

Authentic Living Center Newsletter



A Holistic Approach to Health

February, 2008

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Upcoming Classes

Back by popular demand

"Create Abundance"

was a big hit.



Unfortunately, the weather kept some of those who signed up from attending. We

Healing the World One Small Patient at a Time

For several months since opening the new center, we have been treating patients with remarkable results. But this past week, an extraordinary occurrence happened that exemplifies exactly what this center is and how a holistic approach to health can reach optimal results.



On a snowy day, a distraught mother brought in her 2 year old son. She had been to several pediatricians and her son was prescribed the usual antibiotics. A month had gone by, but he was not improving. This mother drove through slushy highways all the way from Lansing to try an alternative approach. When she arrived, the little boy could hardly see. His eyes were almost closed with a heavy discharge. He suffered from a runny nose, terrible coughing and congestion; he was tired and visibly feeling miserable.

The clinic was busy but there was no way we could turn him away. I treated him with chiropractic and homeopathic care and some of his spirit returned. The cute, sweet boy was coming back to life. Then Terry Robinson squeezed him into her schedule. Terry performed Biomeridian testing and an NAET allergy treatment to address his allergies. Right in front

are offering it again on Tuesday, February 26 from 7 PM - 9 PM. Join us and leave with a new and improved relationship with money.

LIVE BIG!

with best-selling author

Dr. Nell Rodgers



as she guides us in finding our passion, realizing our dream and living an abundant life. Join us March 1, 2008 from 9 AM to 5 PM for this powerful workshop. To learn more about [Dr. Nell Rodgers](#) click on this link.



PSYCH-K is coming soon. PSYCH-K expert,

Robin Graham is returning to Michigan for this two-day workshop. This is your opportunity to free yourself from limiting thoughts and experience the missing

of our eyes, his symptoms decreased.

I had an opportunity to speak to this child's mother a few days after treating him and, guess what, mom, reported a huge improvement in her son's health. When I founded this center, it was my dream to create a space where a complete and comprehensive approach to health would be possible: where a sick little boy could come in feeling awful and leave feeling like a two year old again.

In Health,

Dr. Theresa Pigott

Cindy's Culinary Corner

This recipe was cooked during the inaugural cooking class at the Authentic Living Center. I was skeptical that chicken could be cooked in 9 minutes. In fact, the first thing I did when I sat down to eat was cut



the piece of chicken on my plate in half and to my pleasant surprise, it was done to perfection. Pressure cooking is something I was not that familiar with. The class definitely added skills to my cooking toolbox. This recipe has fabulous flavor, is easy to put together and is made from healthy, wholesome ingredients. ENJOY!

CHICKEN with Lentils and Spinach

from Lorna Sass: Cooking Under Pressure



Ingredients:

- 2 Tbs. Olive Oil
- 1 large onion, coarsely chopped
- 1 Tbs. whole cumin seeds
- 1 Tbs. finely minced fresh ginger

1 1/2 cups dried lentils picked over and rinsed

peace in your life.
"Rewrite the Software of your mind" by changing limiting beliefs. Join Robin on Saturday & Sunday, March 8 & 9 from 9 AM to 6 PM. Become a master of your beliefs rather than a victim of their consequences. For more information on [PSYCH-K](#) click on this link.



YOGA

with
Linda Talacki
Experience the union which



occurs between the body, mind and spirit. Create balance in the body through development of both strength and flexibility. Beginning/Basic Yoga is Thursdays from 9 AM to 10 AM, while Gentle Yoga with Meditation is Thursdays from 8 PM to 9 PM.

2-2 1/2 lbs chicken parts or whole chicken cut up.
(dark meat remains moister)
2 large carrots, washed well and cut in 3-4 chunks
3 1/3 cups water
1/4 tsp ground allspice
1/2 tsp ground cinnamon
2/3 cup raisins
One 10 oz. package frozen leaf spinach, defrosted
3/4 tsp salt or to taste

Heat oil in the cooker. Saute the onion until lightly browned, stirring frequently, about 3-4 minutes. Stir in the cumin seeds and ginger, saute an additional 10 seconds.

Add lentils, chicken, carrots, water, allspice, cinnamon and raisins. Stir to scrape up any brown bits sticking to the bottom of the cooker. Lock the lid in place and over high heat, bring to high pressure. Adjust the heat to maintain high pressure and cook for 9 minutes. Reduce pressure with a quick release method. Remove the lid, tilting it away from you to allow any excess steam to escape.

Squeeze the spinach to remove all excess water (save this spinach water for soup stock). Stir spinach into the chicken and lentils and salt to taste. Simmer until the spinach is warmed through, about 2 minutes.



Serve with rice and a salad.

Share some great recipes with [Charli Vogt](#) and learn more about this fascinating woman by clicking on this link.

Ask the Doctor
by **Dr. Theresa Pigott**

For additional information on these and other workshops and seminars offered at the Authentic Living Center, visit our website www.authentic-living-center.com or call us at (248) 822-9253.

Welcome Mary!



We would like to welcome Mary Vallei,

Counseling Clinical Hypnotherapist, to our group of holistic healers.

Mary is a graduate of the nationally recognized, Colorado School of Counseling Hypnotherapy, which is accredited by the International and Medical and Dental Hypnotherapy Association and the American Council of Hypnotist Examiners.

Through Mary you will learn that hypnotherapy creates a mind and body connection that makes changes, growth and healing possible. In a state of deep physical and mental relaxation, the conscious and subconscious minds

Question: How do I know if I'm taking a good multiple vitamin?



Answer: This is an excellent question. There is NO regulatory agency that ensures the quality of these products. ANY vitamin, mineral, or herb purchased from grocery stores, drug stores, and especially discounted outlet shops like Costco, Sam's Club, and Walmart are more likely to be of a lesser quality than those available through your health care professional. So let the buyer beware!!!

Here are three quick easy tips in reading the labels on vitamin, mineral, and herbal products. (Some can be applied to food packages too.)

1. Determine whether it is from a synthetic or whole food source. Words which are long and difficult to pronounce are most likely formulated in the lab and less bioavailable and at times even recognized as foreign to the body. Whole food ingredients sound like food and contain phyto-nutrients which are naturally found in foods. An example of a whole food label would contain such ingredients as pea vine juice, alfalfa, carrot root powder, rice bran or honey. AVOID SYNTHETIC VITAMINS AND USE WHOLE FOOD SUPPLEMENTS.
2. Avoid products with sugars, high fructose corn syrup (hidden on the label now as HFCS), artificial colorings (blue lake #, yellow lake #), artificial flavorings, nitrates and sulfates. "Sugar" on the label is disguised by many words such as: dextrose, sucrose, maltose, fructose, cane sugar, aspartame, saccharin, or suculose.
3. Look at the calcium source, if it is produced with calcium carbonate, it is by far the cheaper and lesser quality of calcium available and often not digested by the GI tract. Look for other sources such as calcium citrate, calcium lactate, or calcium stearate.

become free to connect and communicate. She then uses guided imagery, visualization and other techniques to help you create and deliver positive suggestions and messages to the conscious and subconscious. It is a special connection that can empower you to successfully change and grow.

Mary works with adults and children and has an active multi-state hypnotherapy practice in Colorado, Michigan, New Mexico and Washington.

If a friend forwarded this newsletter to you, we would love to have you

[Join Our Mailing List!](#)

Reading the label on ANYTHING that goes into your mouth is essential, especially something that you ingest on a regular basis. Knowledge is power!! I find the most effective way to find the right vitamin for you is by muscle testing and using a customized approach to allow the body to "select" the correct one.

If you have a burning question, pick up an "Ask the Doctor" form at the front desk.

Have you seen us lately?

Articles and ads featuring the Authentic Living Center or one of our practitioners have been popping up all over the place. The Center was featured on the cover of Troy's Suburban Lifestyle, with our first ad appearing in their semi-annual Healthy Lifestyle section. Acupuncturist, Colleen Grady was interviewed for an article in dbusiness, a premier Detroit business magazine and natural therapist (allergist), Terry Robinson, had a feature article in Windsor's Body Magazine. In a recent issue of Chiropractic Lifestyle, Dr. Pigott shared her views on Millionaire Mind and, most recently, she was featured in an article in the Detroit Free Press TWIST Magazine. (see link - [TWIST's article on Dr. Pigott](#)).



If you haven't been to the new center, stop in and get a tour. You can also learn more about us by visiting our booth at the Royal Oak Chamber of Commerce Business Expo on March 12 from 1-6 PM at the Royal Oak Farmers Market or at the Body, Mind, Spirit Festival, April 26 from 11 AM to 7 PM.

We are excited about the attention our new concept in healing is getting.

Keep watching, you never know where you will see us next!

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