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Whole Foods Chef Aubrey Cooks at the Authentic Living Center



Join Chef Aubrey here at the Authentic Living Center for an evening of fun as she gives a healthy twist to Traditional Mexican favorites.

Tuesday, April 28

6:30 - 7:30pm

\$10 per person

Authentic Living Center Newsletter

April 2009

Theme for April: Eat Your Way to Health



We've all heard the old adage "You are what you eat". Although many of us are striving to live healthier lives, if we really look at what we are eating and apply the old adage, it may be a pretty disturbing picture. In our society so much of what we do centers around food. Holidays, family gatherings, parties, what is the first thing we do...plan the menu. Instead of eating to live, many of us live to eat.

If we pay more attention to what it is we are eating and how it affects us, we may be able to turn around our health picture. The Authentic Living Center offers several services that can help us gain control of our eating habits and teach us better nutrition.

NET and Hypnotherapy can help us identify and deal with emotional issues that relate to eating. With Acupuncture and Massage we can work on digestive issues. Our Allergy Testing and Treatment can help identify food allergies and help eliminate them and our Holistic Nutritionist can assist in putting together a personalized nutritional plan to help improve your health, lose weight and feel better.

Eat Your Way To Health Beginning with Breakfast

Most of us start out our intense, long days with a big dose of sugar! That is what most breakfast cereals are to the body - they are made with refined grains (devoid of nutrients) and have many added sweeteners or sugars. Additionally, they are "extruded" - a process that subjects the ingredients to intense heat and pressure in order to create the desired shape. This process denatures and damages the grains. Top this with skim milk coupled with a glass of orange juice and this breakfast leaves us with no protein, fiber, or fat to start out our day - or to slow down that rush of sugar (glucose) - which is thought to lead to Type II diabetes (insulin resistance), as well as Metabolic Syndrome. People, especially children, need protein and fat (used in building myelin sheaths) in the morning for sustained



Bring your appetite and enjoy:

Sweet Potato Quesadillas

Homemade Corn Tortilla Chips

Ricotta & Agave Nectar

& More

Authentic Living Center Holistic Nutritionist Kelly Genzlinger will be on hand to answer nutritional questions.

A Whole Foods Sponsored Program. Call (248)822-9253 to reserve a seat.



Help Us Make a Strike Against Breast Cancer



Help us help Debbie Mann in her fight against Breast Cancer.

energy and thinking - not the volatile sugar rush and sugar crash that often accompanies our favorite breakfast cereals.

Here are a few suggestions for a more healthy way to start your day.

Homemade Banana Bread (no sugar, whole grain) - make on the weekend and reheat slices in toaster



3 ripe bananas, pureed

6 eggs

1/2 cup cream or milk

1/2 cup sour cream, or plain yogurt

1 1/2 cup amaranth, sorghum, millet or other whole grain flour (option: use 25% almond/nut flour)

1/3 cup coconut, shredded, unsweetened, un-sulfured - optional

1/4 stick butter - melted

Mix all ingredients.

Bake at 325 for 50 minutes, or until knife comes out clean from the center

Options - use bread to make "French toast", or batter to make muffins, or waffles (freeze waffles and pop them in the toaster to reheat)

Eggs and Toast

- Eggs over easy in butter, and whole grain, sprouted toast (check the freezer section of local health food store) - use an unsweetened nut-butter (barring allergies) instead of jelly/jam on toast

Scottish Oatmeal - steel cut or rolled and slow cooked

- add fruit, butter, and/or milk to this whole grain breakfast (optional: touch of raw, unfiltered, pure honey)

Transform Your Health and Energy

with Mary Beth Mittleman, CNM

Join Certified Nutritional Microscopist,
Mary Beth Mittleman, CNM

Thursday, April 30, 2008

6:30 - 8:00 pm



Join us at Hartfield
Lanes in Berkley on
Sunday

May 17, 2009
at 1:00 pm

and
Strike Against Breast
Cancer

2 Games Bowling
Shoe Rental
Pizza
Pop
Door Prize Chance
all for a \$20 donation

50/50 Raffle
Strike Ball Tickets
Theme Basket Raffles

Check in for bowling
begins at 12:30 pm

Non-Bowlers welcome
Pizza
Pop
Door Prize Chance
for a \$20 donation

Reservations required.
Please contact us
(248)822-9253 by May
8, 2009 in order to
place an accurate food
and lane reservation.

Hartfield Lanes
Twelve Mile Rd.

at the Authentic Living Center

Learn to:

- Take responsibility for how you look and feel.
- Understand what is happening at a cellular level.
- Have all the energy and focus you want.
- Reveal any imbalances and how to take action.
- Prevent Illness, not treat it.

Admission \$10

To reserve your seat for Thursday evening call the Authentic Living Center at (248) 822-9253.

Nutritional Microscopy Available Upon Request

A 75 minute private microscopy session may be scheduled on a first come first serve basis, Friday May 1 and Saturday May 2. For additional information and fees please contact Mary Beth directly by e-mail at marybeth@evidenceforchange.com or call (760)766.5141.

Plagued by Pollen?

by Terry Robinson



Warmer weather may feel good after the long, cold winter we have had, but spring can be rough on the nose and eyes. As the sunnier days arrive, seasonal allergies to pollen kick in. Spring allergies are caused by the pollen from a variety of trees, grasses, flowering plants, and weeds. The allergy's hallmarks, stuffy nose, sinus pressure, itchy watery eyes, and fatigue, are a minor annoyance for some and bring full-blown misery to others.

An allergy can be defined as an "overreaction" or "hypersensitivity" of the body's Immune system to certain substances. Allergies or the 'tendency' towards allergies may be inherited. Allergies can develop at any point in a person's life including during periods of stress or when we are not taking care of our bodies as we should, i.e. eating too much junk food or sugary products.

The earliest pollen triggers come from trees. In our region, Elm, Maple and Birch trees begin to pollinate as early as March when the temperature rises. Cottonwoods, Birch, and Oak soon follow in April and May. Grass pollen jumps into the mix in May and June followed by ragweed in late July and August.

Natural ways to Reduce your symptoms:

Keep windows and doors shut at home. Your screens will not keep out those tiny pollens and molds that may find their way to your eyes and nose even while inside the house.

Purchase a good quality furnace filter. Keep your furnace fan running and replace the filter every six weeks.

Berkely MI

All fundraiser proceeds will be used to help defray Debbie's medical expenses.

COME AND JOIN THE FUN!

Join Our Mailing List!

Power Of Belief Workshop



There is still time to Change Your Life Right Now with the

Power of Belief Five-Week Workshop

April 21 thru May 19

Tuesday Evenings
6:30 - 8:30 pm

at the
Authentic Living Center

Learn:

- 4 steps to identifying and changing your false beliefs.
- difference between love and fear-based beliefs.
- how our beliefs were created and where they

Replace carpet with Hardwood. Most people with spring and summer allergies also react to dust mites. Keeping the dust levels down in your home leaves your immune system with one less thing to have to fight.

Keep the car windows up. When in your car, keep your windows up. Adjust your vent to recirculate inter-compartment air.

Time outdoor activities properly. Try to avoid outdoor activities in the early and mid-morning hours. Pollen counts tend to be higher in the morning.

Know your allergens. If you have some allergy symptoms during winter months you are probably allergic to dust mites, pets or mold spores. Sometimes indoor triggers are more of a problem when the outdoor allergens pick up (a process called priming). A certified natural allergy specialist can help you identify exactly what you are reacting to.

Wash out your nose. Keep some nasal saline around to rinse out your nasal passages after being outdoors. Many people have discovered that sinus drainage and congestion is greatly reduced by once or twice daily nasal rinses with saline.

Invest in an air cleaner. If you don't have one on your furnace, put one in your bedroom where you spend the most time.

Eliminate dairy products and sugar from your diet. Dairy tends to be mucus forming for many people and may cause your allergic reactions to be more intense. Sugar lowers your immune system.

Increase your immunity. Exercise and eat lots of organic fresh fruits and vegetables and take a vitamin C supplement.

See a Natural Allergy Specialist. A certified (**NAET**) Natural Allergy Specialist can painlessly treat your allergies so you no longer have to suffer with your symptoms. To locate a certified (NAET) practitioner near you, visit www.naet.com.

Enjoy the warmer weather and have a happy healthy month.

Sincerely,

Dr. Theresa Pigott
Authentic Living Center

came from.
- key to eliminating
worry, anxiety and
negative self-talk.
- how to choose
happiness and peace
even when things fall
apart.

Co-lead by
Chris Sarris
Drew Shrimplin

To register or for more
information contact
Chris at (248) 761-
6390 or Drew at
(847)492-1000

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