



“Another fresh new year
is here . . .

Another year to live!

To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me

To live each day with zest . . .

To daily grow and try to be
My highest and my best!

I have the opportunity

Once more to right some
wrongs,

To pray for peace, to plant a tree,
And sing more joyful songs!”

We recommend that you check
our website regularly for
updates.

As we grow, more [services](#),
[classes](#), and [products](#)
are being added.



Save a little – Buy a Package:
(save when you pre-pay for 4
or more services)

* Buy 4 – Save \$20

* Buy 8 – Save \$45

* Buy 12 – Save \$70

(packages are valid for 1 year)

JANUARY 2012

There is a fun little tradition that will be happening in most households this week. Although this tradition can be fun it can also be related to a serious matter – New Year’s Resolutions! Do you have one?

Most people’s number 1 Resolution is - Improve health:
lose weight, exercise more, eat better, drink less alcohol, quit smoking, stop biting nails. This is followed closely by - Improve self: become more organized, reduce stress, be less grumpy, manage time, be more independent, perhaps watch less television, play less sitting-down video games. Do you find one or both of these on your list? I know I do, right up there at the top as a matter of fact. So no matter what your New Year’s Resolution is, we might be able to assist you on your journey.

Health:

* [Detox](#) –

* [Bio-Mat Extreme](#)

[Detox Session](#)

* [Ion Foot Bath](#)

* [Aroma Cleanse](#)

[Therapy](#)

* [Balance](#) –

* [Bio-Mat Therapy](#)

* [Chakra Balancing](#)

* [Chakra Stone](#)

[Balancing](#)

* [Cranio Sacral Therapy](#)

* [Supplements](#) (small selection sold in office) -

* [Experience](#) – Promotes Regularity and Cleanses the Colon

* [Daily Complete](#) – 243 vitamins, minerals, and nutrients

* [Weight Loss](#) -

* [Supplements](#)

* [Essential Oils](#)

* Shakes:

* [doTerra](#)

* [Awareness Life](#)

Improve Self:

* [Reduce Stress](#) -

* [Swedish Massage](#)

* [Reflexology](#)

* [Soul Healing Session](#)

* [Focused Meditation](#)

* [Monthly Meditation](#)

[Classes](#)

* [Take care of your skin](#)

* [Facials](#)

* [Accountability and Self-Assurance](#) –

* [Health and Wellness](#)

[Coaching](#)

* [Hypnosis](#)

Stress

Some stress is not bad for us, but when stress gets to be chronic, it has major health implications. Knowing how to release stress before it becomes a problem will help you prevent it from affecting your health. It is important to get an early jump on stress early, so don't wait until you are really stressed before you do something about it.

Sprout Stuffed Avocado

1 Avocado, Halved

1/4 C. Chopped onion sprouts

1/4 C. Chopped alfalfa sprouts

2 T. minced celery

2 T. shredded carrot

2 T. chopped fresh parsley

1 T. Extra Virgin Olive Oil

1 Clove garlic, pressed

Dulse or kelp granules to taste

In a bowl, combine ingredients except the Avocado. Mix well and season to taste. Stuff each avocado half with the mixture and serve.

"Change your thoughts and you change your world."

Norman Vincent Peale

Not only does lemon water taste good but it also has health benefits, one of the health benefits of lemon water is that it can get rid of bloating. Lemon water can also help cleanse the liver. Hot lemon water can help relieve cold and flu symptoms. Lastly, lemon juice contains Vitamin C, as well as calcium and magnesium.

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

Dr. Seuss



Bio-Mat Extreme Detox Session

\$65

By: Nika Dearing

The Bio-Mat Extreme Detox is a 45 minute deep heat session (up to 151°F, comparable to an infrared sauna) where you will be placed under a reflective blanket to keep in the heat and turn up the detoxifying effects. Benefits that have been noted: Increased circulation and raised metabolism, improved skin tone, reduced joint and muscular pain, improved immune function, feeling of cleansing and purification, and notable weight/inch loss.

Most people will sweat during this treatment; therefore we recommend the following:

- Bring a bikini or swimsuit to wear.
- Casual clothes to leave in
- Set your appointment at a time you can go home afterwards.

Classes

January

* 22nd - **Guided Meditation "Washing Away Stress"** -
1:00 - 2:30pm
\$35 @ Door
\$25 in advance - Minimum 1 week in advance
\$20 x 11 = \$220 - prepay for the whole year

February

*5th - **How to enhance your Valentines**
12:00 - 3:00pm
\$100 per person or \$175 couple

*12th - **How to enhance your Valentines**
4:00 - 7:00pm
\$100 per person or \$175 couple

* 19th - **Guided Meditation**
1:00 - 2:30
\$35 @ Door
\$25 in advance - Minimum 1 week in advance

Daily Complete

\$29.99

Daily Complete is a great tasting liquid supplement. This proprietary balanced blend of ingredients delivers 243 vitamins, minerals, organic fruits, organic vegetables, antioxidants, enzymes, amino acids, Mediterranean herbs, pure phytoplankton, and other important accessory nutrients to your body in one liquid ounce a day. Improve Your Energy & Reduce Stress now!

- 243 Vitamins, Minerals & Special Organic Nutrients
- 100% RDA of Key Vitamins & Minerals
- High ORAC Antioxidant Value (Anti-Aging)
- Organic Fruit & Organic Vegetable Whole Juice Blend
- Organic Anti-Aging Mediterranean Super Seed Blend
- Ionic Mineral Blend
- Essential Fatty Acids Blend
- Whole Superfood Green Complex
- Proprietary Ocean Vegetable Complex with pure Phytoplankton
- Great Orange Taste
- All this in just one ounce a day!
- No Dairy Products, No Artificial Flavors, No Sucrose
- Listed in the 2009 Physicians' Desk Reference for Non-prescription Drugs and Dietary Supplements.