety and depression, and these mood states can exacerbate chronic pain.

Injections using a unique combination of prolozone, (vitamins and ozone gas), PRP (platelet rich plasma), and biological allografts have been very effective in relieving pain, increasing function and quality of life.

**Prolozone**: Prolozone is a safe and effective non-surgical treatment for many kinds of acute and chronic pain, and musculoskeletal conditions. It utilizes ozone gas to stimulate regeneration, and rebuild new ligament, tendon and cartilage tissue in areas where they have become weakened.

**PRP (Platelet-Rich Plasma)**: Using a portion of the patient's own blood, PRP is extracted and injected into targeted tissues. Injecting PRP into damaged tissues stimulates your body to grow new, healthy cells and promote healing.

**Biological Allografts**: Over time, healthy tissue can become dysfunctional due to age and injury. Human cell and tissue products, “Biological Allografts”, are harvested from placenta and umbilical cords donated by women screened as organ donors. These cells are administered to repair, reconstruct, replace or supplement the same basic functions of the recipient's cells or tissues. This is the highest form of regenerative therapy, as these cells, free of DNA, are richest in cytokines and growth factors and have been shown to decrease inflammation, shorten healing time, and work to regenerate affected areas of the body. We combine the allografts with PRP and ozone, so results are seen much more quickly than with PRP or ozone alone.

Enhanced Wellness of New Mexico offers an Integrative Medicine approach, combining conventional Western Medicine with complementary alternative medical treatments that have been scientifically validated. We offer healing-oriented treatment of the whole person (body, mind, and spirit), including all aspects of lifestyle.

Biological Allografts with PRP and Prolozone provide an exceptional healing opportunity! Call today! 505 323-8100, www.enhancedwellnessnm.com

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Truly Alive: What does it mean to be “Soul Centered”?

Elisa Romeo: It means to be aware that you have a Soul, and to prioritize and live your life in a devotional way to Her. I use the feminine pronoun “Her” to describe the Soul, but the Soul could be a “Him” as well. We are multi-dimensional beings, meaning that we exist in this dimension in 3D, but we also exist as an energy presence beyond this dimension. Some people call it the “Soul,” others call it the “Higher Self.” My work is about is getting the human ego or personality—as it exists in this 3D world—to be in direct personal contact with the part of us that is eternal, that is All-Loving, and All-Knowing, and that exists in all dimensions.

What is “Soul Orchestration”?

ER: Soul Orchestration is the conscious awareness that Soul is always watching and loving us, and sending us guideposts, synchronous events, and messages, to orient our life. It is the idea that life is meaningful, and that we are always being guided towards our Highest Calling. Of course, it’s easy to believe we are being guided to our Highest Calling when things are going well. However, often the greatest benefit comes from connecting to Soul when life is hard, understanding the Soul lessons that are being presented, and how we can successfully navigate them. Soul Orchestration is important as a process because we are often faced with the questions, ‘Does the world we perceive have meaning, or not? Are we here randomly and not seen by the Divine, or are we here purposefully?’ Soul Orchestration is when we allow our ego to connect to Soul’s reality. This connection allows us to perceive purpose and meaning in our lives and daily activities and attain a deeper understanding of reality from a larger point of view.

TA: What is missing when we experience unexplained sadness or depression?

ER: My background is as a therapist, and I have experience assisting people with anxiety, depression, PTSD, and many different mental health issues. I’m grateful that we have medication, and the many other treatments available that are helpful. But, when a spiritual issue is the cause of the problem, then those treatments can fall short. For example, past life traumas are real, but are not as easily addressed without contact with the Soul. The Soul is aware of information that the ego doesn’t have. Sometimes, we need to tap into additional information from the Soul, that’s outside of ego consciousness—regarding our feelings, our traumas, and how we can heal them. This is a very practical and grounded process. Shamans around the world have been doing this for eons. Unfortunately, the current culture in America tends to be immature in its understanding of the spiritual nature of mental illness.

TA: How does Soul work help people experience the Divine Feminine, and why is this helpful?

ER: After the Cartesian Revolution, our consciousness was modeled around rationalism and materialism. What is happening now is the Divine Feminine is coming back, waking people up on the planet. We are starting to value our feeling states, our inner worlds, our inner landscapes. We are learning to value the quality of our Soul’s experience, not only how much wealth or property we are accumulating. It’s an intense and great time to be on the planet.
We’ve been biased towards the masculine point of view for thousands of years, so our spiritual goals have been based on attaining “enlightenment” instead of on “enlivenment”. The results of that in our environment has been the raping of the planet, the Feminine. We’re starting to recognize that if we don’t start to balance the Feminine both on the planet and internally, we’re going to run out of resources, and we’re not going to enjoy being here. But, we can’t balance these energies externally if we aren’t doing it internally in our consciousness.

When I talk about “feminine” with regard to the Soul and spiritual energies, I am not talking about biology of sexual orientation or identity. This is about the “Soul” generally being more feeling, passive and receptive (feminine) in its energetic qualities. That’s why part of Soul work is about reclaiming the traditionally feminine part of ourselves, in terms of its passive, feeling and receptive qualities. These are different types of energies that we all contain in us.

TA: What is our “gremlin” and how can working with it help our life experience?

ER: You can’t fight an enemy you don’t see. What I call a “gremlin” is the source of negative thoughts about yourself or others. A “gremlin” is not always obvious—it can masquerade as rational well-intentioned thoughts, and we may not see it in the thousands of other thoughts that occur every 2 minutes in our brain. Gremlin work helps us to slow down and pick out those thoughts that are literally trying to do us harm.

Through the identification of these thoughts and personification of that gremlin character, negative thoughts become easily recognizable. When you see something clearly, you have more choices about how to deal with it. If you choose to believe in this concept, you could say it’s similar to the devil (or witch) on one shoulder and the angel on the other. Are we going to let our day be slimed by a little inner witch, whom we may have inherited from our ancestral line—our Mother and Grandmother and Great-Grandmother, for example? Or, will we choose to see that “witch,” send her love, and heal her? In this way, ancestral healing can occur—because often gremlins are passed down through the generations. Psychologically, people talk about gremlins as “psychological complexes.”

TA: How is physical pain connected to our Soul?

ER: Sometimes the Soul uses physical pain as a wake-up call. When that happens, it’s because She has whispered and then screamed inwardly, but wasn’t heard. Then, if we don’t listen, there can be an accident or an illness to get us to pay attention. Physical pain is REALLY hard to ignore! So, it can be a last-ditch effort to get us to recognize and understand something and shift.

There are also situations where the Soul needs to learn from physical pain. In this case, we might choose to incarnate as babies with physical pain because the Soul might be working out something from past lives. We are not always conscious of why it is we are experiencing the pain. You can come in as a baby with big soul lessons you are working on.

TA: What happens when we take drugs or do things to dull the pain?

ER: We want to be asking Soul about the best choices to make, because sometimes it is self-compassionate and self-loving to take the medication or get the surgery. Maybe you need to work 20 years to energetically heal a tumor, or maybe it’s best to get it out in 3 months by having surgery—and you could get your Soul lessons from it in that short amount of time. It’s fine to take pain medication as long as you’re also inquiring what’s going on with your Soul and doing the Soul work. Sometimes the medication actually allows you to do deeper Soul work, because if you’re in extreme pain you may need medication in order to function.

At the same time, I’m not advocating irresponsible use of drugs. When we use drugs from a conscious mindful place, this is welcomed by the Soul. By contrast, an addiction is a product of not being able to consciously connect with our bodies and feel the feelings. This can happen when we become so desperate to NOT feel the feelings, we do ANYTHING else to avoid sitting in the body. I teach meditation to women who are 3 days off heroine, who say to me: “I don’t want to feel all the things I’ve shut down for 20 years.” They learn to connect with the feelings through breath and take it moment by moment, like pregnant women breathe during the birthing process. Then they start to process the garbage can of emotions that have been unresolved, unrecognized, and un-integrated for years. Finally, they can get close to Soul, because now they aren’t running so fast from gremlins.

TA: You talk about our “Soul’s Blueprint”. Can you share about this?

ER: You come into this 3D world with a map of what you incarnated to do. The practice of Soul Journaling is understanding consciously what that map is and getting clear about what you came here to do. After that, you learn to use the Soul’s resources to achieve your life purpose. I have experienced that the Soul and the Divine are incredibly generous with my dumb ego, to help me to love the most that I possibly can and to serve in the greatest way. It’s amazing how the Universe is helping us all with Soul Orchestration! Also, Soul Journaling can really help the ego go along with the Soul’s plan, so that we are not dragged along kicking and screaming, and we are walking with the grace of the Divine, consciously—which creates a lot less suffering.

continued on pg22

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TA: What are golden breadcrumbs?

ER: The “golden breadcrumbs” are those “Aha” moments; divine winks from the Universe where you know you are on your path, that you are currently living life in harmony with the purpose for which you incarnated on Earth. When we are feeling lost and think “I haven’t seen a breadcrumb in years” that’s a great time to Soul Journal and to ask Her how you can get back on your path, and what can you start doing to bring inspiration back into your life.

It’s easy for us to think that we came here to do something in particular, but we really came here to BE something in particular. The breadcrumbs don’t show up to motivate us to achieve something, they are there to help us become something. We could be achieving very little outwardly but be successfully completing our Soul’s mission in terms of actualizing our consciousness.

TA: Can you describe “Heart Knowing” and how it can help answer questions?

ER: We’re so programmed to go into our heads to make “good decisions.” But when the head is not connected to the Soul or the heart, it can lead us to a life that feels like something is off or missing. To get back on the path and feel connected to your true light, you can take time to breathe, come down into your body and your heart, and connect with how the decisions you’re making, feel in your body—to feel your decisions in your body. I know if a decision I am making is Soul or heart-based, because there will be a feeling of honest truth to it, and then an expansiveness.

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

ER: My intention is to raise the vibration of the planet through this work. I would like to invite people to watch my free video, “Awakening from the Heart.”: www.elisaromeo.com/elisa-romeo-tv/soul-incarnation-film/. We captured the process of “Soul Birthing”—connecting again with the Soul—on camera. People who watch this video start to have a Soul Birthing experience through witnessing it! People feel emotional because they are incarnating—consciously connecting to their Soul again—and it’s very much like a birth.

I have another book in the works, that I am writing with my husband Adam, about how to do Soul work as a couple. Adam is my twin flame, and we’ve had a lot of mystical experiences when we came together, such as past life memories. Meanwhile, we are doing online courses and training. We also plan to have an online mystery school. Stay tuned!

Elisa is currently available for individual Soul Sessions via phone, worldwide. She offers numerous freebies on her website including exercises and guided meditations from the book Meet Your Soul, a free ebook (which includes her 10 Inspiring Ideas & Sacred Practices Workbook). Elisa also offers Soul Family Retreats, is available for speaking engagements and more. Check out her blog and the Elisa TV section of her website: www.elisaromeo.com
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TRANSFORMATIONAL, life-changing shifts await with Neuro-Linguistic Programming (NLP). Would you appreciate more harmony in your personal and professional relationships? Greater peace in family communications? NLP can improve interpersonal relationships with reframing and letting go of limiting beliefs.

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So how does reframing work? The meaning we assign to something depends on our map of reality, reframing with more choices offers creative alternatives in a new light. We will work on how to consciously choose the meaning that works best, given our individual situation.

Neuro-Linguistic Programming is well known and utilized in Europe and Australia and growing in popularity in the United States. Working with both the conscious and subconscious mind creates effortless, yet powerful results.

Stacey Lane holds educational community workshops on a regular basis (see events pages) offering beginner and advanced NLP classes. Stacey also teaches NLP courses through the University of New Mexico’s Continuing Education Programs as well as The New Mexico EDGE (Education Designed to Generate Excellence in the Public Sector.)

Are you ready to utilize this rapid, proven effective technique to help you change or shift a relationship with yourself and/or others? Do you have an open mind and a willingness to find the right spin? 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
Research indicates that our increasingly Wi-Fi saturated environment could be greatly amplifying the dangers of mercury exposure from dental amalgams.

A study published in the Journal of Neuroimmunology, entitled, “Effect of radiofrequency radiation from Wi-Fi devices on mercury release from amalgam restorations”, reveals that our now ubiquitous exposure to Wi-Fi radiation may be amplifying the toxicity of dental amalgams and other forms of mercury exposure in the human body.

In what appears to be the first study of its kind, researchers looked specifically at the potential for Wi-Fi signals to increase the release of mercury from dental amalgams, which are composed of approximately 50% elemental mercury.

Mercury, commonly used in dental amalgam fillings, is one of the most toxic substances on the planet, and although the American Dental Association continues to insist that mercury-based ‘silver’ fillings are safe, natural health experts have long warned that micro-levels of this highly-toxic substance can be released into the body, with grave health consequences.

Now, a disturbing new study shows that electromagnetic fields from Wi-Fi—a hazard in their own right—accelerate the release of mercury from fillings, further increasing the threat to health. This research has some alarming implications.

Although exposure to mercury can occur through the environment, vaccines and contaminated foods, the main source of elemental mercury exposure is “silver” dental amalgam fillings—which contain 50% elemental mercury. Mercury vapors, which are tasteless, odorless and colorless, can be released upon chewing, or upon exposure to hot foods, and mercury exposure is associated with a mind-boggling list of ills…

The new research shows that electromagnetic frequencies (EMFs)—which are produced by wireless technologies such as cell phones, laptops, tablets and microwave ovens—can accelerate and intensify the release of mercury. The study also suggests that routine medical procedures, such as magnetic resonance imaging (MRIs) and X-rays, are other culprits in quickening mercury release.

To conduct the study, researchers placed 20 extracted, mercury-filled human teeth in artificial saliva, dividing the teeth randomly into 2 groups of 10. The specimens in the experimental group were exposed to a radiofrequency radiation emitted from standard Wi-Fi devices at 2.4 GHz for 20 min. The distance between the Wi-Fi router and samples was 30cm and the router exchanged data with a laptop computer that was placed 20 meters away from the router. The control group of teeth were not exposed to Wi-Fi.

Researchers then measured the mercury levels in the artificial saliva surrounding the teeth. They found that levels in the fluid of the unexposed mercury-filled teeth were .026 milligrams per liter, as compared to .056 for the exposed mercury-filled teeth—reflecting a doubling of the mercury release.

The research, which was published in 2016 in Journal of Environmental Health Science and Engineering and was the first study to evaluate the effects of Wi-Fi signals on the release of mercury from dental fillings.

The authors concluded: “Exposure of patients with amalgam restorations to radiofrequency radiation emitted from conventional Wi-Fi devices can increase mercury release from amalgam restorations.”

If you would like to know how much mercury vapor is being emitted from your amalgam fillings, call my office for a mercury vapor examination. 505-299-6950. www.DrWolfe.com

WIFi Increases Mercury Release from Fillings  By Bill Wolfe DDS

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READ MORE ARTICLES BY BILL WOLFE ONLINE: www.trulyalive.net
From Chaos to Coherence: The Power to Thrive in Life’s Extremes

By Elan Cohen

Bestselling authors and award-winning presenters, Gregg Braden and Dr. Bruce Lipton provide a paradigm-altering synthesis of ancient wisdom and frontier science—new knowledge that reveals the planet is experiencing an extraordinary evolutionary event…the dawn of a new civilization. Gregg and Bruce will lead us beyond climate change, collapsing economies and religious extremes to show that such chaos is a natural step in an evolutionary process, rather than the tragic end to a broken planet. This is Gregg Braden and Bruce Lipton’s second intensive retreat in New Mexico. The first one was so successful, they are doing it again! This program is designed to give you the maximum opportunity to do the deeper work that is the focus of your time together with Gregg and Bruce.

Presenting new research ranging from human evolution and epigenetics to the new field of neuro-cardiology (the bridge between the brain and the heart), Gregg and Bruce describe discoveries that overturn 150 years of conventional scientific knowledge. The empowering new science of how heart, mind and spirituality interface with biology and genetics, illuminates the mechanisms by which thoughts, attitudes and beliefs create the conditions of our bodies and our place in the world.

Join Gregg, Bruce and attendees from throughout the world for this heart-based retreat based upon their lifetimes of exploration, knowledge, wisdom and love! Together they draw upon 70(+) years of combined experience to merge modern science and ancient, mystical, and indigenous wisdom to reveal the time-tested keys for thriving in life’s extremes.


Bruce H. Lipton, Ph.D., a cell biologist and a pioneer in the new biology, is an internationally recognized leader in bridging science and spirit. www.brucelipton.com

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Using water to assist in healing is an ancient tradition. Whether it is holy water, bathing ceremonies, contrast hydrotherapy, or putting intention into the water you drink, the molecules and minerals have miraculous effects on the body.

Water is essential for life as our bodies are made of mostly water and hydration is a basic foundation of health. What makes certain water superior or more beneficial? Some would say the pH of the water, the mineral content or the affinity of the hydrogen molecules for oxygen.

Healing waters vary in mineral content around the world. Many of you may be familiar with places you can go to soak and receive the benefits from therapeutic waters. Jemez Springs is one of those places. The water content at the Jemez Springs bathhouse is unique in that it contains Silica. Silica is a building block for connective tissue and is very therapeutic for joints, ligaments and a variety of rheumatoid conditions. The water also contains Sulphur which is detoxifying for the body and lithium which is a natural anti-depressant. Other basic electrolytes like sodium, magnesium and potassium are present, aiding in cellular hydration and muscle relaxation.

Jemez Springs itself is a healing place. Come unplug from the city and re-set. Get your creativity flowing! Personalized health retreats with Dr. Sweet are also available. See the Classes page of this issue for more info.

**WATER**

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Get going  
Fire it up  
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Cleanse

Drink  
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Float  
Soak  
Feel  
Water helps you Heal

By Dr. Juliette Sweet.  
Inspired by the Jemez river and hot springs.

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**Why Do I Get So Much E-mail?**

Every day, it seems that we are getting more and more e-mail such that we are increasingly spending more time in our Inboxes; only to find that the majority of emails are unwanted, or we lack the time to really address them.

Fortunately, there are a few things that can be done to lessen the overwhelm of too many e-mails:

- Unsubscribe from newsletters and online shopping that you do not have time to wade through. Pick 3 that you care about the most and unsubscribe the rest. You can always rotate them every so often. You can also opt to use [https://unroll.me/](https://unroll.me/).
- Use your e-mail provider’s built in unsubscribe feature for those emails you have trouble unsubscribing from. Alternatively, you can mark them as Spam or Junk.
- Create a set of inbox rules, or mark certain contacts as VIPs, this way you can spend the necessary amount of time to answer the truly important e-mails; and either leave the rest or delete everything else.
- If you are on AOL, Verizon, or Yahoo e-mail accounts, consider switching to a different e-mail service. These three services are advertising agencies and it is their business to increase the amount of spam and junk mail to you. There is a graceful and seamless way to transition without missing communications or losing contact. You can keep the old one as a “spam barrel” or e-mail address to give out to stores and marketers.
- Adopt a Get Things Done type mentality. Learn to process your e-mails so that you are not spending an extended amount of time. If necessary, break up your e-mail time into two sessions so that you can spend the majority of your days doing fulfilling things.

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*Why Do I Get So Much E-mail?*  
By Peter Trinh

*Free soak at the historic Jemez Springs Bathhouse*  
*When you book a consultation with Dr. Sweet-*  
*Inspired by the Jemez river and hot springs.*

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In an effort to provide the readers of Truly Alive magazine with accurate and up to date information to help them make informed decisions about their diet and supplements, I am launching a series of articles that will highlight a vitamin or supplement, discuss its uses and benefits, and how to safely add it to their regimen.

I am starting with vitamin A because it has been and is still somewhat of a controversial supplement. It is fat soluble, which means it is best absorbed with fat, and can be stored in the fat; it can also be absorbed through the skin. It has numerous important functions that range from supporting all epithelial surfaces in the body, to helping us remove toxins. It has successfully been used to treat acne, eczema, wrinkles, hearing loss, colds and viruses of any kind, night blindness, dry eye, burns, cancer, celiac disease and leaky gut, just to name a few.

Follicular hyperkeratosis (rough skin on the outer surface of the upper arms) is a very common sign of vitamin A deficiency that responds well to supplementation. Vitamin A is often confused with Beta-carotene, which can be converted to vitamin A in the intestinal tract or absorbed intact. Unfortunately, many people believe that Beta-carotene is less toxic than vitamin A, however, several double-blind studies have shown that Beta-carotene actually increases the risk of lung, head and neck, urinary tract, digestive tract, cervix, ovary and thyroid cancers in smokers. This increased risk also carries for individuals who smoked previously but are not current smokers. It is easier to become toxic with high doses of Beta-carotene than with vitamin A. Converting Beta-carotene to vitamin A in humans is very limited, and some people have an impaired conversion genetically, so it should not be used to treat any vitamin A deficiency.

Vitamin A can interact with other supplements and drugs. For instance, vitamin A can reduce or prevent aspirin induced mortality and the incidence of peptic ulcers. A single dose of 180,000 i.u.s of vitamin A given one day before methotrexate prevents the intestinal mucosal damage often associated with methotrexate.

Zinc is necessary for the transport of vitamin A in the body, so a zinc deficiency (which is relatively common) can also cause a vitamin A deficiency. Liver disease also decreases the absorption of vitamin A from the intestinal tract. Vitamin E, on the other hand, appears to enhance the intestinal absorption of vitamin A, which makes lower doses of A more effective.

Foods with the highest levels of vitamin A are liver and fish liver oil (such as cod liver oil). Vitamin A supplements are available in oil based, water-miscible, emulsified, and a dry, or solid form. Toxicity occurs more often with water miscible, emulsified and solid forms at lower doses than oil-based forms.

The recommended dose of vitamin A to treat medical conditions can range from 25,000 i.u.s to 300,000 i.u.s a day, depending on what the condition is and the duration of the treatment. When taking Vitamin A, it is important to know the signs of toxicity: fatigue, headaches, joint pain, muscle aches, bone pain and dry skin.

Stopping the vitamin A, or decreasing the dosage when these signs appear, significantly reduces the risk of any adverse side effects.

The bottom line is that vitamin A is a safe and important vitamin when taken at appropriate doses. It can clear acne and a multitude of other skin conditions, improve dry eyes, and restore night vision. It has incredible anti-viral properties and can stop the common cold if caught early enough. To learn more about how to safely add vitamin A to your list of supplements, come see me at Natural Women’s Health Mondays, Tuesdays or Thursdays. 505-296-1120, www.NWhealth.us.

As the Medical Director of MicroNutrient Infusion Services (MNIS), I am available there on Wednesdays. MNI, 4120 Ellison Rd. NE, Suite A. 505-821-9609, www.microinfusions.com.

READ MORE ARTICLES BY EDALYN JOHNSON ONLINE: www.trulyalive.net
Aging is a natural process. Not Pretty, but Natural. Many people who are health conscious keep up to date with the different tests that help with disease prevention: Colonoscopies, Mammograms, PSA, Lipid profile, Bone Densities etc. Many others want to keep their internal organs working well so they exercise, eat a healthy diet, don’t smoke, avoid fast foods and overall, live a healthy lifestyle.

It always amazes me however, how many people neglect the largest organ in the body: THE SKIN. As skin ages, it becomes drier, thinner, less elastic, finely wrinkled and abnormal growths are common. Skin growths include moles, seborrheic keratosis, skin tags, cherry angomas (bright cherry-red or purple benign skin elevations or spots). A great number of people don’t want to do anything about skin growths, as they feel that friends and family are going to accuse them of being vain.

It is common to get weeds in your garden. That doesn’t mean that the weeds need to stay there. Those ugly growths, dark spots, spider veins, red spots and wrinkles are the “weeds” on your face. And as a medical doctor, if there is any indication that your unwelcome “weeds” are more than cosmetic, I will refer you directly to your physician who can order tests to confirm any medical diagnosis needed.

If you like keeping your garden free of weeds, why not choose healthy looking skin as you age? I offer numerous, non-invasive, affordable treatments to keep your skin looking young and healthy.

You can’t help getting older, but you don’t have to show it. You can carry your age with dignity and be happy with yourself when you look at the mirror.

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

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READ MORE ARTICLES BY CARMEN MONTANO ONLINE: www.trulyalive.net
Healthy Digestion and the Power of Relaxing
By Phyllis Childers, RN

How often do you eat under stressful conditions? How much of the time are you chowing down in a hurry to get onto your next thing?

Our body has a natural safety response to stress that has been developed over millions of years. It’s called fight-or-flight. This is designed to support us during life-threatening events and is initiated any time the body senses stress. As soon as our body senses stress, our heart rate increases, blood pressure increases, respiration quickens, and blood flow is rerouted away from the digestive system. It’s redirected toward the head for quick thinking, and to the arms and legs for the power necessary to fight or flee. We don’t need to digest our cupcakes when we are running from a bear. During times of stress, our digestive system’s functioning diminishes and can (at times) completely shut down.

Our body does not know the difference between running from a bear and the stress that results from rushing through meals, eating when anxious, worrying about fat, and negative thoughts around food while eating. When we relax, we metabolize better because we are not in fight or flight mode.

We are all born metabolically powerful. But when we are continually stuck in fight-or-flight physiology because of chronic (even low-level) stress; eating too fast; not breathing consciously enough, or not putting attention on pleasure as we eat, we lose the ability to metabolize as nature intended.

You CAN enjoy eating, gain energy, and achieve sustainable better health by simply slowing down and relaxing as you are eating quality food. Something as simple as taking 10 deep breaths before you take your first bite can make a huge difference in the way your digestive system functions. Talk about increased efficiency (in 20 seconds or less) with no cost involved!

My approach is unique. I combine more than 40 years of experience as an RN with the skills gained from in-depth health coach training through the Institute for Integrative Nutrition; as well as extensive training with the Institute for the Psychology of Eating.

Let’s focus on what’s right for Your Body and Your Personal Style. Combining many of the best strategies from nutrition science, eating psychology coaching techniques and mind-body science, and a positive and compassionate approach to challenges with food and health, your best solution for your Perfect Digestion, Weight and Health is with me. Interested in knowing how I can help? Call today! 505-298-8020, http://handsonhealthcare.me/nutritional-medicine/the-psychology-of-eating/

Osteopathic Physicians are trained to listen to their patients and partner with them to allow them to receive the most holistic and empathic approach to their health challenges. They learn to promote the body’s natural tendency toward health and self-healing. Dr Childers is board certified in Family Medicine and Osteopathic Manipulative Therapy. Practicing medicine for 45 years, he uses his extensive training and many years of experience to determine the best treatment plan for his patients.

Dr. Childers has gained expertise in multiple therapies that will assist you to take advantage of it your body’s self-healing ability including osteopathic manipulation, craniosacral therapy, medical acupuncture and platelet rich plasma therapy for degenerative joints and tendons.
The concept of needling the skin has been present for hundreds (or even thousands of years), dating back to ancient cultures. Evidence shows that the Chinese, Indians, and Egyptians had all explored micro-needling to some degree. The procedure used today is predicated on modern, science-based concepts.

The advantages of modern micro-needling were first discovered, by Dr. Andre Camirand in 1996. He had been trying to camouflage enlarged, hypertrophic scars on a number of his patients by tattooing pigment into their skin.

Dr. Camirand started to notice that the tattooed pigment was completely dissolving and being replaced by actual melanin, the skin's natural pigmentation. Furthermore, the scars themselves were showing a huge amount of improvement in texture, appearance, and color.

This discovery led to the idea that puncturing scars with a tattoo gun, but without adding any color, could break down some of the tissues and materials inside them. This, in turn, would cause the scar to fade in appearance and naturally change color to match the skin's tone. The results of multiple sessions were found to be remarkably consistent, with all of Dr. Camirand's patients benefiting significantly from the treatment.

Shortly after Dr. Camirand’s discovery, Dr. Des Fernandes, a plastic surgeon, introduced his own skin needling technique: a small needle stamp. He used the device to successfully stimulate the production of collagen in the skin. Dr. Fernandes presented his first paper on skin needling, specifically to treat the upper lip, at the 1996 International Society of Aesthetic Plastic Surgery congress in Taipei.

Dermal rollers were invented a few years later. Initial sales began in Asiatic regions, where needling was not a foreign concept, but the device rapidly gained popularity and acceptance as a device with medical benefits around the world.

As Dr. Camirand first discovered, creating tiny, controlled puncture wounds in the skin causes the body to respond by producing new collagen and elastin protein. This results in an overall improvement of the skin's texture and appearance.

**After treatment, you will notice the following benefits:**
- Thicker, firmer skin
- Increased smoothness
- Increased hydration
- Better microcirculation in the skin
- Reduced appearance of common skin imperfections

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**Micro-needling: A Little History**

By Dr. Carla Garcia, DOM

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There are many reasons why, after death, a soul does not transition to the other side. Based upon the tens of thousands of cases I have dealt with over the last 45 years; most people do not cross over to the other side because they do not realize that they have died. The moment of death is swift and little physically changes around them. I describe this occurrence in detail in my book *Possessed by Ghosts—Exorcisms in the 21st Century*. A simple example is that a person, who had been terminally ill, dies but their soul may believe they have somehow recovered and didn’t die after all. Or, sometimes death happens unexpectedly, which can be a shock not only to family members but to that soul as well; therefore, the soul is unprepared to pass to the other side.

**How Does This Influence Those of Us Who Are Alive?**

Many souls don’t know how to recharge their energy, so they end up usurping or stealing it from the living. When a soul draws a small amount of energy, this can go unnoticed by the host. However, serious problems arise when the soul of someone who has died permanently attaches itself to a living person. Suddenly, a person (a child or adult) who was once healthy and happy may fall ill. At first, the person may experience severe headaches, stomach aches or fatigue. Symptoms usually subside over time, but they don’t completely go away, and new ones begin to appear.

The attached soul will not only affect a person’s physical body but will also influence their emotional state. Affected people will start to lack enthusiasm, become depressed, anxious, and sluggish. They are also likely to begin to experience relationship problems because the spirit’s energy will push away anybody who comes into contact with them. This can result in feelings of loneliness and isolation. Many seek medical help, but doctors cannot find the cause of their pain. Others reach for psychotropic drugs, but these also don’t alleviate their emotional pain. Some people become increasingly sensitive, angry or easily irritated. They may start to abuse alcohol or drugs, and experience intrusive, even suicidal thoughts.

In many cases, I find that a living person experiencing suicidal thoughts is doing so because the attached soul is trying to persuade the affected person to commit suicide. The spirit knows there is no such thing as definitive death. They do not see the act of suicide as a horrible event. They view it as a release or freedom from a body that they are terribly uncomfortable inhabiting.”

**How I Work:** I feel blessed to have the ability to help people any way I can. Most of the work I do is done remotely. Often, they tell me I am their last hope after seeing therapists and doctors. When I release attached spirits, people describe the sensation feeling as if someone has detached heavy chains from them. Others describe it as if someone removed baggage from them that they have been carrying for years. They feel lighter, calmer, happier, have more motivation to live, more energy, and clearer thinking.

Spirit attachment is very common, and it could happen to anybody, but I have a simple diagnostic I perform remotely to confirm whether your ailments are actually caused by a spirit attachment. If I can clear your life and help you back onto the path of better health, improved relationships, and overall joy and prosperity, please reach out. My purpose is to help as many as I can.

Wanda Pratnicka earned her PhD in Philosophy, an M.A. in Psychology and a B.A. in Parapsychology and has helped tens of thousands of people around the world who have suffered from emotional/mental disturbances and physical illnesses that were considered to be incurable. Wanda’s unique ability is that she is able to diagnose and remove spirit entities, aka ghosts, from people remotely; no matter where a person is located. For more information, please visit: [www.wandapratnicka.com](http://www.wandapratnicka.com) or call Wanda’s office at 631-402-1254.
Woudn’t it be wonderful if we would self-heal and bring healing on all levels to each other, our communities, and the world?

Grandmaster Choa Kok Sui founded the practice of Pranic Healing® with the thoughts that there should be a Pranic Healer in every household, that “everyone has the innate ability to heal”, and that anyone can learn to use “prana”—the life force—to benefit ourselves and others. He gifted us with this highly developed method of energy medicine that teaches us no-touch techniques and scientific principles. A simple sweep of a hand can make a healthy difference in our wellness.

The emphasis in Pranic Healing® falls on the principles of cleansing and energizing in the bioplasmic energy blueprint of the body with a focus on energy hygiene, which allows a person to heal others without jeopardizing one’s own health. This is more than another way of thinking. It’s a simple and powerful way to add value to our lives as we make our total wellness a priority. Pranic Healing® is an integrative modality that has become a significant complement to traditional medicine.

Anyone can learn to be a Pranic Healer! Courses in Pranic Healing® start with the Level 1: development of skills to feel, control, and manipulate “prana” for self-healing, self-decontamination, and self-recharging. It includes step-by-step techniques for healing ailments and reducing stress. Advanced courses take this practice into the understanding and use of color energy, instructive healing, and specialized applications. There is more: Super Brain Yoga creates mental clarity and Meditation Twin Hearts calms emotions and promotes healing.

The component of Meditation Twin Hearts awakens the heart chakra (human love) and the crown chakra (Divine love) and opens pathways in the energy body to give and receive healing simultaneously. This powerful meditation has great benefits when practiced with regularity. It can calm emotions and reduce stress, increase your spiritual connection, improve relationships, heighten intuition and mental clarity, and provide psychic protection from negative energies. Super Brain Yoga provides an ancient technique that balances the energy in the left and right brain, recharging it for clarity. It has amazing benefits for children in the autism spectrum, students at all grade levels, and those of us with the occasional brain fog.

Pranic Healing® clinics have cropped up in service to communities all over the world with a growing number of healers’ support. The benefits of Pranic Healing® are noted in testimonials by those who have shed migraines, recovered from chronic ailments, reduced anxiety, and created healthier homes with preventive practices. Six years ago, Elizabeth Mora attended a lecture in El Paso, TX seeking an alternative to what doctors called a last recourse—brain surgery—for her six-year-old daughter’s condition. She had symptoms of traumatic brain injury with lack of impulse control, developing into epilepsy in the form of complex partial seizures. She shares her experience.

“We had our doubts. Yet, we started weekly Pranic Healing® sessions with a local practitioner and started seeing immediate changes. Within two months my daughter’s vision improved and her seizures and medications were reduced. In six months, she had no sign of epilepsy. We healed as a family. For myself, my bad knee improved. My mother’s painful arm from years of lymphedema…a result of earlier cancer treatments, was freed to move comfortably.” Pranic Healing® has become a consistent and integral part of Elizabeth’s family life. Elizabeth is now a Pranic Healer…along with many others.

Learn Pranic Healing® in a two-day “experiential” intensive August Albuquerque class.

Lynn Provenzano is an Associate Certified Pranic Healer and Licensed Pranic Healing® Level 1 Instructor under the U.S. Pranic Healing Center and the global umbrella of the Institute for Inner Studies in Makati City, Philippines. Pranic Healing® has spread to all five continents and is practiced in more than 80 countries.
Athletes at Risk
By Bill Haggard, All About Health

I’d say athletes, for the most part, are perceived as very strong and healthy. I consider doctors, lawyers, engineers and a myriad of other high energy top performers to be in this category as well...anyone who likes to push the envelope to achieve their goals and success. They are rarely sick and can push through a good bit of discomfort. They push hard, play hard, and can usually get away with more than some other folks, due to their incredible strength and stamina. These people can ignore the rules for good health and longevity for long periods of time. And why not? They can still outperform those around them. When they do get sick however, it’s a doozy and Bad!!!!!

Abundant, sustainable energy comes from food, water, air, exercise, rest, sleep, and good elimination. These will replenish your energy reserves if you choose well. If you are not replenishing them, your body will rob your reserves to meet your body’s current demand. That is, until all those reserves are exhausted and depleted. When reserves are gone, they’re gone, and these folks hit the wall. The rules for vibrant, ongoing health, vitality, and longevity apply to us all; whether you are a high performer or not.

Even when you utilize the best nutrition and have great exercise habits, neglecting helping the body eliminate toxins would be like driving a high-performance car with the highest octane and additives, but neglecting to change the oil. Regular enemas (or better still) colonics will assist your body with cleansing out the old, providing renewal and avoiding a breakdown.

If your blood is running dirty, it could be a colon problem. If your lungs are in trouble, it could be a colon problem. If you have low back pain, it could be a colon problem. Sinus problems, UTI’s, and so much more are often connected to stagnant colons.

Some people are afraid of colonics. They say they are dangerous. They are actually about as dangerous as taking a bath or a shower. It’s a cleansing for your insides. Clean water gently goes into the colon and waste is escorted out. No muss, no fuss.

Here is a testimonial from one of our athletic clients:
I read an article that Bill Haggard of All About Health had written for Truly Alive on how exercise can make you feel worse (since toxins that are stored in your body are being stirred up) unless you rid your body of toxins using colonics. I have been an avid exerciser for years and even competed in several fitness competitions. I had also always considered myself a good eater and found that I was tired all the time. My workouts (that had once given me energy) were making me feel worse. I was also prone to getting the flu and several colds a year.

I did my first colonic several years ago and it has truly changed my life! I began to have energy again. Exercising became a joy to me and made me feel better. I also hardly ever get a flu/cold. My skin, hair and nails also are much thicker and vibrant.

Bill is so knowledgeable and informational. He is a completely caring man who finds true joy in helping others. He also knows exactly where your body is holding on to toxins and massages the trigger points so the release of them is so much greater! The colonics are gentle and comfortable. I highly recommend All About Health to those interested in changing their lives for the better.

M.J., ABQ

Join us at All About Health, cleansing and restorative therapies. Let us help your body rid itself of energy draining and pain causing toxins, so you can experience a more vibrant life. Athletes, is it your time to cleanse? Let your inner garden Thrive and Blossom. Schedule a colonic today. You’ll be glad you did! 505-888-5858, www.AllAboutHealthinc.com

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

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READ MORE ARTICLES BY BILL HAGGARD ONLINE: www.trulyalive.net
Stem cell therapy has often been called regenerative medicine, as it creates perfectly designed, live cells to repair or replace tissues of the body lost due to age, disease, damage or congenital defects.

These amazing cells are the basic building blocks of life, and like any other cells, they produce more cells of their own type. But they differ from others because they have the remarkable ability to ‘differentiate’ into any of the 220 different types of cells in the body that all carry out specific functions. Once they receive their command from the repair department of the immune system, they go to work repairing damaged tissues, enhancing organ regrowth and eliminating inflammation.

While stem cells have been used for decades to treat blood-related diseases through bone marrow transplants, in recent years they have been used to treat much more. Most commonly, stem cell therapy is now used for structural or joint issues. Chronic inflammation from conditions such as arthritis or degeneration that result in loss of cartilage (or other damaged soft tissue) have been most often treated with a high predictability of success. Stem cells are also being used to regenerate tissue and literally rebuild organs. Individuals who struggle with heart disease, COPD, diabetes, MS, macular degeneration, spinal cord injuries or Parkinson’s disease have found relief through stem cell therapy.

The various immune signaling chemicals and proteins (that stem cells stimulate) react to inflammation signals in the body. They are attracted to the signal and begin to go to work stimulating blood flow and creating new, healthy tissue. Once that tissue has been regenerated it is your tissue, meaning it is permanent and the procedure does not need to be repeated unless more regeneration is desired by the patient.

Because stem cells are drawn to the signals of the body where help is most needed, injecting stem cells directly into the site (joint areas for example) ensures they stay where they are needed and do the work desired. When internal organs are damaged (or in the case of autoimmunity), IV is the best method of application. If there are neurological issues, or eye problems, the newest method is intranasal. This treatment gently places the stem cells right next to the brain in the uppermost sinus, where they are absorbed directly across the blood brain barrier. It has been demonstrated to help with dementia and Alzheimer’s and other neurological disorders.

If you are wanting to avoid surgery or are taking more prescriptions than you would like, stem cell therapy may be your answer. From 50 to 75% of surgeries performed for joint and back repair require further surgery. 1 in 100 patients contract severe infections during surgeries and 1 in 400 people die. If you have ever taken a pain medication, you know they are designed to mask or suppress a symptom, not correct a condition. Stem cell therapy can regenerate and restore.

Can my own stem cells be used? As we age, our stem cells diminish in number and they begin to reproduce more slowly. When our own regenerating ability cannot keep up with the degeneration that happens, we age. Donated birth tissues from highly screened mothers having cesarean births produce very young cells which reproduce and regenerate much more quickly than our own cells and there is no surgical procedure required.

What about my age? Age is not a factor in determining if stem cells are an appropriate treatment. The oldest person I know who received stem cell therapy was 96 (her knees were treated). Six months later they were 85% improved!
A Happy Accident

By Amy Immel

When I paired the BEMER: Bio-Electro-Magnetic-Energy-Regulation machine with the AquaChi Ionic Detox Footbath; (two top of the line energy-affecting machines to enhance well-being), it was a happy accident as they work even better together!

As verbatim from the BEMER Customer Library North America: “BEMER is designed to improve circulation thereby supporting the body’s natural self-regulating processes. Blood is the body’s universal means of transport. Oxygen, nutrients, chemical messengers (e.g., hormones) and immune cells are all transported through our blood. When our body’s cells, tissues and organs are adequately nourished, and metabolic waste products are removed, our bodies become healthy and function properly. The optimal regulation of circulation is a prerequisite for ensuring good levels of health and fitness.

Scientific findings confirm that correctly functioning circulation is of crucial importance in ensuring a person’s well-being and physical performance. In all advanced organisms blood circulation regulates the nourishment of cells with oxygen and nutrients, the removal of waste products and many other processes.”

The Aqua Chi Foot Bath, also a form of energy medicine, is the only scientifically validated bio-energetic foot bath technology. It’s a self-contained water detoxification system using negative ions for vitality and health. Bio-Energy is the electro-magnetic force stored within our bodies. It’s the energy needed and used by our cells to function at their best. Widely used to increase energy and stamina, treatments purge our bodies of toxins. This elimination of toxins often results in less body fluid retention, reduced inflammation, improved memory, a more balanced pH, a stronger immune system, and has been significant in pain relief.

When our cells are healthy, our energy is high, nutrients enter the cells and waste matter can exit.

Not only do clients receive benefits during a treatment, they also receive benefits AFTER the treatment because the body is better balanced and charged. This allows the body to continue to detoxify through its regular channels more efficiently. Call to schedule your in-home session today! 505-883-4078.
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New Mr. Rogers Documentary is Out and It’s Incredibly Sweet How It’s Making Adults Feel


There are few things in this world that everyone can agree on—some folks might have different opinions about the new Marvel movies, while others might voice their hatred on classic movie remakes. But there is one thing that almost everyone can agree on: everybody loves Mr. Rogers.

So as people flood to see the new Mr. Roger’s documentary, *Won’t You Be My Neighbor*, it’s incredibly refreshing to look at people’s reviews and see nothing but inspiration and love.

Since the movie came out on June 8th, 2018, the #WontYouBeMyNeighbor hashtag on Twitter has been filled with posts from adults who wanted to express their adoration for the biopic.

The common theme amongst all of them? Everybody cried.

While the movie is only being released in select theaters over the course of the summer, people are still urging everyone to go as soon as they get the chance—and to bring a box of tissues.

Julie Williams, a 42-year-old mother who grew up in an abusive household as a child, described her own feelings towards Mr. Rogers to the Tampa Bay Times. “I promised myself if I ever had children of my own, I would parent them in a way where they would feel the same way Mister Rogers made me feel…safe, worthy and joyful. I did that,” she said. “I have two beautiful children who are funny and awesome. I broke the cycle of generational abuse in no small part due to Mister Rogers. I genuinely feel if he were alive today he would be really proud of me for that.”

**HAVE AN IDEA FOR A GOOD NEWS STORY? EMAIL KAREN @ www.trulyalive.net OR CALL 505-828-3430**
NEW! Planetary Forecast
by John Clinton, Psychic Astrologer

JULY 2018:
July is our nation’s birthday. As a Cancerian Sign, our country’s character prioritizes family, security, home, motherhood, and apple pie. 242 years young! That is an “8” in numerology. This number is related to power and business success. There are some weird changes to our traditions, including the way we do business. We are in an upswing, but humans in power can cause bubbles, indicating bad economic decisions. Even deception is likely which is harder to find. Truth eventually breaks through, but there can be damage beforehand. So, Happy 4th! Always a good time to check our values against the original intentions of our founding fathers. They had it right, but greed can always screw it up. Words can give us renewed hope and energy. Actions still speak louder, however. Mars is retrograde and old embers may get stirred. The next 50 years are damaging to the USA if we initiate attacks on other countries. We end up losing even if we win. There are people planning wars as I write this, but we must restrain and only use military force in response to attack. The 8th could be the start of our Monsoon season in New Mexico. The 10th brings a glimmer of happiness back into our lives. Then, there is a partial eclipse of the Sun on the 12th but it’s not visible in New Mexico. Then the 13th comes along and makes everything all better, again. Mercury and Jupiter are quite prominent with their message. Jupiter keeps teaching some heavy subject matter and Mercury turns retrograde again at month’s end. This is the 2nd time this year for Mercury. This time in Leo, last time was in Aries, and the next time will be in Sagittarius. All three fire Signs take our thoughts inward to our spiritual cores. Individuals everywhere have suppressed anger to some degree or another. As we find the truth of who we are, we have a desire for action to correct what is obviously wrong with the world. Demonstrations will be seen all around the banquet halls of the well-fed and powerful. The time has come to get real and listen to our souls.

AUGUST 2018:
The Leo season is always fun and filled with power displays and lots of drama. It’s a time of year when differences can reach agreements. Leo month brings out an elegant nature that wants to dine in style, but like the Lions in the wild, we can enjoy dining outdoors under a shade tree. This is a time of pride and willful actions. Our leaders are tested in a spotlight of truth. This eventful month has a bad start, but there are great opportunities all throughout. There is a partial Solar Eclipse on the 11th, which will pass north of us and affect Russia. Anger will be stirred, and certain actions are threatened, but it’s all for show. Despite all the joy of August, there seems to be a built-in frustration factor, as well. There will be delays to big plans. There could be labor unrest as pay isn’t matching company profits, which belies the recent tax cut promises in the US. Public confidence could be low. Investments are best held for the long-term. As Virgo begins on the 22nd, we will become more flexible and adaptable in our labor and manufacturing. Some factories may find it easier to use older techniques in their systems when there is a long lead time for machine parts. That’s when it wouldn’t hurt to break out the hand tools. Great achievements can take years, like the Apollo program. This relates to our itch to take great strides into outer space. February of 2021 is the date for monumental accomplishments from our work today. There are plenty of amazing discoveries awaiting right here on Earth. Meanwhile, we must keep working on our dreams. People are beginning to use their united voices to bring changes. Remember why America was colonized. We wanted more personal freedom, and freedom of choice about religion. The only group to oppose our Declaration of Independence was the rich merchants of New England. Yet, somehow, we have given priority to the wishes of those who lust for power and riches. They are on a dead-end street with a motivated and highly aware wall of citizenry at the end.

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Individually Designed Nutrition, Supplement & Diet Programs
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**Dr. Glenn Wilcox**

Holistic Integrative Medicine
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