



# Authentic Living Center Newsletter

January, 2009

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Yoga Day USA  
and Lose Weight  
START 2009 RIGHT!  
Detox & Lose Weight  
Resolve to Get in Shape

**FREE YOGA**  
in honor of  
**YOGA DAY USA 2009**

A National Celebration of Yoga



In honor of Yoga Day USA  
Padmakshi Yoga LLC is offering a free  
Vinyasa Yoga Class

Saturday  
January 24  
1:30- 3:00 pm



Join Yoga Instructor Deirdre Denholm  
at  
The Authentic Living Center  
1640 Axtell Rd.  
Troy, MI 48084

All Are Welcome!  
Come in and tour our center and meet some  
of our practitioners.

Hope to see you there!



## Happy New Year, Everyone

We are all looking forward to 2009 with hope and grateful anticipation. In view of all the unrest and uncertainty in the world, as well as here in Michigan, the Authentic Living Center continues to be a sanctuary for healing and personal transformation. We strive to provide the highest quality care and service.

In these historic times, we hope to leave our footprint on the world by bringing good health, peace and joy to all.



**ON SALE NOW!**  
Start the New Year off right  
with the  
**Standard Process  
Purification Program**

"Are you ready for a healthier happier you?"

It's time to detox from our holiday indulgences with this great program from Standard Process.

We know that we are surrounded by toxins in the environment; pesticides, chemicals, pollution, caffeine or preservatives. What you may not realize is that your body also produces natural toxins like ammonia and carbon dioxide. Have you been experiencing:

- Headaches
- Fatigue or difficulty sleeping
- Digestive and other gastrointestinal problems
- Food cravings
- Weight gain
- Reduced mental clarity

If you answered yes to any of these, you would most likely benefit from the Standard Process Purification Program. This program provides the internal cleansing and detoxification your body needs.

Start 2009 with a good "spring cleaning" for your insides. The Purification Program helps you lose that foggy feeling, relieves headaches and fatigue and assists in weight loss, all while teaching you how to make healthier choices.



NIA's New Times



Come find the JOY in movement.

Our NIA Classes are now on

Monday

8:30 - 9:30 am

Thursday

7:00 - 8:00 pm

Friday

9:00 - 10:00 am

Join us and have fun while getting a great workout.

Those who have never experienced NIA can try their first class free.

Packages of 5, 10 & 15 visits available at \$10 per class.

Walk-ins Welcome - \$15

A Well Adjusted Grinch is a Happy Grinch!

The Standard Process Purification Kit is available at the Authentic Living Center. Now through January 23 you can save over 10% of the suggested retail price.

Our Price now until January 23, 2009: \$199

Suggested Retail Price: \$223

Study reported in the September 2008 issue of the Journal of Chiropractic Medicine - 28 patients using Standard Process 21-day Purification Program saw a beneficial change in serum lipids and weight.



Yoga & Meditation - Resolve to Get in Shape and Reduce Stress

Explore the physical and psychological benefits of Yoga with our great instructor, Deirdre Denholm. Deirdre offers instruction in several forms of Yoga and Meditation. Come in and try one of her classes, your first visit is free. Check out class descriptions and schedules on our website at www.authentic-living-center.com.

This winter Deirdre will also be conducting a 9-session program entitled Mindfulness-Based Stress Reduction. The program incorporates mindfulness meditation and yoga, to help train people to cope better with the stress in their lives.

Sessions will be on Sunday beginning

January 18

3:30 - 5:45 pm

Session dates: Jan 18, 25; Feb. 1, 8, 15; Mar 1, 8, 22, 29.

The final session on March 29 will run from 10:00am - 3:00 pm.



To register, contact the Authentic Living Center at (248) 822-9253 or visit our reception desk. For additional information on the program, visit our website at www.authentic-living-center.com or go to http://padmakshiyoga.com/2008\_mindfulness\_based\_stress\_re.htm .

The fee for the program is \$160 per person.



We are fortunate to see some really terrific people here at the Authentic Living Center. So it wasn't so surprising to have the Grinch stop by just before Christmas. The surly look on her face was our first clue that she was out of sorts and even assurances from Dr. Pigott did little to assuage her grumpiness. However, after one of the doctor's fantastic chiropractic adjustments, we were able to get a smile out of our Grinch.

If you've been putting off coming in to see us, Start your New Year off right. Whether it's chiropractic, acupuncture, hypnotherapy, massage, or one of the many other services offered Give us a call. We would love to hear from you.

## Watch for Our 2009 Events Calendar



The New Authentic Living Center 2009 Events Calendar will be out soon. Our calendar will feature a



## To Massage or Not To Massage? That is the Question!

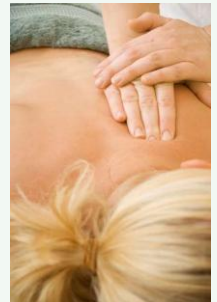
by Tina Johnson

If you have never experienced a professional massage, now is the time to try it out. It will only take you one visit to find out why massage is so popular... **they feel great!**

As one of the oldest and easiest forms of medical treatment to ease pain and anxiety, massage has multiple health benefits. Adding them to your routine can be an important part in a healthy lifestyle.

If you are looking for reasons to have a massage, here are my favorite top ten:

- 1. They feel great and make you feel good** - This is due to the fact that massage has an impact on the nervous system and the nerve endings in our skin which stimulate our Endorphin Production. Endorphins are hormones that make us "feel good and happy."
- 2. They reduce stress, anxiety, depression and help with insomnia** - Massage helps lower cortisol levels and activates Serotonin and Dopamine; all are indicators that lower the symptoms of stress, anxiety and depression. Massage is proven to be an effective therapy for stress-related tension which scientists believe is responsible for more than 80% of diseases.
- 3. They relax muscle tension and improve mobility and flexibility** - Massage stimulates the blood circulation, increases oxygen flow and nutrients to the connective tissue and muscles. It eases tension, muscle knots and soothes stiff joints. It helps with injured and overused muscles and reduces cramps and spasms.
- 4. They help decrease symptoms of PMS** - Studies have shown that Massage reduces: mood swings, irritability, sore breasts, cramps, period pain, water retention and cravings for sweets and chocolate.
- 5. Massage detoxes as it stimulates the lymphatic system** - The lymphatic system is the body's natural defense against toxins. Massage stimulates this system to more effectively flush out toxic waste products.
- 6. They increase your levels of attention and alertness** - Research shows that brain-wave activity is stimulated through massage and therefore attention and alertness improves.
- 7. They boost the body's natural killer cells** - By boosting the production of natural killer cells we strengthen the first line of defense for our immune system. Massage reduces cortisol (which destroys natural killer cells) so our immune system gets a lift every time we get a massage. This even works in patients with a weak immune system like those with chronic fatigue and cancer.
- 8. Massage reduces pain** - It blocks the nervous system's pain receptors and increases the blood flow to the muscles which help them heal. Massage also eases the pain from migraines, labor, arthritis, and cancer.
- 9. Eases insomnia** - Massage calms the nervous system and promotes a sense of relaxation and well being
- 10. Massage is for everyone** - Massage therapy "The power of touch", has miraculous effects for the very young to the very old, for the terminally ill to the marathon athlete, and for the stay-at-home moms to the over-stressed executives.



Massage has the power to relax, heal, and help release emotions and tension . Try it I guarantee you'll like it!

different theme for each month of the year such as January - Yoga, February -Heart Health, etc. We will be offering fabulous events with those themes in mind.

So watch for our calendar in your e-mail and be sure to save the dates of the events you won't want to miss.

Hope to see you here soon!

## Contact Info

Authentic Living Center  
1640 Axtell Rd.  
Troy, MI 48084  
248-822-9253

Dr. Theresa Pigott  
Founder

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