

February 2009



Authentic Living Center Newsletter

AUTHENTIC LIVING CENTER



The Authentic Living Center is made up of a group of Holistic practitioners committed to bringing quality services to the community in an effort to improve health and vitality in your authentic life.

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Welcome Mark!



In our never ending quest to make the Authentic Living Center the best holistic care

A New HOPE!

by Dr. Theresa Pigott



HOPE is the resounding word I am left with after attending the

available, we have gathered the best in their fields of practice. This includes our newest practitioner Mark Rebner. Mark is a certified Energy Healer and Massage Therapist. He practices two forms of Craniosacral Therapy, BioEnergy Healing and has taught massage therapy at the Michigan School of Myomassology for four years.

Prior to following this path, Mark worked in corporate America in the automotive and banking industries. He holds a masters degree from the University of Chicago and a Bachelors of Science from GMI Engineering & management Institute.

We are happy to have Mark as part of the Authentic Living Center family. Call to set up an appointment and experience his healing ability.

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## February is American Heart Month!



Everywhere we look this month, we are reminded that February is American Heart Month. As all the current papers stress, the key to a healthy heart is eating healthy foods and moving more. Another major component though is attitude. Stress, anxiety and hostile feelings can take a major toll on the health of your heart. "Don't sweat the small things!" Not only our diet and exercise habits, but the way we handle stress and the quality of personal relationships have everything to do with our

Presidential Inauguration in Washington DC. I did it, I made the trip, I braved the cold, I immersed myself in throngs of people, and I participated in this historic event. Wow, was it worth it.

I met people from all over the country and heard their incredible stories: what it took just to get to this event, the sacrifices they made, and why, like me, they were compelled to witness Mr. Obama's swearing in ceremony. Some slept on church pews for two nights, groups rode buses for 14 hours, one way, then immediately turned around and did it again, an elderly woman in a wheelchair wanted to see her dream come true.



I was moved to tears by the events of the day and by the HOPE that this extremely polite, energetic, crowd exhibited. I stood on hallowed ground and bore witness to the beginning of what the forefathers envisioned for this mighty United States of America.

President Obama sees the crisis as well as the challenges ahead and he invites us to "pick ourselves up, dust ourselves off, and begin again." In this "new era of responsibility it is the price and promise of citizenship."

Even though he is confident that these challenges will be met, he knows we must do it together. So I ask you, as well as myself, what are we personally going to do to bring this HOPE to life? Dig deep and find the "thing" that you can do to help a neighbor, heal the planet, recycle, energize the economy and reach out to others.

### How will YOU make it better?

I will be forever changed because of the inspiration, example, and hope that President Obama ignited within me. I pray daily that he may lead with strength and courage, and that we may embrace his call to action. In this way, WE can be the change that we want to see in the world.



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emotional and physical well being.

There are many outside forces (especially today's economy) driving up our stress levels. We need to handle those things we can control and let go of the stress associated with those things we cannot control. NET (Neuro-Emotional Technique), hypnotherapy, healing touch, and massage are a few services that may assist you in controlling or handling stressful situations. Also Yoga, NIA, meditation, and other physical activities can help.

Find the method that best helps you control stress, anxiety and hostility and use them along with your healthy eating to maintain or improve your heart health.

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## Write for Well-Being



Everyone has the ability to write, but many of us are too intimidated to put our thoughts on paper. However, it is proven fact that writing can have a huge effect on a person's sense of well-being. It can provide emotional and physical benefits that will enrich your life.

**"Write for Well-Being"** is a workshop that allows you to write your way through the challenges and joys of your life. Enjoy your innate gift of expression in this relaxed guided workshop. NO writing experience is necessary.

## Do You Have High Blood Pressure?

*Alternative and holistic methods for reducing blood pressure - naturally and safely.*

by Kelly Genzlinger



The body strives for homeostasis in all things. Nature's perfect model is balance. High blood pressure reflects a situation that is out of balance.

"Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways." So states the national Heart Lung and Blood Institute.

There are two measurements when checking Blood Pressure. Systolic (top number) measures the peak pressure in the artery and diastolic (bottom number) measures the minimum pressure.

- › Normal: S - less than 120 \* D - Less than 80
- › Pre hypertension: S - 120-139 \* D - 80-89
- › High Blood Pressure
- › Stage 1 - S - 140-159 \* D - 90-99
- › Stage 2 - S - 160 or higher \* D - 100 or higher



What can cause this imbalance?

- › Isolated, concentrated, refined sodium chloride (table salt)
- › As opposed to trace-mineral rich Sea Salt
- › Refined sodium chloride leads to excess sodium relative to potassium, resulting in more extracellular fluid than intracellular creating edema and unnatural pressure.
- High levels of inflammatory Omega-6 fatty acids
- › This inflammation leads to arterial damage and plaque and inflexibility of the arterial wall, resulting in high blood pressure.
- Oxidative stress (excess of free radicals relative to antioxidant power of the body)

What are the benefits of lowered Blood Pressure?

- › Lower depression, anxiety and hostility.
- › Keeps stress hormone levels under control.
- › Low blood pressure can contribute to lowering the odds of having a heart attack, kidney failure, or a stroke.

*Holistic Nutritionist, Kelly Genzlinger has her Food Therapeutics practice in the Authentic Living Center. For more information see her website at [www.foodtherapeutics.com](http://www.foodtherapeutics.com) or visit [www.authentic-living-](http://www.authentic-living-)*

The 4-week sessions scheduled at the Authentic Living Center begin on March 3, 2009.

**Classes Meet:**

Tuesdays  
10-11:30 am

Thursdays  
6:30-8 pm

**Fee: \$60**

Want to try this?

**Come to one class for \$12.**

*For more information contact Instructor, Mary Connelly at (248)851-1541.*

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Easy Chicken Lettuce Wraps for Dinner or Snacks



As I was putting together my menu for Super Bowl Sunday (chili, chips and salsa, etc.) I tried to think of a way to serve

center.com.

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**How Can We Lower Blood Pressure?**

There are several natural methods that can help the body reach its natural and desired state of homeostasis with regard to blood pressure. The following are some methods offered by practitioners here at the Authentic Living Center.

**Nutritional Intervention (from Holistic Nutritionist, Kelly Genzlinger)**

- Reduce or eliminate refined sodium chloride (table salt) from your diet, which requires strict limitation of processed, convenience and junk foods - but not mineral-rich sea salt (Celtic or Redmond Real Salt).
- Increase Omega-3 rich essential fatty acids in the diet, (see list below)
- Decrease Omega-6 sources - polyunsaturated oils including: cottonseed, corn, soybean, sunflower, safflower.
- Eliminating these oils will decrease your Omega-6 which cause inflammation.
- Heating these delicate oils creates free radicals. By eliminating cooking with these oils you will help decrease inflammation causing free-radicals
- Increase antioxidants in the diet.
- Whole, real foods - vegetables, fruits, raw dairy, red palm oil.
- Specific foods found to reduce blood pressure and/or naturally thin blood:
  - Half raw onion each day
  - Garlic (chop and let sit for 5 minutes before cooking).
  - Hibiscus tea.
  - Red Palm Oil.
  - Omega-3 rich foods (cod liver oil, grass-fed beef and butter, pastured eggs, flaxseed, walnuts and leafy greens)



**Hypnotherapy (from Hypnotherapist, Mary Vallei)**

Hypnotherapy can help you lower your blood pressure and maintain a healthy blood pressure by:

- learning how to recognize stressors and avoiding them altogether by reframing how you talk to yourself about what is going on.
- relieving anxieties that can cause blood pressure to rise.
- learning how to visualize actually lowering the number of your blood pressure to an acceptable level and keeping it that way.
- learning how to imagine and choose good health as a deep intention for your life and in so doing increase the mind/body's ability to stay

something healthier but also intriguing and delicious. I thought back to a trip to Pei Wei and the fabulous lettuce wraps they serve and came up with this recipe:

Ingredients:

3 halves boneless skinless chicken breasts

1-2 heads Boston (butter) lettuce

1 large onion

1 large green pepper

2-3 cloves garlic

1/4 - 1/2 head cabbage

8 oz mushrooms

1-2 tsp liquid amino's (Braggs)

1-2 TBS sesame oil

Olive Oil

Instructions:

Chop all items except lettuce to a fine dice (cabbage shredded medium to fine). Marinade chicken in sesame oil and liquid amino's. Heat a large skillet on medium, add olive oil and stir fry onions, green pepper, garlic and mushrooms. Remove to a separate bowl and stir fry chicken. Add cooked vegetables back to pan then add cabbage. Continue stir frying until cabbage is softened. Serve hot with clean and dry lettuce leaves for wrapping.

Yields: 12-15 wraps

These can be served with any oriental dip however we enjoyed them just as they are.

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healthy.

Relaxation Response (from Reiki Master, Katie Quinn)

Peace of mind is the key to healing. The experience we call peace is the physical/emotional perception of being in God's Presence, feeling at One with the Source of our being. Cardiologist, Herbert Benson, has described the physiology of peace, which he calls the "relaxation response." This is a "wakeful, hypometabolic state" that is deeply restorative. It lowers blood pressure and heart rate, brings the immune system to balance and quiets the rational mind, allowing a deeper wisdom to emerge. *From: A Pocketful of miracles by Joan Borysenko, PHD*



Reiki and Healing Touch are two modalities of Energy Medicine that elicit the "relaxation response" which allows your body to access its deeper wisdom and self-heal.

Massage Therapy (from Massage Therapist, Tina Johnson)

A number of long term studies have shown that a consistent massage program can:

- decrease diastolic and systolic blood pressure.
- decrease salivary and urinary cortisol stress-hormone levels.
- and lower sources for depression, anxiety and hostility.

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**Unemployed?**

Laid Off?

Downsized?

Fired?

All of these situations come with such pain, emotional turmoil, and heartache.



Come be Healed

**FREE** Group NET Session

Tuesday, February 24

## Create Abundance



with  
**Dr. Theresa Pigott**

**March 10, 2009**  
**7 - 9 pm**

Using NET (Neuro-Emotional Technique) in a group setting, transform your relationship with money. Release blocks that have held you back from achieving wealth and abundance in the financial world. The incredible money technique literally explores all ways and obstacles that keep you "stuck" in your old money blueprint. Come and experience a new way of relating to even a penny.

**Course Fee: \$25**

Space is limited for this incredibly popular class. Register early by calling (248) 822-9253.

7 - 8:30 pm

If you are unemployed, have been laid off, downsized or fired this session will help you to:

- Experience a release of the stress associated with being unemployed.
- Change your beliefs which keep you stuck.
- Control reactions to this "negative" situation.
- Experience a calm about the circumstance.



NET, a revolutionary technique, releases emotions that get "stuck" in the physical body. Dr. Theresa Pigott, founder of the Authentic Living Center, was the first certified NET practitioner in Michigan. She has been practicing NET for over 16 years.

Space for this workshop is limited, please call (248) 822-9253 and reserve your spot.

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Hypnosis Highlights and Hints

By Mary Vallei



Facts and Benefits

Did you know that there is evidence from ancient Greece and Egypt showing that hypnosis was widely used in medicine? Did you know that Hypnotherapy has been an approved therapy of the American Medical and Dental Assoc. and the American Psychiatric Assoc. since the 1950's? Did you know that today well-known and respected medical facilities, such as the National Institute of Health, Harvard and Stanford Hospitals, and the University of Arizona Integrative Medicine Clinic, are incorporating hypnosis as part of integrative patient care? Well, all of this is true.

Hypnosis is very much a part of mainstream medicine. It is not a substitute for medical advice and practices, but it is a powerful complementary practice.

Hypnosis is very useful in helping with health as well as non-medical issues. It is used to help people ward off asthma attacks and epileptic seizures; overcome sexual dysfunction; lower blood pressure and cholesterol; reduce stress and anxiety; overcome phobias; manage pain; quit smoking; and lose weight - and these are just some of the applications of hypnosis. Many professional athletes, musicians

and actors practice hypnosis to improve their performance. It can help improve relationships, help to reach personal goals, and so much more.

A Hypnotherapist is a teacher or guide who can help you articulate your intentions and frame them in a positive, meaningful way, and who then provides the experience for you so your mind and body can learn how to communicate as one. The Hypnotherapist also teaches you the steps of hypnosis so you learn, easily and quickly, how to continue to do hypnosis on your own.

Mary Vallei, founder of Hypnotherapy Center for Positive Change, practices at the Authentic Living Center. For additional information visit www.hypnotherapycenterforpositivechange.com or www.authentic-living-center.com.

Dr. Theresa Pigott
Authentic Living Center

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