



Fall Open House

October 2nd, 2010 • 10am - 2pm

Join us for our FREE 15 minute introductory classes.

Harnessing the Healing Power of Food: Optimal Nutrition for Wellness

Theresa Oswald, MD

We will explore the plant-based nutrients (phytonutrients) as your best ally in wellness. You will learn how to get your diet on your side for fighting many common inflammation related illnesses. We will discuss the pathway of action of herbal supplements.

Integrative Medicine: Something Old, Something New

Theresa Oswald, MD

Integrative medicine is a new system of medicine that focuses on caring for your total health, not just treating disease. It helps you harness your innate healing power using nutrition, exercise, supplements, relaxation and other evidence based therapy. If you are seeking a culture of wellness for your family, Dr. Oswald is the one to see. Fans of Dr. Andrew Weil now have a local physician to guide you and help you.

Stress Relief by the Pros

Susan Byrd, LPC

Is stress controlling your life, keeping you awake at night, and making you physically ill? Come and learn a few simple techniques to immediately reduce your emotional and physical response to every day stressors.

Homeopathic Medicine and Chronic Illness

Blair Lewis

A system of medicine that began in 1790 continues to uplift and resolve deep-seated emotional and physical ailments of millions of people world wide. These homeopathic medicines have no side effects, no adverse reactions and are very affordable. Please join me as I share my 30+ years of experience using homeopathy for psychiatric and internal medical challenges.

Yoga - creating a union between your mind and body

Thom Allen, LPC

Learn how simple yoga postures can accelerate your psychological growth. Human potential, according to the sages, can be unfolded by learning to understand both the mind and the body in a coordinated fashion. Physical flexibility leads to mental and emotional flexibility. Please come and learn how.

Introduction to Radical Self Acceptance and TFT

Anne Schanz, PhD

Using Yogic Psychology and Thought Field Therapy you can activate a process of awakening that will make you more conscious and much happier. Simple inquiry techniques can identify and challenge the thoughts and beliefs that drive your negative reactions and feelings. YOU have the power to change your thoughts, beliefs, and expectations. Thought Field Therapy can change your life in less than three minutes.

Switching On – Powerful 5 minute Techniques to Optimize Learning & Boost Performance

Bethlyn Gerard, LMT

When the energies that surround and permeate the human body are disrupted (by stress, weariness, dehydration, injury), one cannot learn or heal. A switched-off body cannot absorb nutrients or medicines, stay focused nor benefit from treatments. Come learn to identify and correct these situations “switching-ON” your vitality.

Chair Massage – today, it is FREE!!

Stephen Galik, LMT

Come early and enjoy free 10 minute chair massages with Alive and Healthy’s amazing massage therapist and Ayurvedic clinician, Stephen Galik.

Breathing into Relaxation

Judy Moulton, RYT

Anything that happens in the mind, influences the body and anything that happens in the body, influences the mind. The breath is the indicator of the status of the mind. Experience first-hand the power and healing of breath awareness. Relax to a point of stillness that allows you to dip beneath the surface of your restless mind and hear your body’s internal wisdom.

Maps for Life – Whole Brain Mapping for Families

Fritz Petree

We all have distinctive ways of thinking and totally different life experiences that create our unique perceptions and expectations. Constructing a life blueprint will help provide clarity specifically for your unique goals and will reduce the tension associated with the overload of everyday input and demands. See how to map your own path to achieve your life’s goals and attain your dreams.

www.aliveandhealthy.com

To register for classes, please call **Judy at (214) 405-0838**
or email her at: **Judy@AliveandHealthy.com**

The Alive and Healthy Institute
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Spring Valley Rd. and the North Dallas Tollway
in the Chase Bank Building behind Wendys.