A Timely Interview with

DR. BOB DEMARIA & DR. CASEN DEMARIA

on

Dr. Bob’s Drugless
Guides to Mental
Health and Balancing
Female Hormones

Say Goodbye to Pain
New Women’s Health Check
Immune Powerhouses
Powerful, Accurate Decisions
Reshaping Relationships
Longevity
Powerful, Cutting Edge Immune Boosting Options

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Nutritional Live Blood Analysis
A reliable source to understand what’s happening with your body at the cellular level. Stress and disease often show in the blood long before anything manifests in the body.

Silver Immune Support Therapy
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Anti-Aging, Pain Relief and More
• Prolozone Injection Therapy
• PRP (Platelet Rich Plasma) Injections
• Biological Allografts
• Hormone Balancing
• PICC Line Placements
The two books featured in this issue are powerful: Dr. Bob’s Drugless Guide to Mental Health and Dr. Bob’s Drugless Guide to Balancing Female Hormones.

The Mental Health Guide chapters and topics include: Depressed, Stressed and All the Rest, A Trip Down Memory Lane (Alzheimer’s and Dementia), Inside Out (Your Emotions and the Body-Organ Connection), An Apple a Day Holds Your Anxiety at Bay (Optimal Food Choices for Mental Health) and so much more.

The Female Hormone Guide will help you learn how to: Restore hormone function naturally, prevent osteoporosis, say goodbye to hot flashes, reverse annoying heavy menstrual issues, turn up your desire for sexual intimacy, achieve your optimal weight and more!

These books are true life-changers…
Manifesting from Your Higher Self 8-week Tele-course Jan 16 thru Mar 6, 2021 Truly Alive Special, SAVE 10% Whatever it is that you are here to manifest — health, joy, abundance, a higher vibration all around you…you will learn and master the energetic techniques of true manifesting. Get ready to anchor your highest vibration and transform your life from the inside out!

Empowered Empath Training 12-week Tele-course Only Or Tele-Course + Retreat April 3 thru Jun 26, 2021 Truly Alive Special, SAVE 10% For anyone who suspects they may be an empath and/or who seeks to embody one's highest wisdom. Areas of mastery we will embrace include: Self-healing, trusting our intuition, manifesting, embodying our higher self, relationships, and of course — boundaries. Deeply transformational and intimate format. Limited space available. Enrolling now. This training is life changing! — Alison Martin, Tucson

Brain Boosters Online Powerhouse August 26 – Nov 11, 5:30pm PT, 6:30pm MT, 7:30pm CT, 8:30pm ET Re-set your brain. Recall, focus, align and create. Learn to detox heavy metals causing brain imbalances. Balance neurotransmitters through frequency. Learn a simple use-anywhere tool that will balance, ground, align, improve your brain power and propel you to the next level in career and life. Start anytime during the series. Click here under events: www.louiseswartswalter.com. https://tinyurl.com/y6yemgab.

Writing Memoir Live Online Course #: 19591 · Class ID: 90410 Thursdays, 8/20 - 9/24, 1-3pm · $75 This course is for all-level writers contemplating a memoir. Break open your concepts of memory and identity, while illuminating the cathartic power of reflecting on your past. The course offers writing prompts to preserve memories from your entire life. It’s important to know not only how to write about your experiences, but also how to structure and translate them into an unforgettable memoir. Together, we will learn how to structure your stories, develop storytelling skills, while offering tips and techniques in order to best adapt your life stories and reflect with a chronological fashion.

Writing and Being: Taking Back the Gift of Language Live Online Course #: 19503 · Class ID: 90411 Saturdays, Oct. 3 – Nov. 7, 1-3pm · $75 This is not only a class about writing, it is a class about people writing. It is about writing as a tool for intellectual, psychological, and spiritual growth. It is about our language and our being and their powerful interconnectedness. This class is about taking back the gift of our language as an instrument of creation. The guided writing explorations begin by asking you to go inside yourself, to start with your heart, to take your stories out from within and look at them and learn from them. We will also work with the dimension called “Toward Public Writing.” This gives your journaling work new form as to be shared with others. This writing-and-being group travels beside you as we create a published summation of our creations.

health is a state of mind, wellness is a state of being
Am I an Empath? Q&A
Tele-class
Sat. Sept 26, 12-1:30pm • $20
Do you absorb the moods and emotions of other people? Feel drained just by going about your day? Do you experience mystery symptoms? Wondering if you are an empath and if so, what all this means? Register by contacting Chantal: info@yourdivinelight.biz, (505) 438-1074 or
info@Register by contacting Chantal:
yourdivinelight.biz

COVID-19 Wise Home Care
September 17, 7-9pm • FREE ONLINE
What You Need to Know to Prevent and Care for Viral Flu Infections at Home. The COVID-19 flu pandemic continues to be a frightening threat. In this online presentation, learn simple, highly effective tools for wisely managing your health during your journey through this pandemic, and any other viral flu infection that may come your way.

Parasites: A Huge Hidden Immune System Problem
October 15, 7-9pm • FREE ONLINE
Learn How to Accurately Diagnose and Treat Parasites and Candida Yeast. Parasite infections are a common, overlooked problem in America that can significantly undermine your immune system and increase your viral vulnerability. In this online presentation, we will cut through the confusion and learn how to diagnose and resolve these infections quickly and effectively.

Animal Caregivers Wanted Staff and Volunteer Positions
Kindred Spirits Animal Sanctuary
Eldercare and Hospice for Senior Animals. Now accepting applications for dedicated Animal Caregivers for both staff and volunteer positions. Visit kindredspiritsnm.org for more info and application. 505-471-5366 kindredspiritsnm@earthlink.net

Pranic Healing® Clinics - El Paso & Albuquerque
Cancelled until further notice. Contact Lynn Provenzano at lightelpaso@gmail.com for serious needs. Pranic Healers will be available for the distance sessions and the community on a first come first served and scheduled basis.

Pranic Healing® Study Group - El Paso
Ongoing, 1st Sundays, 3pm
Pranic Healers will join in an online meeting. Contact Lynn Provenzano at lightelpaso@gmail.com for log-in information.

Meditation on Twin Hearts Ongoing Wednesdays, 7pm
The public is invited to join the Pranic Healers of the El Paso Border Region in a weekly Meditation on Twin Hearts. Now is the time to send healing energies to the people and the planet. Contact Lynn Provenzano at lightelpaso@gmail.com for log-in information.

Radical Pain Treatment Info Phone/Zoom Consultations • FREE
Learn how microcurrent with physical therapy may be the answer you have been looking for! Incredibly effective for both chronic and acute pain. If you have tried “everything else”, this may be the one thing to bring you the relief you have been seeking. Anita Ricka, PT 505-715-8386 tothepointphysicaltherapy.com
First Annual Becky Baker Foundation Golf4Prevention Charity Tournament
October 5, 2020
All proceeds will benefit women who cannot afford a mammogram or thermogram! Rare opportunity to play a special course and help raise $100,000! Each of 30 teams of 4 (max) will play with a former NFL football player. Not a golfer? Donate!
Held at: Broadmoor Resort
1 Lake Ave • Colorado Springs, CO 80906
Questions? Call Tournament Chair & Exec. Dir. Rick Baker: 808-333-4756
https://birdiease.com/BeckyBakerFdnGolf4Prevention

How to Handle Depression
FREE Workshop with Dr. Sobers
Depression is a leading cause of disability worldwide. Learn ways to handle depression, anxiety, and pain. Dates/times arranged for convenience of those who RSVP (when centers are open again).
Held at: North Domingo Baca Multi. Ctr.
7521 Carmel Ave NE, 87113
For more info.
RSVP, text: 505-386-3063
Email: DrSobers@comcast.net

Free Meditation on Facebook Live
Join “Choosing Mindfulness” public group to access • Mondays 8:00-8:30 am MDT
FREE Live zoom meditation with Bhanu Harrison
Thursdays 4:30-5:00 pm MDT
Link on my website: www.choosingmindfulness.net

Divine Gazing with Epi Gallegos
Sept. 16 and Oct. 21, 4pm
(Social Distancing Honored)
Donations Gratefully Accepted
Experience the healing power of Divine Gazing.
Info, Epi Gallegos: 505-259-5495
Held at: 981 Canal Blvd. SW
Los Lunas, NM 87031

Panic Healing Clinic - Ongoing
1st Tues (except Jan, Jul, Dec)
6:30–8pm • Donation
No-touch clearing of congested energies and energizing/balancing of the energy body.
Held at: First Unitarian Church
3701 Carlisle Blvd. NE, ABQ 87110
Contact Rita Herther: 505-298-4823

AWARDS, AWARDS & MORE AWARDS!


- New Mexico Press Women 2015 communication contest. An Honorable Mention
- New Mexico – Arizona 2014 Book Awards; Finalist in the categories of Spirituality/Inspiration and New Age
- New Mexico – Arizona 2015 Book Awards; Finalist in category of Philosophy
- New Mexico – Arizona 2016 Book Awards; Winner in the category Best New Age
- Indie Excellence 2015 Book Awards; Finalist category of Inspiration
- International Indie Excellence Body, Mind, Spirit 2017 Book Awards; Finalist in the category Inspiration
- International Indie Excellence Body, Mind, Spirit 2017 winner in category New Thought

ORDER YOUR COPY OF THIS AWARD-WINNING BOOK TODAY!
On Amazon search on SPIRIT WISDOM FOR DAILY LIVING
What interesting times we are living in! We are extremely grateful to be back in print again. Thank you to all of our print readers who picked up the July/August 2020 issue (and this one — since you’re reading it!). As 2020 is our 30th year in print (8 years online), we are continuing to celebrate and are deepening our gratitude to continue to be of service to central New Mexico readers and advertisers. Our gratitude extends sincerely to our loyal advertisers (some of whom have been represented for many, many consecutive years)! Without you, and loyal readers to patronize you, we would not be here.

The community recently said goodbye to a highly valued member of our natural health/spiritual media community, the Natural Awakenings central New Mexico edition. We are sad to see them go and are here to help any advertiser who may want to continue their messaging and outreach with Truly Alive Magazine. Please contact us anytime for no-obligation information.

The books on the cover of this issue are extremely informative, and the Mental Health Guide (which includes many, many, natural solutions to mental health issues) is especially helpful during these times. As mental health issues have spiked right now, people who are seeking relief with natural solutions will love this book. The Female Hormone Guide is a great reference for women seeking natural solutions to common issues (including some not so well understood ones too).

As we move into these next few months, personally, I am doing my best to focus on love, compassion, understanding, kindness, joy and gratitude. It’s especially challenging when I look at the “what is” around me, but I am doing my best. As they say something like, “just because it’s difficult doesn’t fail to recommend it.”

People are so separated and incredibly polarized right now. Please remember to communicate with care and please remember to focus (as much as possible) more on what you want than what you don’t. In times like these, it’s never been more important.

Holding all of you in love, light and perfect unfoldment during these most challenging times,
Vitamin D is one of the most important, essential and effective supplements that you need to take regularly for optimum health! Many experts agree, vitamin D deficiency is likely to be a significant factor in COVID-19 transmission and complications.

**THE HORMONE VITAMIN D:** Vitamin D is actually more of a hormone than a vitamin. Bioactive vitamin D or calcitriol is a steroid hormone that has long been known and scientifically proven for its important role in regulating body levels of calcium and phosphorus, and in mineralization of bone. It helps prevent rickets and osteoporosis. Vitamin D is actually a hormone that communicates with your other hormones, making it especially essential to help balance hormones. So, getting enough vitamin D2 and D3 may ease or prevent hormonal fluctuations.

**VITAMIN D CHEMISTRY:** Vitamin D a fat-soluble vitamin/hormone that is sometimes called the “sunshine vitamin” because it’s produced in your skin by a chemical reaction in response to sunlight. This reaction produces cholecalciferol (vitamin D3), and the liver converts it to calcidiol. The kidneys then convert that substance to calcitriol, which is the active form of the hormone in the body.

**FOODS PROVIDING VITAMIN D:**
- Fatty fish: salmon, trout, sardines, mackerel and herring
- Cod liver oil
- Portabella mushrooms
- Egg yolks
- Beef liver
- Foods fortified with vitamin D: orange juice, soymilk, some dairy products, breakfast cereals

Unlike most other vitamins, vitamin D is found only in a few foods, but not at high enough levels for optimal health. Supplementation is often necessary.

**FUN FAMILY STORY!** I was born in Nova Scotia, as were my mom and dad. Every day my mom gave us children a spoonful of cod liver oil. Yum! When my dad was a boy, he spent a summer with his best friend at Peggy’s Cove, a tiny picturesque fishing village on the wild Atlantic Ocean. The village men were cod fishermen, making their living out on the open seas in small boats. Tough men! Each day they cleaned their catch and tossed the cod livers into a large barrel for use in making cod liver oil. Regularly, the fishermen would pick a raw cod liver out of the barrel and slurp it down. My dad told me he was no longer considered a boy when he got the nerve to slurp down one of those raw cod livers! That is vitamin D at its freshest best, and so much more!

**SUNSHINE:** Traditionally we got most of our vitamin D from the action of sunlight on our skin. However, based on the latest evidence, many people living in this country, Canada and northern Europe have levels of vitamin D that are low. For most, the majority of modern life has had the effect of lowering our ability to produce sufficient vitamin D. We spend a lot more time indoors, wear more clothes and use sunscreen. Also, age and obesity reduce the amount of vitamin D we produce. An average 70-year-old can produce only about a quarter of the vitamin D of a 20-year-old. Obese people generally have substantially lower blood levels of vitamin D.

**SUNSCREEN:** Sunscreen, if applied adequately to protect against sun-induced skin damage and to reduce the risk of skin cancer, lowers the skin’s ability to form vitamin D by more than 95 percent! Keep in mind that many sunscreens contain active ingredients that studies show are carcinogenic. Consumer beware! Certainly, getting sunburnt is foolish and harmful. However appropriate sun exposure is wise.

**VITAMIN D DEFICIENCY:** Signs and symptoms of vitamin D deficiency can include:
- Calcium absorption and bone maintenance problems – from rickets to osteoporosis
- Fatigue
- Mood changes such as depression and anxiety
- Bone pain
- Muscle weakness
- Muscle aches
- Muscle cramps
- Weight gain
- Hair loss
- Immune function issues
- Neurological health problems
- Chronic disease risks including cancer

**CHILDREN:** There has been a reemergence of hypovitaminosis D (low vitamin D) among infants and toddlers. It is also an issue for all children. An appropriate supervised repletion dose of vitamin D for your children can be an essential, effective and safe way to improve their health and development with a positive impact on later neurologic health, immune function and chronic disease risk.

**VITAMIN D AND YOUR IMMUNE SYSTEM:** Here’s an example of the positive effects of vitamin D on the immune system. One of my patients was prone to frequent outbreaks of genital herpes type 2 (HSV-2). Blood tests revealed low levels of vitamin D. A regular
daily dose of a specific form of vitamin D eliminated those outbreaks for the past three years. What was that form of vitamin D? Read on!

**VITAMIN D AND COVID-19:** The hard-scientific studies relating to vitamin D and its importance in COVID-19 (SARS-CoV-2) infections have not been completed. However, the National Center for Biotechnology Information (NCBI) notes “Observational data comparing outcomes from various countries report inverse association links between vitamin D levels and the severity of COVID-19 disease and resultant mortality, pointing to a possible effect of vitamin D on the immune response to infection. Specifically, Spain and Italy have high rates of vitamin D deficiency and also some of the highest COVID-19 infection and mortality rates worldwide. Conversely, the Nordic countries have higher vitamin D levels as a result of formal food fortification and also lower rates of COVID-19 infection and mortality.”

Scientists have begun to study if healthy blood levels of vitamin D may give people with COVID-19 a survival advantage by helping them avoid cytokine storm, when the immune system overreacts and attacks your body’s own cells and tissues. Studies are also exploring whether it may prevent COVID-19 or make the infection milder. The early research is not yet peer reviewed. However, most experts agree vitamin D deficiency is likely to be a significant factor in COVID-19 transmission and complications.

**NOT ALL VITAMIN D IS CREATED EQUAL:** I recommend a product by Biotics Research called Bio-D-Mulsion Forte. Each concentrated drop provides 2,000 IU (50 mcg) of emulsified vitamin D3 (as cholecalciferol). My clinical experience has revealed that it works better than any other vitamin D supplement. The reasons are straightforward. It is emulsified so it is absorbed and assimilated better than any other form. Not all emulsifications are created equal. I’ll be candid. Biotics Research makes the best quality supplements available. Why? Even though they do not make pharmaceutical drugs, they have a pharmaceutical manufacturing license. Therefore, their manufacturing process must meet higher standards. Furthermore, they have a complete testing lab in their manufacturing facility. Every raw material delivered to them is immediately tested for purity and potency. If it is in any way substandard, it is rejected. And, every product they make is tested for purity and potency before it is shipped out. Some companies do partial and incomplete on-site testing. Most rely on third party spot checks. Many problems are missed. Biotics Research also tests products from other manufacturers to evaluate what is being produced in the industry. Those results are disturbing and absolutely reveal that all supplements are not created equal.

I have my patients do blood tests to determine their vitamin D levels. Many have low or borderline low levels. Often, those people are taking a vitamin D supplement, but unfortunately that product has not been effective. When I have them change to Biotics Research Bio-D-Mulsion Forte at the correct dose, their levels rise significantly and quickly to an optimum level. I’m a committed believer in finding the best product and using that appropriately, even if it costs a bit more. Your most valuable asset is good health. Invest wisely!

**VITAMIN D PEARL – VITAMIN A:** I always advise my patients to combine vitamin D with vitamin A. The vitamin A synergistically works together with the vitamin D and the combined effect is far beyond that of just taking vitamin D alone. I use Biotics Research Bio-Ae-Mulsion Forte. Each concentrated drop provides 2,500 IU (3,759 mcg RAE) of emulsified vitamin A as Palmitate.

**CAN I TAKE TOO MUCH VITAMIN D?** Yes. Vitamin D is fat soluble and can accumulate in our bodies to toxic levels. It is just as important to not take to much as it is to take enough, and to take a good quality product. Blood tests provide accurate feedback to insure you are in the high normal range, which is where you need to be. Many doctors have been led to believe that a low normal level is just fine. Absolutely not! You want to optimize your levels for best overall health, not meander along barely above the deficient line. Trust me, establishing an optimal, high normal level is where you want to be.

**MY INVITATION:** I invite you to discover how to accurately diagnose and improve your vitamin D levels, as well as all other nutritional needs, to wisely optimize your immune system and overall health. Allow me to be your lighthouse.
Anita Ricka is a licensed physical therapist and was excited to add the Microcurrent modality to her services. Results have been astounding and her clinic is open again. For more info, call 505-715-8386, tothepointphysicaltherapy.com

When the “Stay-at-Home” order was initially decreed, everyone seemed to want to show care, love, and encouragement. In my local NextDoor app (an online neighborhood community that APS wants us to join) posts included pictures of pretty things and writings on the sidewalk. I was inspired to write on my sidewalk too, and the words that came to me were: “Love is all there is”.

Having become such an ideal example of this extremely frustrating (and fascinating, really!) dynamic, I can honestly say, without hesitation, that this is how our higher self calls us to deeper self awareness and empowerment. Imbalances in the body almost always have an energetic component. We are, after all, One: body, mind, spirit. If we ignore the energetic component in our healing, our symptoms only tend to get louder. Self-healing IS our birthright.

Sound far fetched? You’d be surprised. I know I am constantly amazed!

In a recent intuitive healing phone session, my client was experiencing chronic neck pain. X-rays had already revealed there wasn’t anything structurally “wrong.” Two chiropractic appointments per week, weekly massage and other modalities over months and months and…very little improvement. She also shared with me that she felt “stuck” and extremely homesick. As we explored together the energetic universe within her, she was able to identify and release some unacknowledged grief and see how that energy was actually “stacked” all the way up her spine to her neck, causing pressure. Like garbage that had not been taken out and was flowing over the top, literally! Because the root of her symptom was her grief, all the adjustments and massage in the world could only do so much. Not that those things don’t have their place, they certainly do. But if you happen to find yourself on a symptomatic merry-go-round you can’t get off of, please feel free to reach out for a free 15-minute consultation. If I can do it, so can you.

Blessings always, Chantal

A Deeply Personal Touch
By Anita Ricka, P.T.

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How is this related to my business? In thinking about what to write, and how to further explain the amazing results I have seen, I landed on “energy”. Many spiritual teachers state that “energy” is all there is. And this energy is “LOVE”. Forgive me for being so philosophical, but in reality, I am just stating facts.

My own experience with seeking (medical) assistance is potent. If I encounter a person in a Doctor’s office — even the front desk person — who is cold and indifferent, I might as well walk out the door again, because it tells me that the Doctor has little empathy.

I love what I am doing with the Microcurrent Acupuncture Pain Treatment, combined with my many years of experience in P.T. I love being instrumental in assisting fellow travelers in becoming free (or at the very least free-er) from pain and reaching higher levels of function.

I believe that this happens — not only through the physical acts of treatment but also due to the “energy” exchanged, allowing improved energy flow in my client’s body.

When someone calls me to talk about what I am doing and what they need help with — a light is lit in me, and I can’t wait to work on the person. I envision the possible transformation and rejoice to be part of it.

Anita Ricka is a licensed physical therapist and was excited to add the Microcurrent modality to her services. Results have been astounding and her clinic is open again. For more info, call 505-715-8386, tothepointphysicaltherapy.com

Tried Everything & Symptoms Just Won’t Go Away?
By Chantal Fidanza

Your higher self is calling you to go deeper.

I’ve been there. You’ve tried every modality in the book, only to repeatedly feel like you end up back where you started with the same recurring symptoms. I spent years trapped in such a cycle, constantly lamenting, “WHAT is the CURE?”

Having become such an ideal example of this extremely frustrating (and fascinating, really!) dynamic, I can honestly say, without hesitation, that this is how our higher self calls us to deeper self awareness and empowerment. Imbalances in the body almost always have an energetic component. We are, after all, One: body, mind, spirit. If we ignore the energetic component in our healing, our symptoms only tend to get louder. Self-healing IS our birthright.

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In a recent intuitive healing phone session, my client was experiencing chronic neck pain. X-rays had already revealed there wasn’t anything structurally “wrong.” Two chiropractic appointments per week, weekly massage and other modalities...
New Women’s Health Check (not just breasts)

Yes! A brand-new thermography scan designed specifically with women’s health in mind. It is more than a breast scan. The Thermography Center was instrumental in developing the Women's Health Check. The scan was conceptualized by Dr. Peter Leando, developer and wizard behind the Meditherm camera. At the forefront of thermographic imaging, his cameras are used in 48 states and 21 countries. Images are interpreted by licensed M.D.s and thermographers are trained by the American College for Clinical Thermography (ACCT). I am privileged to be the training director for the ACCT.

Breast thermography has been used for decades. Full-body studies that include the breasts have been available for years. What makes the Women’s Health Check different is a 71-point grading system of symptoms and history, resulting in a normal, low risk, or some risk rating. The questionnaire and grading system focuses on symptoms associated with thyroid dysfunction, estrogen dominance and adrenal fatigue/insufficiency.

There are 21 images in a women’s health check, as compared to the 5 images in a breast thermogram. And…it is available in time for “pinktober”, the month we are inundated with pink ribbons and races for the “cure”. The race does not have any winners, even though “they” have been waving millions of pink ribbons and racing for decades. This article “It’s time to stop trivializing breast cancer” (https://tinyurl.com/y4vopx2q) is an editorial on “breast cancer awareness” month/October.

In recent years, women were discouraged from doing breast self-exams because they were considered ineffective. I know from many of my patients that finding a lump with self-breast examination is extremely effective. Many women come for breast thermography (no radiation, no contact, no pain) because they have felt something. In fact, this video on doing self-breast exam http://tiny.cc/8ngmsz is on our website: www.newmexicothermography.com.

To schedule your thermography scan please call the Thermography Center at 505-271-6608, newmexicothermography.com

In early 2020, we were fortunate enough to form a relationship with the Becky Baker Foundation…a foundation established to help women obtain breast screening. It was started by Rick Baker immediately after his wife died of breast cancer. He believes that if Becky had been doing ongoing thermography or breast screening, she could have survived her diagnosis.

When you donate to the Becky Baker Foundation, all of your donation goes to helping women in get breast screening. In other words, if you are in New Mexico the money you donate, benefits New Mexicans. Administrative costs and marketing are covered by Rick so that donations go towards the women who need them. The foundation is sponsoring a golf tournament in October, 2020 in Colorado Springs: https://tinyurl.com/y6zleh9r

Please consider donating to the foundation and help someone who is worried about her breast health but can’t afford breast screening. If you are a woman who needs financial assistance, the Becky Baker Foundation may help fund your breast scan: www.beckybakerfoundation.org

SELF BREAST EXAMINATION

Arms down in front of mirror. Look for changes in size, shape, puckering, dimpling or discoloration. With arms up repeat the same assessment. Feel for changes in the breast. Check the nipples for discharge. If you find a lump — don’t panic. It could be many things other than cancer. Get it checked. You can start by scheduling a thermogram, a painless, scan of the breasts that images areas of inflammation associated with estrogen dominance, lymph congestion or new blood vessel growth that may be feeding a tumor. Call 505-271-6608 to schedule a breast exam. You may want a Women’s Health Check or a Full Body + Breast scan, instead of breasts only.

READ MORE ARTICLES BY CARLA GARCIA ONLINE: www.trulyalive.net
What Natural Things Can You Do for Blood Clots?

By Janet L. Hall, Naturopathy, CKP, CBT

After a fall, accident or body trauma, or even a minor surgery, you could be confronted with a serious life-threatening situation... having a DVT (deep vein thrombosis) or a PE (pulmonary embolism) better known as blood clots. These deep vein blood clots can travel to the heart, brain or lungs causing a heart attack, stroke or suffocation. What would you do?

What is a DVT or PE? Blood clots are simply an amalgamation or conglomeration of red blood cells that build up at the site of injury or with illness. They can be healthy to stop excessive bleeding, however excessive clotting can create severe health problems like (DVT). Simply put, a blood clot is a blockage of a healthy vessel that may lead to various health problems. A mass of red blood cells clumps together and stop the blood flow in the vessel. Blood clots do not form in just one part of the body. They can occur anywhere. Most often they are found in the legs.

A DVT is a blood clot in a main vein. A PE usually happens when a blood clot (DVT — often in your leg), travels to your lungs and blocks a blood vessel. That leads to low oxygen levels in your blood. It can damage the lung and other organs and cause heart failure, too. You can even begin to cough up blood clots that look like raw pieces of liver from the lungs.

Current Treatment of DVTs & PEs: In some cases, surgery may be necessary to remove a blood clot from a vein or artery. This procedure is called a thrombectomy. A thrombectomy may be necessary for clots that are large or are causing severe damage to nearby tissues.

Thrombolytics are drugs that dissolve blood clots if the patient is in immediate danger. Though usually rare, a doctor may give a thrombolytic intravenously, or they may use a catheter in the vein, which will allow them to deliver the drug directly to the site of the clot. Thrombolytics (like TPA clot buster) can increase the risk of bleeding, however.

Most of the time doctors prescribe blood thinners — either shots to be given in the stomach daily (in most cases throughout the day) such as heparin, or oral medications such as Xarelto, Eliquis or Warfarin. Some are processed through the liver and some through the kidneys with various side effects. These blood thinners do NOT however, treat the blood clots themselves. Blood thinners just prevent MORE clots from forming. It takes 4-6 months or longer for the body to reabsorb blood clots on its own.

So, what can be done naturally for blood clots? Blood clots are one of the hardest things to treat, as much care must be given so as not to dislodge a chunk that could migrate to your heart, brain or lungs. Kinesiology is extremely helpful in determining which natural remedies will work for your body, be of help, how much them are needed and for how long.

One of the main things people with blood clots complain of is pain and lots of it! The body part experiencing a blood clot can feel as though it’s in a vice...extremely tight and painful, like a charley horse that won’t let go. I have found (from personal experience with both DVTs and PEs) that essential oils can be extremely helpful to relax the muscles in that area. Deep Blue and Aromatouch work especially well. For swelling, Cypress essential oil is wonderful! Peppermint essential oil can act as ice does when applied to the body part.
A lung clot can feel as though there is a “knife in your back” and abdomen or kidney clots can restrict urination and make it incredibly painful to urinate.

The main product I found that kept me from going to the ER over and over again as I was in excruciating pain (when I got DVTs and PEs and had to wait due to COVID surgery restrictions) is a combination of Deep Blue and Lavender essential oils. It is the only thing I found that worked after trying many, many things.

**Dissolving blood clots:** Clots are made of fibrin and the action of thrombin. The body naturally transfers **blood protein**, known as **plasminogen**, into an enzyme called **plasmin**. This, in turn, dissolves **fibrin**, the material that holds clots together, but it takes months.

Cayenne peppers are **natural** blood thinners and have an effective impact on your body due to the presence of salicylates in them. They help clear away lipid deposits that narrow arteries and may help dilate arteries and blood vessels to clear away clots and the pain that comes with them.

After the crisis of clots is over, the clots are old, or to prevent new clots from forming, these are natural blood thinners that help dissolve clots:

- Fish oil, Turmeric (not in all cases)
- Garlic, Vitamin E and systemic enzymes, NattoKinase, Serrapeptase, streptokinase, Proteolytic/systemic enzymes
- Clove, Cinnamon, Thyme, Fennel
- Black Pepper/pink pepper
- Chili and capsicum, hot onion water, Kiwi, Grape juice
- Cranberry juice, flax, chia, walnuts, oysters, salmon, lobster & so much more!
- Spirulina helps widen blood vessels that have clotted.

Since lungs are at risk for clots, it is important to build the immune system. Exercise such as walking is very helpful, as is colonics. Our biofeedback machines have blood cleansing programs and fibrin frequencies to help your body get rid of them.

If you need help with testing to learn which is your best strategy for clots, we are here for you!

**Janet L. Hall is a Naturopath, Certified Kinesiologist, Herbalist, Biofeedback specialist, Nutritional Counselor and Essential Oil Expert. Her center is dedicated to helping people “rise above!” anything in their lives. 505-294-WELL (9355). alternativewellnesscenter.org**
While we are still waiting for that much promised “perfectly SAFE and EFFECTIVE” vaccine, here are some immediately available, natural defense tactics distilled from clinically proven information.

**Vitamin D:** Recent research is showing that low levels of vitamin D3 may be associated with increased risk of some cancers (especially colon cancer), infections, type 2 diabetes and more. There is increasing evidence that Vitamin D deficiency is related to a higher chance of having a more severe course of the current viral disease (C-19).

The majority of C-19 ICU patients have been Vitamin D deficient. Optimal levels are now recommended to be in between 60-80 ng/ml. Most of my patients take between 5000-10000IU of k2D3 5x/week with resulting blood levels in the range of 50-100 ng/ml. I recommend taking vitamin D3 with k2 and magnesium for optimal effect, and to always get a baseline blood test with follow up to make sure that target levels are reached safely. [https://tinyurl.com/y2u22j9g](https://tinyurl.com/y2u22j9g)

**Vitamin C:** A crucial vitamin necessary for the correct functioning of the immune system. Fruits and vegetables provide us with some Vitamin C. Because of the onslaught of viruses, toxins, stressors and other illnesses, we need to take much higher doses to help us cope. Vitamin C can be taken orally (liposomal C preferred), added to coffee enemas for quick absorption of high dose C (I have not seen any problems using 12-14 Grams), and of course the fast, immune-boosting, high dose IV vitamin C. In our clinic, we usually add 20 Grams to the IV and more than 25 Gram for cancer patients. There are many recent articles showing benefit from IV vitamin C for ICU patients with sepsis. Daily maintenance doses vary depending on your underlying health status. It is generally recommended to take at least 1500 mg to 4000 mg daily in divided doses and to titrate to bowel tolerance when facing infections/severe fatigue/cancer. [https://tinyurl.com/y8kzflt, https://tinyurl.com/yxgg6bgf](https://tinyurl.com/y8kzflt)

**Quercetin with Zinc:** Research implies that quercetin supplementation can promote antioxidant, anti-inflammatory, antiviral, and immune-protective effects. Quercetin has the ability to either block virus entry or inhibit viral replication enzymes. Suggested dosing is 250mg to 500 mg twice daily. [https://tinyurl.com/ybhkosdf](https://tinyurl.com/ybhkosdf) Excerpt from: [https://tinyurl.com/yxcmwppk](https://tinyurl.com/yxcmwppk) “Zinc is one nutrient that plays a very important role in your immune system's ability to ward off viral infections, and may play a vastly underrated role in the COVID-19 pandemic. Zinc is vital for healthy immune function and a combination of zinc with a zinc ionophore (zinc transport molecule) was (in 2010) shown to block viral replication of SARS coronavirus in cell culture within minutes. Zinc alone is incapable of fully stopping viral replication as it cannot easily enter through the fatty wall of a cell. Getting all the way into the cell is crucial, as this is where the viral replication occurs. The antimalarial drug hydroxychloroquine appears to work against COVID-19 by improving zinc uptake into cells. Natural zinc ionophores that improve zinc absorption include quercetin.” For dosing of zinc: [https://tinyurl.com/yxmsdf4u](https://tinyurl.com/yxmsdf4u) I suggest taking at least 15-20 mg daily when supplementation is needed.

**Vitamin B Complex:** B vitamins ensure the body’s cells are functioning properly. [https://tinyurl.com/y3arfqm9](https://tinyurl.com/y3arfqm9) Vitamin B1 or Thiamine is part of the potent virus fighting “MATH + protocol” (see my July/Aug 2020 article on the Truly Alive website). Vitamin B1 may be vital to protect against infectious respiratory illness. Vitamin B12 is well known to help people with fatigue and is crucial for proper adrenal function. [https://tinyurl.com/n9vczw](https://tinyurl.com/n9vczw) We use high dose Multi-B complex with additional B-12 in “Dr. Hart's Golden IV cocktail”.

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**POWERFUL, ACCURATE DECISIONS: I CHING**

By Vicki Rose

A new client came in frantic, looking for an answer to a dilemma in her romantic life. She was a professional, accomplished, educated, mature woman. Her question was whether or not it would be in her best interest to leave her marriage and pursue a committed relationship with someone else. I used primarily the I Ching, along with cards and the pendulum. The reading was crystal clear! If she decided to leave her husband and pursue this other relationship, her life would become a living nightmare. The reading indicated, “Do not do this!” (Red flag isn’t sufficient to describe the answer I received.) I had never seen anything indicated so strongly in my professional career of more than 20 years.

About 2.5–3 years later, I received an urgent phone call from the woman asking to see me right away. She arrived in tears saying, “Out of the 5 professional intuitives I consulted asking what to do about the my relationship, you were the only one who gave me an accurate answer. I left my marriage and it has been the most tragic event in my romantic life ever. It’s been living hell. And now I need to know specifically how to proceed legally to deal with all the consequences.” She also said, “In the future, I will only consult with you on any important decisions. You are going to be my go-to advisor.”

Omega-3 fats (EPA and DHA) are well known to help reduce inflammation in general and lower unhealthy high triglycerides levels. They also positively affect the immune response to viral infections and help prevent blood clot formation. Omega 3 can protect against lung damage and secondary bacterial infections, and improves mitochondrial function. Ideal sources of DHA and EPA are marine-based. Most plant-based omega-3s actually do not contain any of the more beneficial long-chain omega-3 fats, DHA and EPA. [https://tinyurl.com/yy9v3gg4](https://tinyurl.com/yy9v3gg4)

When it comes to high quality fish oils, not all fish oil supplements are created equal and/or molecularly distilled, which is a requirement to make sure that heavy metal (mercury) contamination is removed. My all-time favorite is Xymogen’s OmegaMonopure 1300 EC, which is researched to show superior absorbability with powerful anti-inflammatory effect. Xymogen might be the only nutraceutical company that also checks their fish oils against radiation contamination. Suggested dose of OmegaMonopure 1300 EC: 1 twice daily. To access Xymogen supplements, a Wholescripts company: [https://tinyurl.com/y62wuhst](https://tinyurl.com/y62wuhst)

Aller DHQ provides a great anti-inflammatory combination source for Quercetin: Vitamin C (as ascorbic acid) 200mg, Quercetin (as quercetin dihydrate from Sophora japonica — bud) 400mg, Stinging Nettle Aqueous Extract (Urtica dioica — aerial parts), 1% silica, 200mg Bromelain (2400 GDU/g — from Ananas comosus stem) 100mg, Rutin (from Sephora japonica bud) 100 mg, N-Acetyl-L-Cysteine. 100 mg, DHQvital Dihydroquercitin (from larch tree extract, Larix dahurica. Larix gmelinii, Latrix sibirica ledeb, Larix cajanderi, Larix czechanowskii, Larix Russica, Larix sukaczewii — saw logs) 40 mg. [https://tinyurl.com/yy9v3gg4](https://tinyurl.com/yy9v3gg4)

[Please visit my website (https://drhartmd.com/) for more information and/or check out https://trulyalive.net/ for my “detox green soup” recipe and past articles. 505-433-2267.](https://drhartmd.com/)

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Looking Younger with PRP

By Carmen Montano, MD

The aging process manifests in different ways. The skin is the largest organ in the body, and it undergoes a lot of transformation as we get older. The loss of collagen and elasticity produces fine lines and larger pores. Other changes include the appearance of dark spots and skin growths. Telangiectasias (spider veins) in the face are quite common around the nose in older people. Flaccid skin, hair thinning, hair loss etc., also occurs frequently with aging.

Are you wondering how to improve your looks using a natural method? PRP (platelet rich plasma) maybe your answer. By removing 30 or 60 cc of your blood and spinning it in a centrifuge, the platelet rich plasma gets separated and is ready to be applied to your skin and/or scalp for hair growth stimulation. The application is done with a micro-needling system and anesthesia cream is applied prior to the procedure. The platelet rich plasma contains growth factors and stimulates collagen and elastin in your skin, which thicken and tighten, improving your skin texture and tone. PRP greatly enhances and smooths skin and acne scars, lightens rosacea and dark spots, shrinks large pores and tightens saggy skin on the face, hands and neck. PRP is great for décolleté (low neck line area) rejuvenation. It also helps to increases hair growth and thickness and stimulates transplanted hair to grow thicker and healthier as well.

Of course, as with any other treatment, success depends on the baseline of the skin condition, which also determines the number of treatments needed. I don’t recommend PRP for smokers as nicotine greatly affects the microcirculation and blood supply to the skin and scalp. Your blood is processed at my office, in your presence, so there is no risk of your blood being confused with anyone else’s. I perform all treatments personally.

Call me for a free consultation. 505-299-0069. Affordable prices, goodbyeimperfectionsmdnm.com
Gazing has been immensely helpful to clients with stress, tension, fear (even very high levels of fear associated with COVID — I have worked with COVID ill patients), panic, agitation, irritability, nervousness, irrational thoughts and other imbalances. The most common thing clients tell me after a session is how peaceful they feel. One client told me (after the gazing), “you blew my mind. I am so calm and peaceful”.

As clients become very highly elevated during the gazing, afterward, the profound level of peace continues. They became remarkably close to whatever higher power they relate to, (God, Krishna, Buddha, Jesus, etc.). I gaze from the 33rd dimension, so I am in an exceedingly high spiritual place beforehand. I understand clearly that it’s God who does the healing through me. I am just the vehicle for God’s healing energy to flow.

After the sessions, I tell my clients, “I know it’s hard not to think about the thing you are fearful or concerned about.” I strongly encourage them to ask whatever their higher power is for help to maintain the peace they felt in the session. As people focus on fear in their minds, they are attracting exactly what they are afraid of…creating precisely what they do not want.

Also, afterward, I say, “as best you can, get into a relaxed position and repeat the affirmation ‘I am relaxed and at peace’”. I recommend they focus on the memory of the peace they experienced during the gazing.

When I have gazed in groups, some participants reported miraculous physical, mental and emotional healings. (I ask that group participants not reveal the issues they wish healing about in advance.) Afterwards, those who wish to share their results do so.

Experience the divine healing power for yourself. Epi Gallegos is one of only 13 divine gazers in the world. See the community events section for upcoming gazing opportunities or schedule a private healing or gazing session today (local or long distance)! 505-259-5495.

Don’t Wait for Pain to Nudge You Along
By Dr. Trey Stiles, Kerry Leigh Stiles & Marie Mound

Tending to your spinal health is a preventive measure. You don’t have to feel sick or endure symptoms before seeking professional assistance. Assessing and tending to the health of your nervous system is a proactive step, a step toward a calmer, more clear-headed experience of life.

Often, we take action if we’ve got an ailment or had an accident. We keep our vehicles tuned to prevent breakdowns, but what about our bodies? It’s a cultural thing, “don’t fix it if it’s not broken”. Imagine what might happen if you received help getting to a more expansive experience of health?

When people experience pain in their back, neck, shoulder, hip, knee, ankle, or carpal tunnel syndrome — they will eventually seek assistance. Many turn to a Doctor of Chiropractic to address the issues at the spinal level. Tending to the health and balance of the spinal system can prevent the development of many types of symptoms (pain) from occurring in the first place. Our gentle chiropractic care can treat muscular-skeletal complaints. Because care helps free the nervous system, it can also help with allergies, asthma, anxiety, depression, and so much more!

It is possible to become even more well. Optimization of the nervous system animates, motivates, and coordinates all bodily functions. It’s about taking your quality of life to the next level, about experiencing your potential and increasing your capacity for a stronger and more creative and balanced lifestyle.

Consider this: there are very fit people who go to the gym, start a new exercise or fitness routine to become even more fit — to achieve their next level of growth. Even Olympic medalists have a next level. Having your spine checked when you’re not experiencing any symptoms or pain, is about achieving your next level of health and wellness.

Dr. Trey Stiles began practicing Network Spinal and its adjunct modality, SRI, in 1994. He has a Doctorate in Chiropractic, and over 2000 hours of Network Care training. 505-453-5853, dtrreystiles.com

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Dr. Bob is an experienced healthcare provider with over forty years’ experience helping individuals from all over the world without ever prescribing a single medication. His educational background includes a degree in Human Biology, as well as specialties in Spinal Engineering and Natural Orthopedic Treatments. He was valedictorian of his chiropractic class at National University of Health Sciences and holds an NHD (Natural Health Doctor) degree.

He is the founder of The Drugless Doctors, a chiropractic and nutrition-based practice, with locations in Cleveland, Ohio and Naples, Florida. His extensive research and clinical observations have been the foundation for his eleven Dr. Bob’s Guidebooks, including his Guide to Prevent Surgery, Men’s Health the Basics, Guide to Stop ADHD in 18 Days, the Trans Fat Survival Guide, Guide to Detoxification, Guide to Optimal Health, 1 Minute a Day to a Healthier You, Guide to Sex and Marriage and Dr. Bob’s Guide to a Healthy Marriage, which he co-wrote with his wife, Debbie, and his YouVersion devotionals (https://druglessdoctor.com/?s=Youversion), which have been viewed from people all over the world.

Dr. Casen DeMaria is a chiropractor and registered massage therapist. Since joining The Drugless Doctors, Dr. Casen actively pursues new ways to reach and educate the community about the benefits of chiropractic, drugless care, and breast thermography. This includes successful partnerships with local businesses and women’s organizations. The insights she continues to learn have been subjects of her peer-reviewed journals, which can be downloaded from the website: https://tinyurl.com/y39m4uln

Truly Alive (TA): What is a digital detox?

Dr. Bob DeMaria (Dr. Bob): I have chosen to minimize all exposure to any the news and apps, such as Facebook, Twitter and Instagram. I keep away from influential social media.

Dr. Casen DeMaria (CD): In our practice, we find many women (while on social media) get anxious about issues of body image and self-confidence based on certain content and images. And the benefits of staying away from these are many. Our patients who are participating in “digital detoxification” are feeling calmer, have lower stress levels and so much more.

Dr. Bob: There is, however, a fear of missing out, being excluded from a group of your friends on social media. Video games like Fortnite, are engineered to manipulate the mind and senses into addictive behavior. Use of a virtual reality headset makes it difficult for your body to know the difference between actual and perceived experiences. For example, watching an advertisement with a rollercoaster, your stomach takes a dip when the rollercoaster takes a dip. Is that real or perceived? Much of the social unrest happening this summer is the result of choices we have been led to make based on perception.

The detox process is no different than an alcoholic or sugarholic. I’ve had patients with major health problems make the wise choice to stop watching the news. I don’t watch the news. I stay informed with apps I trust, and I read different opinions. I don’t get upset with people’s opinions. I make up my own mind.

TA: Why is healthy fat consumption important for mental health?

Dr. Bob: I learned back in the 1970’s and ‘80s how food and fat function. Trans-fat or partially hydrogenated oil was widely used and accepted at that time. Those oils intercept and torpedo good oil and brain fat called DHA, Docosahexaenoic Acid. Your brain is made up of fat. DHA can be altered when you consume trans-fat. Today, people consume an abundance of Omega 6 fat, a major cause of inflammation. One of the worst things that ever happened to our society was the low-fat, no-fat diet. Margarine, a trans-fat, was promoted as a health resource. We now know that margarine (and all trans-fats), cause heart disease and significant emotional distress, including post-partum depression. A simple solution is consumption of good oils. We promote a plant-based oil made of flax and black current and a marine oil, sourced from sardines and anchovies. (For plant eaters we assign flax and black currant seed alone). For others we suggest the marine oil.

We have this down to a science. With a finger prick or vena puncture, we can evaluate the exact levels of oil in a person’s body. We can forecast a person’s future mental health: disaster or victories.

We can send a kit most anywhere in the world, to determine the level of oil in your body. I cover this in Dr. Bob’s Drugless Guide to Mental Health. A female patient had M.S. and two miscarriages. Rather than the typical one or two grams of oil daily, she needed ten grams. Her 14-year history of M.S. was gone in less than 6 months.
A vena-puncture cost is about $165, and the kit is about $220. Consider this; 18% to 30% of people are on anti-depressants. When you determine and correct your oil level, you eliminate the need for anti-psychotic medication and the likelihood of committing suicide. Comparatively speaking, that’s a small price.

**TA:** Please explain why elevated cholesterol levels are a defense mechanism?

**Dr. CD:** Cholesterol is one of the building blocks of your body. Often, people have low cholesterol because they are not consuming any or very little good fat, or they have high cholesterol and triglycerides due to stress, and high sugar consumption. A simple tool is to write down everything you eat. In our practice, we use diet journals. Evaluate what fuel you consume. Potato chips, power bars, meal replacements, all contain bad oils like canola, safflower, soy, etc. These oils increase inflammation and can negatively impact cholesterol level and brain health.

**TA:** How does food impact organ and glandular function, which then affects us mentally?

**Dr. Bob:** I have been trained in traditional Chinese medicine. In TCM, the liver is associated with anger and mental health. The liver is the primary organ for digesting oil. The liver cannot properly metabolize bad plant-based oils. Science has developed a digital radiograph system, an analog X-ray where we can see into the body. Using this device, we are witnessing an epidemic of enlarged fatty livers and the resultant negative impact on physical and emotional health. Chronic lower back pain can stem from impaired liver function.

The only fruit that we promote is a slice of apple every day, or maybe a small portion of a pear or plum. Through the use of diet journals and conversation, we find most people who have fatty livers have a passion for fruit, fruit smoothies and wine.

**TA:** What is an overworked pancreas and how does it contribute to pain?

**Dr. Bob:** In the 1980’s, I worked with a lot of people who had bone and joint pain. In a span of about 10 years, these individuals started having more functional challenges. The most difficult thing to treat is mid-back pain. Training as a chiropractor allowed me to correlate left neck and mid back pain to impaired pancreas function. A misalignment in the neck and mid-back can be caused by over stimulating the pancreas with high sugar consumption. Those same vertebrae connect to the heart. We always have a surge of office visits for left neck and mid-back pain on Mondays following Holidays like Mother’s Day, Easter, etc.

**TA:** Would you please describe the simple test for adrenal health and its importance?

**Dr. CD:** With initial appointments, we measure blood pressure twice: sitting and standing. Blood pressure should increase when you stand up from a sitting position. A drop in blood pressure of 10 or 20 points while standing indicates the adrenal glands are compromised. Other indicators of adrenal fatigue are light sensitivity for the eyes or temporary dizziness when standing up.

We widely promote various minerals in our practice, particularly Celtic Sea Salt by Selina Naturally. We all need minerals and good salt, especially in summer when we are exercising and burning through these minerals that your adrenal glands need. Muscle cramps and menstrual cramps indicate mineral deficiency.

**TA:** What is serotonin and why is it important to mental health?

**Dr. Bob:** Serotonin is a precursor to neurotransmitters which are essential for a happy, comfortable life. Stress can deplete this crucial hormone and the serotonin re-uptake inhibitors that help calm the body down. High stress prevents optimal function of these brain-saving hormones. The purpose of a collective serotonin re-uptake inhibitor is to keep this feel-good hormone present in your body.

**TA:** Briefly explain the connection between organs and specific emotions.

**Dr. Bob:** When my son Anthony, (the husband of Dr. Casen), was leaving to go to college many years ago, my wife started to have a chronic lung problem. Because I’m a doctor, I’m supposed to figure everything out. But I couldn’t figure out what was going on. I requested an assessment from our massage therapist. The massage therapist asked some questions. My wife was sad because Anthony was leaving home to go to school. Sadness is the emotion associated with lungs. Once identified, we were able to work with that.

The spleen is an integral part of the immune and lymphatic system. Anxiety and worry are associated with the spleen. Anxious, worrying people tend to be sick due to impairment of their immune system. The gall bladder is associated with bitterness.

**TA:** Can anxiety lead to depression?

**Dr. Bob:** No. Anxiety and depression are different entities. But they often overlap. We find those who are anxious will talk fast, have heart palpitations and are rarely satisfied. Even when we spend an hour with them, they can still get angry insisting that they didn’t get enough of our time. Typically, they have a deficiency in vitamin B1 — thiamine. Their blood pressure also tends to drop when they stand up. Mosquitoes like them. They cry easily. Someone came into my office and was crying. I asked her, “When you take a walk, do mosquitoes like you?” “Yes! They love me! They think I’m a candy bar!” Well, the candy bars these people eat are...
A Timely Interview with Drs. Bob & Casen DeMaria

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taking the B-vitamins out of their bodies.

When a person is depressed, their head is down. It’s the fear of impending doom. They have a deficiency in long chained-fat oil. Here is a big solution for much of this: the amino acid pyrazine is used to make the adrenal hormones epinephrine and norepinephrine. Back in the 1970’s, I had patients with a condition called Vitiligo — lack of skin pigment. These same individuals were under enormous stress. It took me 35-38 years to finally figure this out. I learned that pyrazine and iodine make a thyroid hormone. Depression and low thyroid are often concurrent. Pyrazine is a natural antidepressant and makes skin pigment. White patches on the skin, eye sensitivity to light, easily crying, all indicate insufficient levels of pyrazine due to diet and stress. Hair loss is also a stress indicator. Each body will express stress differently.

TA: What is the enteric nervous system and is it related to feeling emotions in the gut?

Dr. Bob: The parasympathetic or enteric nervous system is the nervous system of the gut. The sympathetic nervous system associated with the adrenal glands speeds you up. The parasympathetic nervous system associated with the gut slows you down. That sinking feeling or pit in your gut in response to something someone says is a parasympathetic function.

Dr. CD: Upwards of 80% of our nervous system is in our gut and immune system. It is common for people with anxiety or depression to also have stomach problems, diarrhea, or constipation. We have recently seen many young women going away to college experiencing digestive challenges. Many are in their 20’s and early 30’s and on anti-depressants. Gut health has everything to do with brain health.

TA: Is there a nutritional cause for memory loss? Can you speak to that?

Dr. Bob: The hippocampus part of the brain is associated with short term memory. An enzyme called alkaline phosphatase is typically deficient in those who have a zinc deficiency. Zinc is depleted when you eat sugar or soy. We don’t promote soy. Other zinc deficiency indicators are large pores on the face, white spots on nails, a greater tendency for scars and for men an enlarged prostate. Zinc is antagonized by copper. Excessive copper results in keloids or scarring. Zinc, Magnesium and B6 are co-factors in making a long-chain fat in your brain that we spoke about earlier — DHA.

We have a major vitamin B12 deficiency in our society due in part to consuming what we call acid stoppers like Tagamet and Zantac for acid indigestion. A well-meaning health provider is likely to prescribe one of these drugs. Now you’re not absorbing anything and will have a vitamin B12 deficiency. If you are 60, taking these digestive drugs for 20 years, you will have memory function impairment. Additionally, we have an obesity epidemic. People are having bariatric surgery. That also disrupts B12 production in the gut. I recently saw a young man who had bariatric surgery. He was anemic due to severe vitamin B12 deficiency. Frightening!

TA: What are the best things we can do for our mental health right now?

Dr. CD: Get Dr. Bob’s Drugless Guide to Mental Health. People in our practice have read this book in 4 hours. They get excited because they are looking for information from a trusted source and can easily figure out where they want to start making changes in their lifestyle.

Dr. Bob: People used to be told to “Eat your Vegetables, Fruits, and Grains.” We say, don’t eat fruits and back off on grains. Well-meaning health care providers have been chasing the wrong pill for a long time.

TA: I really enjoyed your “21 Habits to Help Your Mental Health” section of the book. What is your favorite habit?

Dr. Bob: My favorite habit is I don’t eat processed food. I make all my own food from scratch.

Dr. CD: My favorite habit is exercise. It’s so important for our mental health and brain. I also link it back to the digital detox. It’s good for us to get outside and move, whether it’s riding a bike, walking, or going to an exercise class (when/where available). That helps your body and mind.

TA: Is there anything else you would like our readers to know related to The Drugless Guide to Mental Health?

Dr. Bob: You control your future. By following the protocols outlined in this book, you can make wise choices, evaluate progress, banish depression and anxiety, and live with mental clarity. This book gives hope.

TA: What is the most common cause of hormone imbalance and how does it affect women?

Dr. CD: Stress and birth control drugs increase estrogen levels and can overload the liver. Women can have tender breasts, heavy menstrual cycles, varicose veins or spider veins. In performing a breast thermography, we sometimes find a fibrocystic pattern on the breast tissue, or lymph congestion in their body. These repetitive burdens over time may lead to a miscarriage, difficulty getting pregnant or cysts on the breasts. These are all symptoms of hormonal imbalance. Thermography is a huge tool for us in evaluating a woman’s function over time.

TA: How is the lymphatic system involved in hormone balance?

Dr. Bob: Breasts empty into lymph glands in the armpit. The lymph system is all over the body. It is the body’s sewer system that filters through the liver. Bouncing stimulates the lymph system. We encourage bouncing on a ball, or on a mini-trampoline, and you should drink more water. The lymphatic system works hand in hand with breast health and liver health. We encourage our members to do castor oil packs. Put castor oil on wool flannel, place at and below your breasts, then put a heating pad on it for about 45 minutes. This promotes optimal liver function. This is discussed in Dr. Bob’s Drugless Guide to Balancing Female Hormones.

The human body is a very large puzzle. Dr. Casen, Dr. Bob, and Dr. Anthony are excellent puzzle solvers. Learn more about Dr. Bob, Dr. Casen, Dr. Anthony and the amazing work of the Drugless Doctors at: DruglessDrs.com.
We have been doing Microneedling for about 5 years now and popularity in the treatment continues to grow. There are hundreds of articles about celebrities that are using it. So, why all the buzz, and what is microneedling?

It’s a facial treatment that uses a microneedling tool to make small, microscopic holes into your skin. In our clinic, we use a 36-pin disposable tip, instead of the 11 or 12-pin tip used in other clinics. We also use pure pharmaceutical-grade hyaluronic acid during the treatment and have developed a technique that makes the procedure much more comfortable. Some patients fall asleep during the session.

We also use a SPA Box (Plexiglass shield) and thoroughly cleanse/disinfect in between treatments. We are not a high traffic spa and do treatments by appointment only. This allows us to schedule so that you will have the least possible exposure to the patient before or after you.

Patients that have been to other clinics often comment that our treatments are much more comfortable and seem more thorough. We also include a bottle of hyaluronic acid for you to take home and apply for 2 or 3 days after the procedure. Watch the following 3-minute video to see what a treatment looks like: https://www.tinyurl.com/hvd3e25

The Results: Your skin will feel tighter following the treatment. The micro-injuries created by the treatment cause your body to react and increase collagen production, creating new skin. The new skin gradually comes to the surface as the old skin is shed over the weeks following the procedure. Micro-needling reduces fine lines and wrinkles, provides more even skin tone, eliminating dark spots and uneven textures. We advise that you have treatments four or five weeks apart. The full results usually take about 8 weeks to appear. Microneedling works the same way lasers do, only you’re injuring the skin mechanically instead of using more invasive heat or chemical methods.

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

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DR. CARLA GARCIA, DOM 4550 Eubank NE, #105 505-271-6608 ThermographyNM.com
A new phrase has entered our vocabulary; Covid exhaustion or fatigue. It’s defined as a person “…carrying the weight of other’s irresponsibility,” and thus also “…carrying a collective burden.” I had not heard this term before, so I researched further and found a UC Davis Medical Center health article. In it, four coping skills were mentioned: exercise, talking, constructive thinking, mindfulness and gratitude. (www.health.ucdavis.edu, July 7, 2020).

A mediumship or psychic session with my Team and I, may help you overcome COVID fatigue!

1. **Talk:** In a session, you talk, and my Team will listen to you and respond. The best sessions are when the client does not over share. Allowing my Team to address your concerns, you may find your stress and tension are lifted.

2. **Constructive thinking:** Hearing a message from a departed loved one or guide can really move you towards healing. Repetitive thoughts are often replaced with healing, constructive thoughts, and solutions.

3. **Mindfulness and Gratitude:** Each session begins with a breathing into Oneness meditation. Then, Mary-El delivers a message that is just for you. As questions are then answered, clients have shared that they entered an expanded state of consciousness.

4. **Exercise:** While you do not do jumping jacks, you may feel like taking a walk after a session when you didn’t before.

My sessions, (psychic, mediumship, higher energy being, healing) come fully from a place of love. As Sai Baba said in his Nov. 23, 1986 Divine Discourse, “The inner enemies can be conquered only in one way, through love.”
Detoxification is More Important than Nutrition

We live in a very toxic world. We breathe global stench, all of our water sources are polluted to varying degrees, our food is loaded with various chemicals and many of our work environments are hazardous to our health. Many of our thoughts are toxic; our negative emotions are harmful and if not restrained, controlled and appropriately resolved, they cause harm not only to ourselves, but also to others.

Emotions such as anger, hate, rage, resentment, vengeance, bitterness, fear, worry, anxiety, panic, etc., all produce ACID (or you might say poison), that needs to be cleaned up, neutralized or removed.

Acid eats away at things, destroying and dissolving. What can it destroy in your body? One thing is the valuable myelin sheath that covers our nerves, bones, cartilage, muscles, tendon and organs. An acid environment supports and aids in the overgrowth of candida, fungus, harmful bacteria, viruses, parasites and yes, even cancer. How do I know if my body is too acidic? Indications are many but some include tiredness, exhaustion, chronic fatigue, inflammation, over-heating, aches and pains, bloating, constipation and diarrhea, gout, bone spurs and more.

Viewing the body as a storage container, it has limits. When the maximum is reached, there is nowhere for the excess to go. It will overflow, making a mess. We begin collecting toxins at birth, from parents, grandparents, etc. Depending on how they lived will determine what gets delivered to you. If they enjoyed a healthy, balanced life, full of good choices, lived long and productively, your chances are good — in fact better than most in doing the same. Being healthy, vibrant, balanced, and productive has a lot to do with choice. In the beginning, choices are made for us by our parents, our tribe, our culture, our peers. At some point, we begin making our own choices.

When our choices provoke toxic accumulation and ultimate overload, symptoms surface, most often causing us to seek a doctor for advice. In general, the symptoms are treated and the focus, the cause, is overlooked or not investigated. This toxic accumulation from birth to the present results in the body’s overload, break down, discomfort and disease. Diet, nutrition, supplementation, bodywork and natural therapies alone or in tandem, will not totally eliminate the problem. Assisting the body in the ridding of toxins is key! Enemas, colon therapy (“colonics”), saunas, salt and soda baths and fasting all help.

Beginning a healthier lifestyle might cause you to feel sick at first, as the body starts the process of moving the ‘garbage’ out. When you have bodywork, afterwards you are instructed to drink plenty of clean water. That’s because the toxins that were buried in the muscles and connective tissues are liberated. The water will dilute the toxins, making their exit easier than in a concentrated state.

In my own healing journey, I learned the importance of detoxification and the role the colon played. I always scheduled a colonic following a bodywork session, acupuncture, chiropractic, chelation, herbal detoxing or fasting. The body wants to be well and needs help getting rid of the buried toxins.

Most toxins exit the body through the colon, kidney/bladder and the skin. When the colon can’t handle the overload, it will shut down and divert some of the excess to the kidney/bladder. When the kidney/bladder gets upset due to toxins, you may feel pain or pressure in the lower back area. You may experience a urinary tract infection (UTI), or you may encounter skin irritations or breakouts.

Weekly colonics are recommended for some, monthly sessions for others, seasonal colonics for healthier clients. Enemas are helpful, and a colonic will clean out probably 30 times more than an enema, with less mess.

Here is a gentle suggestion to reclaim your health from the inside out. Take care of your colon and it will take care of you.

Love, Bill, Forever Young

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

“...The gastrointestinal system plays a key role in the complex mechanisms of immunoregulation. Indeed, it represents almost 70% of the entire immune system...”
Are boredom, inactivity, mental stress or stillness nagging at you? This Covid era seems to be propagating brain fog. In our quest to adjust to new normals, we are confusing the chaos in our minds, emotions, and bodies with the stillness that can help us be clear, focused, and present.

Let’s look at the definition of stillness. According to the Cambridge Dictionary, “stillness” is the “total lack of movement or changing of position.” Yet, in a thesaurus, you’ll find these words: tranquility, soundlessness, quietness, silence, hush, noiselessness, a state of freedom from storm or disturbance. Our perspective toward stillness holds us either hostage to inactivity or open to great possibilities.

Stillness is a state of being. It’s a quality that we hold in our energetic anatomy. In our busy lives, it’s a choice. We can find stillness by focusing on our breath, in meditation, and in the practice of disconnecting from the physical, emotional, and mental chaos of a moment.

We choose the way we manage our routines and practices. So, adopting the tools that fit into our perception of stillness becomes a personal search for balance, healing, and clarity. We are bombarded with suggestions from holistic practitioners. Yet, stillness stems from being present and expands into our lives to, ultimately, let go.

Be still. Be aware.

One minute of stillness can feel timeless. So, practice. Focus on your breath. Wait for your next thought and let go for one minute. Embrace the sense of awareness that letting go in that moment gives you and come back to the present moment refreshed and clear.

I found that there was no excuse to deny myself one minute of stillness a day. This minute changes the course of my emotions and mental state immediately. As a Pranic Healer, I have found that simple breathing techniques and making time to meditate regularly — by opening my heart and my crown — expands my awareness and cultivates the prana (lifeforce energy) that fuels my entire anatomy.

My recommendation is Meditation on Twin Hearts, a simple guided meditation created by Grandmaster Choa Kok Sui, the founder of Pranic Healing® and Arhatic Yoga®. This meditation takes on many forms supporting self-healing, psychological healing, planetary peace, and more. Its’ power lies in the combined activation of the love in the human heart and the love through the crown, the divine heart. Be still. Be aware in the vast consciousness that follows. Expand into the down pouring of energy. Then release and share the blessings with our planet and all that thrive upon it. We are living through an era of chaos that affects our wellbeing on many levels, including our own spirituality. Meditation Twin Hearts pulls us into a state of consciousness that supports every level of existence with a sense of harmony, peacefulness, and positivity. It also becomes a service in spreading global harmony.

Change begins within. Our contribution to a better world comes from becoming better ourselves...in our self-care, healing ourselves or others, our relationships, and responses to actions and current issues.

Cindy (San Antonio) experienced anxiety most of her adult life while raising four children and a husband with constant racing thoughts. She was diagnosed with chronic fatigue and Epstein bar syndrome with no relief. “At some point, I could barely get out of bed. I found Meditation Twin Hearts and started listening to the meditation three times a week. I found myself staying calm during stressful situations and felt more at peace. I let go of racing thoughts and anger. My health improved dramatically, and I am not reliant on pharmaceuticals any longer. It’s been life changing. Now, I feel more joy in my life. Meditation Twin Hearts has become part of my daily routine.”

If you have adopted meditation into your life... kudos! If you are seeking stillness, joy, and clarity, take a moment for yourself. Then, find Meditation on Twin Hearts online. Be still. Be aware. Let go.

Learn more about Pranic Healing® Meditations, and Events
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READ MORE ARTICLES BY LYNN PROVENZANO ONLINE: www.trulyalive.net
Re-Educate Your Body, Say Goodbye to Pain

By Shauna Frank

Many of us tend to forget about taking care of our physical health, especially during this time. Our bodies are complex yet astounding structures that require quite a bit of attention... especially if an acute or chronic injury and/or a trauma has occurred. At Spine & Muscle Rehabilitation, our Neuromuscular Re-Education Therapy (NMT) treatments can re-train or re-educate your muscles and teach your body how to operate at maximum capacity.

NMT is also considered trigger point myotherapy and has an endless variety of uses. NMT consists of alternating levels of concentrated pressures on all areas of the body while releasing pinched nerves and/or muscles and manually manipulating the soft tissues of the body while balancing out the central nervous system. In essence, it is re-training your muscles, your brain and your nerves on how to efficiently communicate and work together to improve movement, strength, balance and function, leading to relief from pain, ailments and/or discomfort.

Here are a few of the most common conditions NMT can transform: headaches/migraines, joint/nerve pain or damage, sports or fitness injury, muscle strains or tears, arthritis, sciatica issues, plantar fasciitis, carpal tunnel, tendonitis, epicondylitis, post-surgery complications, genetic health ailments, TMJ disorder, ALS, MS, Fibromyalgia, Parkinson’s disease and countless more.

I work in a physically demanding profession and seem to be in pain daily from pulling, pushing, lifting, bending etc. I decided to give Franco a chance after hearing about him from a friend and I am so glad I did. Every time I get a treatment, I feel a thousand times better and stronger. I want to thank Franco and his staff for giving me the relief from the pain and suffering I was experiencing.

– S.W., Rio Rancho, NM

COVID-19: Reshaping Relationships

By Pan Vera

The Covid-19 pandemic has reshaped our personal relationships in unprecedented ways, forcing us to live closer together and some people to be farther apart. Life in lockdown has necessitated close, constant contact with our families and partners. Some people are really struggling in their marriages and relationships right now. Since March 15, 2020, many couples are prioritizing deepening their emotional connection (68%, up from 55% pre-COVID), however, 35% are less likely to discuss conflicting issues in healthy ways.

A study in July 2020 showed that only 18% of couples reported being satisfied with how they communicate with each other. We speak a language of judgement, blame, shame, guilt, denial of responsibility, and demand and we’ve been speaking it for over 8,000 years. This language is deadly to our relationships and, more importantly, to us. It doesn’t have to be this way.

Imagine that you could experience the wisdom of your emotions without getting stuck in them. Imagine you hear every NO as a YES to something else that’s even better. Imagine you could understand what you really want, and what your partner really wants. Imagine you could hear every complaint as a cry for help.

You can live a life where you are prioritizing connection over being right. You can create harmony by caring for everyone’s needs without giving up your own. You can express from your heart instead of making a right/wrong case in your mind.

All of this is possible by developing empathy for yourself and your partner. By nature, we enjoy giving to others more than anything. When needs are asked to be met without a demand, we are most likely to get our needs met.

The most powerful way to be emotionally safe is to listen with empathy, which is easy when we realize that deep down, we all want the same things.

Tune Up Your Relationship in Tough Times

Julia L. Mayer and Barry J. Jacobs, married psychologists and authors of the new AARP book Love and Meaning After 50, have advice for stressed couples.

• Give each other a heart-felt compliment daily.
• Take a moment to hug each other during the day.
• Lock eyes for a real emotional charge.

Are you ready to transform your relationship? Affordable fees, powerful results. Call for more information or schedule a Zoom consultation. 802-356-5358.
What Can You Do to Boost Your Immune System? By Philomena Marcus, CNP

The absolute best thing you can do to avoid the coronavirus (and everything else) is boost your immune system. We at Revitalized Health offer numerous IV options to do just that.

HERE ARE OUR MOST POPULAR IMMUNE BOOSTING OPTIONS:

HIGH DOSE IV VITAMIN C: Boosts your immune system by helping with healing in the body. It protects the red cells in the body and doesn’t allow viruses or bacteria to enter the cells. High dose vitamin C puts a covering around the red cells so that organisms bounce off rather than enter. If organisms are already in the body, it will work to eliminate them. For instance, cancer cells think that vitamin C is sugar and because all organisms feed and breed with sugar, and they consume and live off of sugar, they look at the vitamin C as food and go after it. When they gobble up the vitamin C, it causes the organism to explode. People who utilize high dose IV vitamin C on a regular basis have stronger immune systems and less illness. Also, China, Germany, Sweden and many other countries use high dose vitamin C and are getting people well sooner after upper respiratory challenges. Read more about high dose IV vitamin C from Dr. Thomas Levy, well known cardiologist at the Riordan Clinic: [https://riordanclinic.org/what-we-do/high-dose-iv-vitamin-c/](https://riordanclinic.org/what-we-do/high-dose-iv-vitamin-c/)

IV MYERS COCKTAIL: This Vitamin and mineral formula is beneficial for a wide range of conditions and has been found effective against acute asthma attacks, migraines, fatigue (including chronic fatigue syndrome & adrenal fatigue), fibromyalgia, depression, acute muscle spasm, upper respiratory tract infections, chronic sinusitis, seasonal allergic rhinitis, cardiovascular disease, chronic pain, and other disorders. The “Myer’s Cocktail” combines magnesium, calcium, B-vitamins, and vitamin C. This combination of nutrients is versatile for immune boosting and adrenal support and many of our patients are enjoying the increased immune support provided by this IV “cocktail”.

COLLODIAL SILVER: As Colloidal Silver kills destructive organisms, Revitalized Natural Health stocks the highest quality silver supplements for immune support: Argentyn 23 manufactured by: Natural Immunogenics Corp, Florida, Results RNA and ACS Silver products.

JUMP START INFUSION (A MINI-MYERS COCKTAIL): This short infusion is complete in about 15 minutes. Patients perk up immediately. Some of my patients come in weekly for these; Dr. Dennis Harper does his own IV Jump Starts 3x/week! He feels as he is getting younger instead of older!

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• Reduce Your Alcohol Intake (better yet, eliminate alcohol!)
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If you would like to read my introductory article, please visit [https://tinyurl.com/y6dj7t7v](https://tinyurl.com/y6dj7t7v)

I continue to do some much-needed spiritual work and fulfill contracts here in San Cristobal. Coming here resulted from an initial message from my inner voice, telling me to stay for a few years or so, and apply all that I have learned since I started my spiritual explorations nearly 7 years ago. Further, to establish both a financial base and audience base for future endeavors.

I have learned so much since arriving last October (2019), and I would like to introduce an article about a man named Michael Luten. He is a fellow “ex-pat” (ex-patriot originally from the US) and during his time here, he has deeply impacted and brought joy to many peoples’ lives. Michael will be passing into the next part of his soul’s existence soon and asked those of us in his circle to share his story.

Hospice care is nearly non-existent in the state of Chiapas, and most ex-pats who fall ill here are forced to return to their home country; a prospect that is often very expensive. Due to various circumstances, Michael has not able to do so yet. The Universe facilitated this to bring all of his work together and build a community of loving, caring people, both fellow ex-pats and locals; and enable the start of a different kind of community.

Michael has always been about “paying it forward” and I learned that he takes active and positive responsibility for all those he impacts and encourages a community of similar ilk through humble inspiration.

Without further ado, I humbly invite you to read the article with Michael Luten’s story: [https://michaelluten.wordpress.com/](https://michaelluten.wordpress.com/)

For those having computer issues, I work remotely to resolve issues related to hardware, software, websites, emails, make equipment recommendations prior to purchase and more. Please email me at peter@trinhtech.com for more information or visit trinhtech.com.

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Do you feel this way? With the added stress of our current situation, many people are in more pain than ever. Combine this with feeling isolated and our pain levels can seem overwhelming.

In the past, you may have tried prescription drugs, chiropractic, acupuncture, massage therapy or something else and gotten little lasting relief. You may be discouraged and feel you’ll just have to learn to live with the pain (especially now, when we are encouraged to stay home as much as possible).

What if there were an affordable, at-home solution to your pain? What if it could really make a difference in your life without having to go out for (and continue to pay for) outside treatments? There is. Our PEMF device has helped many people feel free from chronic pain and it can help you, too.

PEMF therapy is great for:
- Pain Relief
- Osteoporosis
- Arthritis
- Fibromyalgia
- Rheumatic pain
- Back pain

Along with the huge numbers of people who suffer from chronic pain, being over-weight is the number one problem for most Americans. More than 2 out of 3 adults are now overweight, and now even pre-school children are obese.

My new (short) book shows you how to lose weight and keep it off without dieting, without a lot of exercise, without meal replacements or weight loss supplements. No fads — no gimmickss — no “magic pills” — just science. Use it to get your life back, have more energy, enjoy life more.

Email for information about a home PEMF machine and receive a copy of Dr. Dave’s new book, The Never D1Eet Diet Book — how to lose weight and keep it off, just email me and ask for a FREE copy. For a limited time, we are offering an advanced copy for FREE. All we ask is that, if you find it helpful, please pass it on to a friend.

With this book you will also get a copy of Dr. Sobers’s book, Chronic Pain Relief, how to handle back pain, arthritis, and most chronic pain without drugs or surgery FREE. Our mission is to help people live life to the fullest in happiness and in health.
These are tumultuous times for all of us with Covid-19 restrictions and the uncertainties of finding a vaccine in the near future. It’s no wonder that people are turning to fewer health alternatives for taking care of themselves. Some may find their way to the refrigerator a little more often these days, while others may be taking an extra drink or two, in order to alleviate those feelings of worry, depression and anxiety people are becoming so familiar with. People are feeling caged in and looking for hope of being free of all this soon.

Reiki and Sekhem have the natural healing benefits that produce a state of calm and relaxation during a session. You are able to let go of your daily cares and sink into a peaceful state of bliss naturally. As I work on you during a healing session, the energy sinks deeply into your entire body at all levels, physical, mental, emotional and spiritual, allowing for release of muscle tension and anxiety.

This ability to calm your thoughts and muscles makes way for an even deeper penetration of healing energy into and throughout your body. Such healings are able to actually reach and assist with positive changes to your tissues, organs, nerves and bones, as well as your mental and emotional well-being.

At the end of a session, most people experience a more relaxed state of mind, with far fewer physical and mental concerns and anxieties. Many also comment that any pain they may have had prior to the session has been alleviated or improved. The healing energy stays with you for about 24 to 48 hours, continuing to provide support and therapeutic assistance to you on all levels.

It is an honor to be able to serve and assist people with their health and wellness issues. I am grateful for the opportunity to extend my services to people in central New Mexico and around the country.

Would you like to explore distance Sekhem Healing or Reiki and learn how it can help transform your life? Call Dawn Cheney, 575-520-6591 dcjaguar@gmail.com, cre8self.com.

Dawn Cheney, Transformational Light Designs 575-520-6591
www.facebook.com/pg/TransformationalLightDesigns
Our memories are very precious!!! During this pandemic, so much has been taken from us. Where we live in California, our children will not be allowed to go back to school in the fall. Our religious institutions will have to continue online services. Many of the gyms have been closed. Restaurants for the most part are closed. Europe, Canada and Mexico have put a ban on all American tourists. Hawaii is totally closed to others, unless you want to quarantine for 14 days. Theaters closed, no concerts, and the list goes on and on. Everyone is missing something important for them. For us, the fact that we cannot do our workshops, work that we have done for the past 45 years and we dearly love, causes hurt to our hearts.

But one thing that cannot be taken away is our memories. I would like to invite everyone reading this to reflect on their memories either by themselves or share them with others. Rather than watching TV shows or movies, looking at social media, or the news, why not have a memory evening? We love to do this. We have dinner together and talk about a certain event that we are missing, and we try to remember as many details and aspects as we can, especially everything about the event that we truly loved. We do not set a time frame for this lovely evening, but rather just allow our memories to have a voice.

Children can also participate in reminiscences, and parents can make it into a fun game of seeing what is remembered. Perhaps for many families this year, family vacations will either be nonexistent or very different. But parents can set up special times and play the “memory game.” I love to hear what our children have remembered, and often they remember best becomes part of the fabric of our family talked about year after year. Always we end our “memory times” feeling more gratitude than any movie or especially a news show can ever bring.

And then there are the memories of a loved one that has passed. Try to remember the loving, fun parts of being with this person, and share as many memories with others as you can. My father passed from this world twenty-one years ago. Our family likes to remember him by the unusual hugs that he gave. My dad was so uncomfortable with hugging people and for many years he just gave a slap on the back, keeping a distance. This was typical of men his age. As our children grew, they wanted a real hug from their grandpa. Gradually over a few years, he changed. He would get close to us as if to hug, and then he would slap our backs with both of his hands. We all remember his “hugs” with such fondness that it showed my father was willing to risk changing a lifetime behavior to show his great love for us with a hug, but still keeping his old tradition. When we get together and start remembering my dad, one of us will say, “Let me give you a grandpa hug,” and we all laugh in fondness of the man we all loved so much.

The memories of joy, laughter, warmth, friendship, fun, love, romance, and spiritual experience are greatly beneficial to remember and talk about. With so much taken away from us now during the pandemic, the memories that we have can be a source of much nurturing and meaning, especially if the memories can connect with your heart and bring a feeling of warmth and gratitude.

Joyce & Barry Vissell, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books. Call 831-684-2299 for further information on counseling sessions by phone or on-line, their books or recordings. Visit their website at SharedHeart.org for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.
Enjoy our feature of a Good News Story that’s inspiring and uplifting.

GIANT FUSION REACTOR HOTTER THAN THE SUN TO PROVIDE UNLIMITED CLEAN ENERGY WITHOUT WASTE—MILESTONE!
ITER WORKERS UNVEIL MAJOR COMPONENT IN 2020: ITER.ORG

FOUND ON: goodnewsnetwork.org/nuclear-fusion-reactor-hotter-than-the-sun-to-provide-unlimited-clean-energy-to-the-world/

In France, President Emmanuel Macron held a ceremony July 27, 2020 to launch the assembly phase of one of humanity’s most-complex engineering projects ever attempted—a giant nuclear fusion reactor, a machine that could produce relatively unlimited amounts of clean power.

Best of all, it is being built collaboratively by a consortium of 35 nations: China, India, Japan, Korea, Russia, and the United States, alongside the 28 states of the European Union plus Switzerland.

The 20 billion euro ITER Project is something straight out of Marvel’s Iron Man films. Conceived decades ago in 1985, ITER, which finally launched in 2006, has been delayed due to numerous setbacks, but they are determined to create what would essentially be a miniature sun on earth.

It is the core of the sun from which nuclear fusion technology is based, a technology that unlike nuclear fission, with conventional nuclear reactors, produces 4-times as much energy without the risk of meltdowns, and virtually no waste or exhaust of any kind.

“Enabling the exclusive use of clean energy will be a miracle for our planet,” said Bernard Bigot, ITER director-general. He said fusion, alongside renewable energy, would allow transport, buildings, and industry to run on electricity.

How complex is this? The ITER (International Thermonuclear Experimental Reactor) requires millions of different components assembled over 5 years to create a reactor weighing over 23,000 tons. Required for atomic fusion to be achieved, 3,000 tons of super-heavy magnets, some weighing more than a passenger aircraft, will be linked together with 124 miles (200 kilometers) of superconducting cables.

President Macron believes that when so many countries contribute their best scientists and expertise for the common good, it is “the proof that what unites people and nations is stronger than what divides them.” ‘First Plasma’ is scheduled for December 2025, which will mark the official start of ITER’s operation, with first power to be generated ten years later.

Watch the News Report: https://youtu.be/0d8yNygHzXM

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