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Choices

PRICELESS— Take One

February/March 2006

Health, Wellness & the Environment

Including a
directory of health
wellness and
environmental
resources

plus

Dancing on the Path:
local news, events
and tidbits



STRESS!

- **Choices for Weight Control
& Stress Management**
by Meryl Hershey Beck
- **The High Cost of Stress on the Body**
by Nicholas Tivoli
- **Choices in Green Building: LAVA Concretes**
by Paul Schwam

AZ Choices Periodical
Volume 1, Number 6
Published 6 times per year: February,
April, June, August, October, December

Editor: Bob Peizer
bob@arizonachoice.com
Managing Editor: Roger Hamstra
roger@arizonachoice.com
Circulation Manager: Manon Getsi
mpgets@arizonachoice.com
Publisher: Bruce Silvey
bruce@arizonachoice.com

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Welcome to 2006!

In this issue, we explore some topics that usually arise around this time of year: stress, diet and weight control. Often after the holidays we look back with some regret at overindulging, under-exercising, perhaps spending a bit too much and stressing about it all — of course, stressing the planet while we're at it.

From clearing the spine and nervous system of its stresses and obstructions, to energy psychology techniques sometimes called emotional acupuncture or meridian therapies, we have at our disposal an ever-increasing array of techniques for living a healthier and more satisfying life. And in this issue we continue to explore new possibilities in building our homes and communities such that it both make sense for the future and reduces stress on us and the planet.

Arizona Choices is an unbiased platform for choices in health, well-being and the environment. And we thank you, our readers, for your support. We would like to mention that we are seeking an enthusiastic and inspired individual to assist us in journal advertising and directory sales – we are making a difference and would like to expand our efforts. Please call (520) 744-6603 and make a choice to join us!

Thanks for reading!

Bob Peizer

Choices For Weight Control and Stress Management

By Meryl Hershey Beck
Owner, Curves For Women

EFT and RITT target the underlying emotions that trigger cravings in the first place. How often have you had an uncomfortable feeling (anger, sadness, jealousy, hurt, fear, etc.), and reached for food to ease the pain?



Meryl Hershey Beck

The times they are a-changin' can refer to the popular beauty ideal. In the 1860s women achieved an "hourglass" figure by squeezing into a whale-bone corset, constricting their waists down to as little as 16 inches. Only two decades later, in the 1880s, stage actress Lillian Russell was considered an ideal beauty at about 6 foot tall and 200 pounds! Then in the 1920s, women bound their breasts to achieve the look of an adolescent boy. By the 1940s, broad shoulders and a generous bosom were quite the look! In the 1950s, Marilyn Monroe (who wore a size 12-14) was the epitome of beauty with her large breasts. In 1965, the average

fashion model weighed 8% less than the average American woman. That would soon change with the arrival of British fashion model Twiggy in 1967 weighing 91 pounds on a 5-foot-7-inch frame, followed by a shift in average sizes for fashion models. "You can never be too rich or too thin" were touted words that the American woman really believed. In 1987 the average model weighed 23% less than the average American woman. Today, recent statistics show that the average American model is 5'10" and weighs 110-118 pounds; the average American woman is 5'4" and weighs 140-145 pounds.

What does all this mean to today's woman? Because women are constantly bombarded by the beauty ideal presented by the mass media, they too often judge themselves by the beauty industry's standards. The barrage of messages about thinness, dieting and beauty tells "ordinary" women that they are always in need of adjustment — that they are not okay the way they are. The association of self-worth and appearance has intensified and women judge themselves harshly and our often their own worst enemies. Every time a woman says, "I'm fat," she is putting herself down and saying she is not good enough. Paradoxically, when a woman feels she is not good enough, many times she will turn to food as a comfort!

Sticking to a Food Plan

Diets are challenging. Some of us don't have the discipline. We get hungry. We feel anxious and want to eat. We feel happy and want to celebrate with food. We see or smell or hear about food and want to eat. Sometimes we just want what we want when we want it!

How many times have we vowed to give up sugar, for example, and found ourselves with a cookie in our hands or mouths? Often when we experience a trigger (anxiety, for instance), we remember (at a subconscious level) that eating sugar releases feel-good brain chemicals. So we end up engaging in the very behavior we were trying to give up.

For many women, the inability to consciously control their eating can set up a shame cycle, where they berate themselves for “giving in.” For many Energy techniques, such as those presented here, are very helpful for interrupting the stimulus/response cycle.

My Background

I became a licensed professional clinical counselor in Ohio in 1990 and specialized in working with the 12-Step Recovery population. Many of my clients had eating problems and body image concerns. In the 1990s I developed and ran outpatient Food Abuse Treatment Weeks in Cleveland, OH. These weeks helped the clients identify and heal their food abuse issues. Many, if not all of them, were emotional eaters — and the emotion which was the biggest trigger was anxiety.

In 1998 I became trained in energy psychology techniques. These methods, sometimes called emotional acupuncture or meridian therapies, involve tapping on acupuncture points. Before the training I was very skeptical — how can tapping on different points on the body help? This seemed so stupid and a total waste of time, but I took the class just to see what would happen. In the class we all worked on our own issues. I remember working on an old issue in which I felt very hurt. With my training partner, I followed the tapping protocol and was totally amazed: tapping on the designated spots did, indeed, release my feelings of hurt. I became a believer and a user — often using these techniques on myself, friends, family, and even strangers!

By the end of the 1990s, my enthusiasm for these new methods led me to teach them throughout Arizona to mental health professionals. These techniques can be used to release difficult emotions and “triggers” (anger, hurt, anxiety) which sometimes cause us to eat. And these techniques can also be used effectively to decrease cravings. In fact, whenever I teach I show how tapping will often decrease the urge or craving to eat a piece of chocolate!

Welcome To The Club

Do You Ever...

- Think your eating is out of control?
- Promise yourself “today I won’t eat _____ (chocolate, sugar, YOU NAME IT) and find yourself eating it anyway?
- Reach for food when you are feeling _____ (lonely, angry, afraid, YOU NAME IT)?
- Finish a meal and then look for something to eat 30 minutes, 15 minutes, 1 minute later?

- Try to diet but lack the will power?
- Starve all day and then eat and eat and eat at night?
- Lose weight and the re-gain it...plus more?
- Eat to temporarily squelch an emotional hunger?
- Eat small amounts in front of others and binge in private?
- Get mad at yourself...and reach for food?
- Get mad at others...and reach for food?
- Eat to stop crying?
- Eat to fill up the emptiness?

If you answered YES to any of these, then **Welcome To The Club!** And since many of us have, at one time or another, been members of “The Club,” know that **You Are Not Alone!** It is not a hopeless situation: **there is a way out.** Keep reading if you want to: reduce cravings & diminish urges; and eliminate emotional eating.

What is Energy Psychology?

Energy Psychology is an emerging field that creatively combines ancient principles with new discoveries. These techniques directly influence the human energy system to release blocks and achieve balance. These methods use a combination of focused attention, clear intention, and simple physical treatments to create shifts in energy flows, energy centers, and the bio-energetic field. Energy Psychology is the branch of psychology that studies the effects of energy systems on emotions and behaviors. According to Oriental medicine, all the pain, discomfort and disease in the human body is the result of blocked energy flows. Following this theory, all of our health problems, from the minor ones to the most serious, are caused by “stuck” energy. Sometimes known as “Acupuncture without Needles,” Energy Psychology techniques unblock the energy, allowing it to flow more easily. And when you have no blockage or congestion, you have no pain or discomfort. It’s that simple.

How did the “tapping” come about?

Roger Callahan, a psychologist in California, had been unsuccessfully working with a woman named Mary. Mary had such a severe water phobia that she could only take a bath in a few inches of water and went into panic and would not leave the house when it was raining. Dr. Callahan worked with her for eighteen months with minimal progress. Since he was also interested in Chinese medicine, he studied the meridian system of the body. One day Dr. Callahan decided to try something new: he asked Mary to think about water (she felt intense anxiety) and muscle tested her

to discover there was a block in the stomach meridian. Knowing that the start point of the stomach meridian is just below the eye, he asked her to think about water while he tapped that point. Within a few minutes, Mary surprisingly announced that the problem was gone and walked out of the house to the swimming pool. Dr. Callahan, worried that she might jump in the pool and drown, yelled out, “Mary, be careful, you don’t know how to swim.” Mary yelled back, “The tapping took away the fear, Dr. Callahan, but it didn’t make me stupid!” And the fear that had plagued Mary her whole life was gone — and never returned.

So all that is necessary is tapping under the eye?

In Mary’s case, that was all that was needed. Dr. Callahan went on to discover that other points on the body were connected to other emotions. The Callahan Technique, which later became Thought Field Therapy, teaches tapping on specific meridians to unblock specific feelings.

Do I have to know which meridian connects to which feeling?

No. Gary Craig, a Stanford-trained engineer, studied with Dr. Callahan and developed a simplified approach. EFT (Emotional Freedom Techniques) is the doorway to this refreshing new approach. In essence, it is a psychological version of acupuncture except that needles aren’t necessary. Instead, clients “tune in” to their emotional issue while stimulating stress relief points by tapping on them with their fingertips. This provides a meridian “balancing effect” that replaces emotional distress with a form of peace. (www.emofree.com)

What is RITT (Rapidly Integrated Transformation Technique)?

RITT (Rapidly Integrated Transformation Technique) is based on Gary Craig’s Emotional Freedom Techniques, and Larry Nims’ Be Set Free Fast. RITT directs the person to tap on specified points while saying certain words to clear out the conscious as well as the unconscious blocks in the energy meridians. RITT brings in the spiritual element—calling in the consciousness of a Higher Power (God/Light/Universe) connection. The basic theory is that blocked energy is a disruption in the energy body that causes emotional and/or physical discomfort. By tapping, one opens up the energy meridians, causes the energy to flow, and reduces the intensity of the pain.

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When do I use EFT and when do I use RITT?

It is really a personal preference. Some prefer EFT if a single emotion is identified and RITT when several emotions are present at the same time. Both EFT and RITT are easy to learn and can be used to clear anxieties, release phobias, transform trauma, curb cravings, boost energy, lessen physical pain...the list goes on and on. The results are usually long lasting; the process is relatively gentle, and it is inexpensive to learn and use.

EFT and RITT for Weight Loss

You can use EFT and RITT to target and address typical issues you might confront as you are losing weight:

- Immediate cravings
- Compulsive overeating
- Hunger pangs
- Daily stress
- Issues from your past
- Limiting beliefs
- Fear of the future
- Triggers

EFT and RITT target the underlying emotions that trigger cravings in the first place. How often have you had an uncomfortable feeling (anger, sadness, jealousy, hurt, fear, etc.), and reached for food to ease the pain? How often have you used food to fill the emptiness? Now, whenever you feel emotional pain, you can tap the discomfort away rather than reaching for comfort food.

EFT (Emotional Freedom Techniques)

The Basic Recipe

If it is feasible, rate the degree of feeling or level of urge on a scale from 0 to 10 with zero being no feeling/urge and 10 the greatest effect imaginable.

- 1. The Setup:** Repeat this affirmation 3 times: “Even though I have this [state problem], I deeply and completely accept myself”, while continuously tapping the Karate Chop point or rubbing the Sore Spot.
- 2. The Sequence:** Tap about 7 times on each of the following energy points while repeating a Reminder Phrase (focal point) at each point. (*insert “remain-*

ing” when repeating sequence).

KC, C, EB, SE, UE, UN, Ch, CB, UA, IW; BH

The abbreviations for these points are summarized below in the same order:

KC = Karate Chop (the karate chop point is between the little finger and wrist on the side of the hand); C = Crown; EB = Beginning of the Eye Brow; SE = Side of the Eye; UE = Under the Eye; UN = Under the Nose; Ch = middle of chin; CB = Beginning of the Collar Bone; UA = Under the Arm; IW = Inner Wrist

Some Setup Phrases:

- Even though I’m obsessed with food, I deeply and completely accept myself.
- Even though I have an enormous appetite...
- Even though I eat when I am bored (angry, lonely, tired, afraid, etc.)...
- Even though I feel guilty when I overeat...
- Even though I hate myself for overeating...
- Even though I eat to feel better...
- Even though I eat to avoid my feelings...
- Even though I associate food with my mother’s love...
- Even though I am afraid to weigh less than _____
- Even though my metabolism is slow...
- Even though I hate to look in the mirror...
- Even though I don’t want to give up sugar...
- Even though I don’t think I can lose weight...
- Even if I never lose weight...

Rapidly Integrated Transformation Technique (Ritt)™

Basic Directions: Think of an issue; note your level of discomfort (0 = none, 10 = intense). Or think of a craving (0 = no urge, 10 = intense urge).

Imagine you are a tree and will be clearing from the branches (the conscious mind) to the roots (the subconscious). As you lightly tap each point using two or three fingers, think about the issue and read aloud what is in quotation marks.

- 1. Karate Point: outside edge of hand**
“I release this challenge/issue to Higher Power (God/ Spirit) to transform it and my relationship to it, never to take it back or passively receive it back.”
- 2. Heart Point: sore spot above left breast, gently rub in a circle toward shoulder**
3 times: “I love (accept) myself unconditionally even though I have this issue/challenge.”

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April 20 9 AM - Noon

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April 21, 7:15 AM - 1 PM

Location to be announced.
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please phone (520) 760-0364

Location to be announced

Shuttle 7:15 - 8:45 AM and after Homa
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Tucson Silent Meditation Retreat ~ April 22

Retreat location, registration, and fees to be announced.
Please see the Karunamayi website for further information:
www.karunamayi.org. Or phone (520) 760-0364

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3. Crown (top of head)

"I bring in Higher Power (Spirit/God/ Light) into all the branches to the deepest roots of this issue and ask for healing for the highest good."

4. Eyebrow (either eyebrow, tap where the eyebrow starts, near bridge of nose)

"I release all the sadness in all the branches to the deepest roots around this issue."

5. Under eye (on bone just under eye, centered)

"I release all the fear in all the branches to the deepest roots around this issue."

6. Under nose and chin (using sides of thumb and index finger, tap both spots at once — side of index finger will be under nose & side of thumb will be on chin)

"I release all the shame and embarrassment in all the branches to the deepest roots around this issue."

7. Collarbone (make a fist and gently thump below collarbone, on breastbone)

"I release all the hurt and all the grief in all the branches to the deepest roots around this issue."

8. Under Arm (tender spot about 4 inches below armpit, in line with nipple)

"I release all the guilt in all the branches to the deepest roots around this issue."

9. Inside wrist (tap where watchband would fasten, palm side of wrist)

"I release all the pain in all the branches to the deepest roots around this issue."

10. Little finger, side of nail (tap on the side of finger next to ring finger)

"I release all the anger in all the branches to the deepest roots around this issue."

11. Third Eye (point between eyebrows)

"I release all the trauma in all the branches to the deepest roots around this issue."

12. Index Finger (side nearest thumb) [At least 3 of the following.]

- I release all the energy invested in this issue so I can use that energy for my own well-being;
- I totally and completely forgive myself for forgetting that I am doing the best I can;
- I totally and completely forgive myself for

allowing this issue to disturb my peace of mind;

- I totally and completely forgive myself and I intend to forgive everyone else involved;
- I totally and completely forgive myself and I ask for the wisdom to see that everyone involved was acting from a place of unmet needs."

Breathe. Reassess your level of discomfort or level of urge. If above 0, repeat steps 1-12. When at a zero continue to step 13.

13. All spots (from # 4-11)

"I bring in Higher Power (Spirit/God/Light) to replace the _____(sadness, etc.) in all the branches to the deepest roots around this issue."

Be Positive

"You are what you think. All that you are arises from your thoughts. With your thoughts you make your world." —**The Buddha**

The Power of Our Thoughts

In 2003 I was very busy working and presenting Light Language classes and experienced first-hand the power of our thoughts. Before I flew to Kamloops, BC to teach (at the end of April 2003), I looked at how booked my calendar was through May and I said to myself, "I won't be able to breathe again until June." Yes, my calendar was full. Yes, I had over-scheduled myself. But I had no idea how powerful that particular thought would be until I became ill in Kamloops and was congested and had trouble breathing!! Once I was aware, I was able to change the thought so that I did not have to stay ill through the month of May!!

In fact it was May, 2003 that I took a wonderful sacred geometry class from Phil Gruber (a magical genius) and heard more about the structure of our thoughts which included the following:

"Thought is an attribute of consciousness. The mind continually generates grids and patterns of scalar waves. Every thought is a grid which remains within the dimensional bands and will draw particles to it that will eventually flush itself out into manifestation. Undirected thought creates chaotic patterns; thought directed with clear intent is a potent form of scalar power. Light Language is the language of scalar waves. Thoughts are grids of oscillating, vibrating patterns of light and sound; thoughts are tangible reality."

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High Cost of Stress on the Body

By Dr. Nicholas Tivoli

As conscious individuals who wish to experience optimal health and well-being we must [now] ask ourselves: what is the cost on our bodies of taking on more and more stress without an effective means of clearing these stresses from our nervous system?



Dr. Nicholas Tivoli & Dr. Joan Norton

As we move further and faster into the 21st Century each of us in our modern technological society faces an ever-increasing number of challenges, demands and possible traumas. You and I now experience in our day to day lives a nearly overwhelming array of emotional, physical and chemical stresses.

These stresses place heavy demands on our bodies, minds and spirit. The mental and emotional challenges of school, work, and earning a living, the stresses of marriage and family life, a move from one's home or hometown, even national and international news and events, all create stress and take their toll on our bodies and nervous system.

Physical stresses such as automobile accidents, injuries in sports or at work, even sitting for long periods of time at a desk as well as poor postural habits and sleep patterns directly affect our spine and nervous system even if we don't feel their effects immediately.

Other less recognizable stresses come in the form of toxins from pesticides, preservatives, car fumes, drugs, alcohol and smoke. Even electromagnetic frequencies from cell phones, computer, television and microwaves have harmful effects on the nervous system's capacity to function properly.

As conscious individuals who wish to experience optimal health and well-being we must now ask ourselves: What is the cost on our bodies of taking on more and more stress without an effective means of clearing these stresses from our nervous system?

The cost may be much greater than we might first imagine.

Whenever any stress whether emotional, physical or chemical exceeds the body's capacity to adapt and recover what results is an interference, obstruction or misalignment in the spine and nervous system. Since it is the nervous system that controls and coordinates every other system in our bodies ... the reproductive, digestive, glandular, circulatory, and immune systems - any excess of stress poses a serious threat to our mental and physical health.

Science now tells us that these obstructions to our neural and spinal network are perhaps the most serious and widespread threat to an individual's capacity to fulfill his or her genetic potential.

Whenever there is adverse tension on the nerves, all the tissues and organs to which these nerves connect are also under abnormal tension. As the tone and integrity of this delicate energy-information network gets distorted, the body's innate intelligence cannot properly communicate with the body parts affected.

It is like a radio signal that has been scrambled or blocked, or a computer virus or transmission-glitch in a communications network, only the communications network we are speaking of is your body-mind and the

possible effects much more dangerous and harmful. In fact, to whatever degree our nervous system's ability to exchange energy and information is diminished there is a corresponding diminishment in the necessary flow of life-force throughout the body.

When the flow of life-force is interrupted it is often recognized by the appearance of conditions such as fatigue, anxiety, irritability and depression or in physical symptoms ranging from sleep difficulties and sexual dysfunction to headaches, muscle tension and chronic pain.

When the life-force diminishment becomes persistent or severe it results in pathologies that can affect any tissue, organ or regulatory system in the body and may eventually lead to the onset of serious disease or life-threatening illness.

Given the far-reaching and harmful effects of stresses on our body, especially upon our spine and nervous system, we can begin to understand the fundamental importance of a clear, uninterrupted nervous system.

Healing and wholeness systems such as yoga, tai chi, osteopathic medicine and chiropractic have not only

recognized the primary role of the spine and nervous system but have developed their approaches around this deep recognition. Having realized how important a clear and well-functioning nervous system is to overall health, a number of healing modalities have emerged in recent decades which directly address the need of freeing the body of its deep-seated interference patterns.

The discoveries that are now surfacing from a variety of scientific sources confirm what ancient healing systems have known for centuries: as the spine and nervous system is cleared of its stresses and obstructions it begins to function at a higher and more integrated level. As this process takes place, all aspects of the body from the cellular level to the organ tissue to the posture of the spine improve dramatically. With the spine and nervous system clear, the mind and body relax.

This state of ease allows a person to be more in touch with their true self and thus experience more freedom, self-empowerment and abundance in their life.

Given the remarkable challenges and stresses that now characterize our modern technological life and knowing the cost these stresses inflict on our bodies, we can now understand why a regular and effective program of clearing our nervous systems of these stresses is not only important but absolutely necessary.

This is especially the case if we consider how the free and abundant flow of life-force is not only the foundation of optimal health but also the very means by which we realize our full potential for growth, creativity and joy.

Dr. Nicholas Tivoli and Dr. Joan Norton are two of the nation's few Network Spinal Analysis chiropractors, a rapidly growing group of highly-educated, highly-intuitive healing facilitators dedicated to helping individuals reconnect with their full physical, emotional and spiritual potential. As founding practitioners/doctors of at-ease Wellness Center they have integrated a number of dynamic healing techniques into their practice and have developed a natural yet profound healing method known as the at-ease adjustment. Those interested in finding out more about the subjects covered here or about the at-ease adjustment are encouraged to contact them.

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Choices in Green Building: LAVA Concretes

By Paul Schwam

In order to translate “fast” lifestyles and “living” houses into architectural terms, building methods and materials should make every effort to be **Simple, Available, Intuitive, and Adaptable** — deliberately not tied to any particular technology.



Paul Schwam

Wouldn't it be nice to have a house that always seemed to fit life like a glove and that was a source of sanctuary and support for you and your family? How about one for your neighbors, your community: your kids and their kids? Wouldn't it be nice if building that house were three parts imagination and one part hard work, instead of the other way around? Wouldn't it be nice if it were easy, fun and imaginative: like building sandcastles?

A philosophical change in how we think about building would be a good start. It's easy to support the notion that communities are continuous “works in progress.” Small portions of any community (buildings) are constantly being replaced as a way of upgrading the community as a whole. This is exactly the way we should be thinking about individual structures such as houses and offices. Houses more any other community ingredient should be thought of as living “works in progress” and built accordingly.

The “living” concept for housing and community seems obvious but hasn't been suitably translated into building principles. Buildings ought to be thought of not as static structures but as living/evolving environments capable of adapting to new, longer term, ecologically-based concepts and technologies in lifestyle, energy, transportation, etc. In order to translate “fast” lifestyles and “living” houses into architectural terms, building methods and materials should make every effort to be **Simple, Available, Intuitive, and Adaptable** and deliberately not tied to any particular technology.

Simple in concept so that big-picture end results are visualized quickly and clearly; **highly available**, such as dirt, assures that expressive and highly functional architecture can be accessible to everyone, and means less to manufacture, less to ship, less to store, less to run out of; **intuitive**, meaning moment-by-moment tasks do not require specialized knowledge. Ultimately, the more time directly applied toward completion without thinking about it (the fewer complex tasks), the faster the job gets done; and finally adaptable/recyclable) in its final form so modifications and upgrades can be effectively made to suit emerging technology not available at the time of construction. In this way errors are easily corrected, desires are easily met, technology is easily updated and efforts are never wasted.

A Solution: Building Sandcastles

This possibility may be closer to reality than ever before thanks to the re-emergence of an age-old building system commonly overlooked due to its utter simplicity. A group of architects and builders in Tucson and Phoenix have been developing a family of simplified, earth-based building products based on the durability of concrete, the availability of dirt and the intuitive process of sandcastles. The ability to easily cast and sculpt a sandy form of hard-curing concrete capable of being the walls of your house is available now and stands a good chance of keeping pace with an evolving, challenging future.

Lightweight Aggregate Vertical Application (LAVA) Concretes are a family of lightweight concretes based upon an age-old building process known locally as Scoria. The origin of this dry placement concrete used for vertical applications such as walls is thought to be from the Scandinavian countries, where it is far more common. Blending concrete durability with “sandcastle” molding processes yields concrete that sets up fast and simplifies (and in some cases eliminates) the wooden frames or forms used to capture and shape wet concrete. The new materials and methods open up a range of qualities, markets and imagination not previously available to either conventional concrete or masonry.

Concrete is a good building system more because of the process than because of the actual material. Historically, concrete is perhaps the most commonly used building product in the world. For specialized engineering such as dams and bridges where performance is paramount, conventional concrete has little competition. For housing and commercial markets where cost is more of a controlling factor, the competitive advantage of conventional concrete is undeniable but is also limited to flatwork such as sidewalks and slabs. Concrete’s advantages are largely due to the ease and flexibility of horizontally placing concrete as a fluid that naturally tends to level itself and then harden to stone-like durability. Unfortunately, the fluidity of conventional concrete becomes a disadvantage for vertical, masonry-like applications such as walls because that same fluidity is dangerous, and therefore expensive, when formed vertically. The value of the concrete process, and therefore the majority of vertical application markets, is lost to masonry products simply due to the excessive cost of forming.

So what makes LAVA concretes different? Conventional

concrete is a fluid mix of cement and water that suspends larger aggregates within the fluid. Conventional concrete is placed and flows as a fluid obviously best suited for flatwork and slabs that require minimal forming. LAVA concretes are not flowable fluids. Porous aggregates such as scoria, cinder, pumice, perlite etc., first absorb water for hydration into the center of each particle. Each particle is then coated with cement and subsequently bonds to the adjoining particles. LAVA concretes are thick semi-fluids (visualize a volcanic lava flow) that, once placed, quickly and naturally maintain shape because each aggregate particle rests upon other particles instead of floating in water. The water required to cure the cement comes from within the porous aggregate. As an additional benefit, once the water is used up the voids between and within the aggregate particles have very high thermal and sound insulation values.

Like sandcastles, the forms for LAVA concretes are easy and temporary. Forms are used, more than anything else, to speed up related processes such as wiring, plumbing, window/door placement and eventually to control the pouring process. Forms are not necessary during the curing process. Once the shape has been established, the form can be removed although forms generally remain in place until the “sandcastle” hardens to concrete.

From the “micro” standpoint, the entire family of LAVA concrete could be viewed as masonry at the particle scale. Bricks and concrete masonry units (CMU) are simply pre-cast concrete blocks in stackable geometries that are then mortared together along adjacent surfaces for use in vertical applications. In this way bricks and mortar are more suitable for wall applications than concrete, but are dimensionally limited to a masonry module (a stack of a predetermined height and width) in order to avoid excessive chipping of bricks to fit every odd dimension of window or pipe. LAVA concretes incorporate aggregates that are in contact with each other, or stacked inside forms similar to masonry, but are so small they have the dimensional flexibility of sand. Eventually, even custom LAVA concrete aggregates could be pre-cast into geometries such as cubes or hexagons to improve stack-ability inside the forms.

Today LAVA concrete technology is being used by several architects to better suit the needs and imagination of some rather adventurous clients.

continued on page 14



Phyllis Light, Ph.D.
& Telepathic Healer

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This woman had only a few hours sleep the previous night and felt exhausted at the time this photo was taken.

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Paul Schwam, continued from page 12

Scoria, already competitive with mainstream construction, continues as the bread-and-butter product within this emerging industry. Thanks to the ever-expanding collective imagination of architects and clients, the family of LAVA concretes, like some kind of grass-roots industry, is also expanding and maturing into an ever more suitable product and process.

It is my belief that making inventive technologies available to unrestricted imagination can yield spectacular results. This may be especially true in today’s “community growth” environment, which is plagued with rising material costs and labor shortages. Fortunately there are many who, in one way or another, are committed to finding more appropriate solutions to support healthy lifestyles and healthy environments within which to live. Clients seek an expanded range of options to suit their lives without sacrificing their pocketbooks or their community. Architects seek methods and materials allowing more imaginative solutions. Builders seek more manageable construction without sacrificing quality. Tradesmen seek more intuitive methods to facilitate their ability to provide quality. Community planners and financiers seek long term value worthy of their support. Ultimately, the trend for community and environmental responsibility will benefit from building products able to change and fit to life at every scale.

The simplicity of sandcastles captures an essence in building that could be healthy for the future in many ways. Over time, with the contributions of many, the dream of changing the “hard work” building experience into an imaginative and playful one will become more of a reality. The faster the world gets complicated, the more valuable becomes simplification — so simplifying tomorrow is a good choice today.

About Paul:

Paul Schwam, an architect and a graduate of the University of Arizona, was raised in Tucson. His past work and present innovations are all part of a life-long endeavor in world scale innovative housing and community design/sustainability. Paul holds many patents including lightweight concrete, geodesic structures, and several others in solar, mechanical and aviation applications.

*Paul Schwam
 Fax: 520-903-0306
 E-mail: pschwam@aol.com*

| Where to find Arizona Choices Journal in Tucson | |
|---|--------------------------------------|
| 17th Street Farmer's Market | El Rio, Southwest Medical Clinic |
| Adobe Hearing Health | El Rio Southwest Pediatrics |
| Advanced Energy Therapeutics | Epic Café |
| Aladdin Middle Eastern Restaurant | Food Conspiracy Co-op |
| Albert F. Seng MA. | Holistic Animal Care Stores |
| Allstate Insurance at Broadway and Craycroft | Immune Recovery and Wellness Office |
| Amazon Herb Company | Ironwood OB/GYN |
| Antigone Books | Linda Johns |
| Aqua Vita | Medicine Wheel Dental |
| At Ease Chiropractic | Metaphysics World |
| Beach Combers Hot Tubs | Millie's Pancake Haus, Tanque Verde |
| Bentley's Coffee | Mountain View Retirement Community |
| Bookmans Bookstore, Broadway | Myrna Taylor, RN/MA |
| Bookmans Bookstore, Ina | New Life on Ajo |
| Bookmans Bookstore on Speedway | New Life on Broadway |
| Borders Bookstore on Broadway | New Life on Oracle |
| Casa de La Luz Hospice | New Life on Speedway |
| Casa Video | Paul Reeder |
| Casbah Tea House | Phyllis Winslow |
| Coffee XChange Campbell/Grant | Pima Community Access |
| Congress Hotel | Pima Heart, on St. Mary's Road |
| Cope/El Rio, on Broadway | Priority Auto and Tire Center |
| Create Cafe | Proactive Health Solutions |
| Curves, Ajo and Kinney Rd | Rainbow Planet Coffee House |
| Curves, Catalina | Reed's Compounding Pharmacy |
| Curves on Glenn | Richard Pattison |
| Curves, Houghton Rd | Rincon Market |
| Curves, E. Broadway | Scooter's Cafe at La Placita Village |
| Curves, E. Speedway | Shop Natural Cooperative |
| Curves, E. Tanque Verde | Stairway of Light |
| Curves, Irvington & I-19 | Steve Lui, L.Ac. |
| Curves, Oracle and Wetmore | Sunflower on Broadway |
| Dark Horse Media | Sunflower on Speedway |
| Delectables Restaurant | Synchronicity Center |
| Desert Institute of the Healing Arts | The Cottage Bakery & Café |
| Desert Mountain Health Center | The Ealy Center for Natural Healing |
| Discovery Chiropractic | The Eclectic Café |
| Dr. Rubin Naiman | Tooley's Cafe |
| El Rio Dental Office on W. Congress | Tucson Soundings |
| El Rio, Immunology Associates | U of A Visitor Center |
| El Rio, Main Clinic | UMC Physical Rehab on River Rd. |
| El Rio, North West Clinic | Village Bake House |
| El Rio, Northwest Pediatrics Clinic | Wild Oats on Oracle |
| EL Rio OB/GYN Associates at 225 W. Irvington | Wild Oats on Speedway |
| El Rio Pediatrics Office | Winterhaven Health Center |

Dancing on the Path

A listing of news items, tidbits and events of interest to our readers. Submissions welcome by email at: bob@arizonachoice.com

Tucson Peace Fair & Music Festival, Saturday, February 25th 2006, 11 A.M. to 5 p.m., Reid Park bandshell. Free admission: a whole day of music for the entire family. Arizona's largest gathering of local peace, justice and environmental groups. Children's activities, food, booths. Sponsored by the Tucson Peace Center, a nonprofit organizational network. For more information please call 624-4789.

C.A.R.E. Gathering, on February 17th-19th (Fri-Sun), Tanque Verde Falls. The Coexist Antz Responsibility Extravaganza (CARE) Gathering begins at sundown on Friday. Saturday "Day of Learning", free classes. Various ceremonies all day Sunday: "Projects of Service", "Ceremonies of Preparation," "Ceremonies of Commitment & Responsibility." Concludes with a sunset celebration of good food, music and enjoyment. For description and event registration, visit www.planetcoexist.com or call 520-790-1757.

Second Annual Bisbee Yoga Expo, Feb 18-19 at Club Kilimanjaro; 33 Subway, Old Bisbee. Prereg: \$90/wknd, \$50/day; After 2.10.06, \$\$110/wknd/\$60/day. Call 1-888-271-4505 or 520-432-3726.

Studies in Western Herbal Medicine Program, March-August 2006. Concepts in western herbalism, western physiology and relation to herb use. Plant identification, medicinal and edible plant uses. Contact Charlie Kane at 520-731-3379 or charkane@earthlink.net.

Film Being Made at the Tree of Life in Patagonia, AZ, on how raw foods help heal diabetes. 6 subjects will be chosen on the basis that they have type II diabetes and are insulin dependent, and are willing to get better using organic living food and juices for 30 days. Sundance documentary award winning director, Aiyana Elliot (Ballad of Ramblin' Jack). For more information: Mark Perlmutter, Executive Producer, mark@microangels.org / 520-394-2600 Michael Bedar, Media Relations Specialist, Tree of Life Rejuvenation Center tel: 866-394-2520, x.209; michael@treeoflife.nu, <http://www.treeoflife.nu>

"What The Bleep..." study group, UMC 1501 N. Campbell Ave; 7-9 pm third Friday of every month. Call 318-0051 for info.

Open mic night, free every Wednesday night at Bookman's, 1930 E. Grant Rd. Call 327-5767.

Global Chant, Little Chapel of All Nations, UA campus every Wednesday 6 - 7:15 pm, free. No experience necessary. First St. Group chanting from all spiritual traditions. 326-4674 for info.

Meryl Hershey Beck, continued from page 8

We Create Our Own Reality

The ancient oriental religions, such as Buddhism, taught that we create our own reality. Now modern particle physics or quantum mechanics has discovered exactly the same thing!

For many people, thoughts are just thoughts. Many others, however, are now coming to understand that thoughts are a very subtle (and very powerful) form of energy. Thoughts have a life of their own. The energy of the thought can begin the process of physical manifestation. The energy of a thought never dies.

"We attract into our lives that which we focus upon with the strongest intent. Unfortunately, most of us do not monitor our thoughts, and therefore have no idea of what we are thinking about most of the time."

—Iyanla Vanzant

Monitor Your Thoughts

Begin to pay attention to your thoughts. Our strongest thoughts (those most likely to manifest quickly) are those thoughts that we repeatedly think over and over again. Learn to monitor your thoughts — think about what you are thinking. And then when you have a negative thought (one that puts yourself down, for instance), change it as soon as you catch yourself. If you think you are a failure, can't do anything right, think again. If you think you can never lose weight, be fit, feel good about your body, think again. Set the intent to monitor and harness your thoughts. Train yourself to periodically stop and notice if your thoughts are for the highest good and, if not, change them immediately!

Here is a great recipe, suitable for any occasion: if you were to make a cake, you know that whatever you put into your mixing bowl will appear in the cake itself, and, if you leave out a specific ingredient, it will not appear in the finished product. The thoughts and beliefs that we choose to fill our minds ultimately will appear in our experience, and if we realize this, we can save ourselves a lot of trouble. No one would put the wrong ingredient in the mixing bowl because no one wants it in the cake, for everyone knows that, if it's in the bowl, it's in the cake!

—Emmet Fox

Meryl Hershey Beck, MA, M.Ed., LPCC frequently presents energy techniques, *Light Language*, and *Reconnective Healing at Energy Psychology Conferences* as well as her own workshops throughout the world and now also offers fun *Energy Parties*. She can be reached at 800-995-0796 ext. 0321 or www.energizedforlife.com For more information about *Energy Psychology* and *RITT*, go to www.energizedforlife.com and www.emofree.com



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Directory

Accupuncture



Steve Liu, L.Ac.

The HanLing Acupuncture Healing Center is coming of age. Founded in June 2001, the Center has grown steadily under the direction of Steve Liu, L.Ac. In addition to offering traditional Chinese Medicine (including acupuncture and Chinese herbs), this year the center offers an exciting new program that helps improve patients with low-vision disorders such as age-related macular degeneration.

Age-related macular degeneration is the leading cause of partial or total blindness in people over age 50, and currently has no known treatment from allopathic

medicine. However, a relatively new European acupuncture technique has helped over 5,000 patients in a Scandinavian eye clinic where Steve was trained. Many Tucson patients now have seen vision improvement with the acupuncture treatment since the program was first introduced in last November. So do not loose hope over the low vision, give us a call!

**Steve Liu, L.Ac./Wen Ting, L.Ac.
HanLing Acupuncture Healing Center
6812 N Oracle #130
(Between Ina & Orange Grove)
520-878-8116 www.hlahc.com**

Allergy/Nutrition



Desert Mountain Health Center

Do you suffer from allergies or indigestion? Are you concerned about proper diet or lifestyle? Desert Mountain Health Center is dedicated to your better health. Allergies and sensitivities can be eliminated with NAET, utilizing neuromuscular reflex testing, chiropractic principles and traditional meridian therapy. Your body's reactions can be cleared so they no longer cause discomfort or dysfunction. Everyone is in a different stage on the journey to better health, and we have the training and experience to guide you with dietary and lifestyle advice. Enzyme therapy, computer meridian stress

assessment and non-force chiropractic care are available.

Dr. Bergner has a master's in holistic nutrition, and has studied natural hygiene and other schools of natural living for many years. She has practiced advanced NAET for seven years.

**Desert Mountain Health Center
Martha H. Bergner, M.S., D.C.
3816 East 5th Street
8700 North Oracle Road
Tucson, Arizona 85716
520-296-5899
www.desertmountainhealth.com
drmartha@desertmountainhealth.com**

All One Sound



Allen Smith

Love is the essence of our being. Yet most of us don't feel safe enough for love openings beyond a few people or just one. Love is everywhere & everyone. Is there any good reason not to have more love? Love yourself. Remember your connection, your passion, your love through "Experiential Sound Vibrations" with Allen of Rainbow Didge Music. Open to fearless expression & passion. Align to your spirit with World Class Didjeridu played with heart & healing intent. I provide full spectrum Didjeridu sound treatments; live or re-

corded. Vital & vibrant Shamanic Sound Meditation with a Barbaric Sound Master. Lucid & Loving Creativity Training. Custom made recordings & Didjeridu's just for you. Affordable Audio Studio services. Lifetimes plus 14 years of soul purpose sound empowerment.

Allen Smith
Rainbow Didge Music
520-743-7339
asmith@theriver.com
www.rainbowdidge.com

Astrology



Paul Reeder

Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive. His work is empowering and uplifting even in our most challenging situations.

in beginning astrology and horoscope synthesis are held weekly for those who wish to learn to read astrology charts.

Chart calculation services are provided freely to all who wish to have a copy of their natal astrology chart and consultations are provided on a sliding scale basis.

Paul is on the faculty of the Providence Institute Yoga Teacher Training program, and is an inspiring teacher of spiritual psychology and mysticism. Classes

Paul Reeder
Phone: 520-903-2913
E-mail: paul@paulreeder.com
Website: http://paulreeder.com

Breast Cancer Screening



Lynda Witt

Early breast cancer screening *without* radiation or compression is now available in Tucson. Digital Infrared Thermal Imaging is a non-invasive test of physiology. It alerts your doctor to changes that can indicate early stage breast disease. It offers the opportunity for earlier detection than has been possible through self/doctor exam or mammography alone. DITI detects the physiologic changes that accompany breast pathology, whether it is cancer, an infection or a vascular disease.

with cancer and other diseases. Glyconutrients are a specialized type of nutraceutical. Clinical studies prove that glyconutrients stimulate the body's own production of healing stem cells and restore cellular communication allowing your body to heal/repair itself. Our proactive approach of combining DITI with glyconutrients is the most cutting-edge method available today for health and wellness.

Lynda Witt
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www.proactivehealthsolutions.org

Early detection and immune system support are critical for survival to those

Chiropractic Neurology



Nathan Conlee

Dr. Conlee, clinic director of Winterhaven Health Center has implemented many new modalities and treatments for health and pain management. Being a chiropractic neurologist his focus is on the neurological imbalances in health, pain, and physical problems.

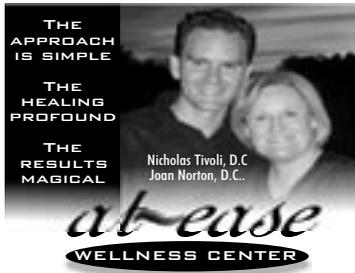
problem holistically and use any or combination of procedures to solve their health crisis. Alternatives in pain management are in great demand. Our many treatment choices, give our patients a significant edge in reaching their healthcare needs. We pride ourselves in friendly, caring and professional service and look forward to helping you with any healthcare problems."

Licensed as an acupuncturist and skilled metabolic nutritionist he also implements different alternative modalities. Physiotherapy, massage, exercise physiology and the cutting edge technology of low level laser therapy are some of the many other treatment options.

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Creative Writing Workshops



Eleanor Kedney

Eleanor Kedney, a poet from New York and Tucson, has introduced the first live Writers Studio Poetry and Fiction Workshops outside of New York City. The Writers Studio is founded on the belief that when the desire to write is strong enough, anyone can learn the craft necessary for full creative expression. The Writers Studio is a technique-oriented program that supports fiction and poetry writers through a series of exercises designed solely to help writers discover and nurture their own voices. Writers learn the elements of craft and develop the skills to make stories and

poems interesting to other. In a supportive community, writers receive technical guidance and professional critique. Eleanor offers ten week, Level I and Level II workshops, and an Online class.

For registration and information:
Eleanor Kedney
520-743-8214
eleanor@writerstudio.com
www.writerstudio.com

Energy Bodywork



Miriam Bloomfield

Jin Shin Jyutsu and Zero Balancing are elegant, hands-on therapies that promote the harmonious flow of life energy throughout the body.

Jin Shin Jyutsu is an ancient art that supports our total being. It utilizes 26 energy centers along the energetic pathways of our bodies. When these paths become blocked, the resulting stagnation can disrupt the local area and eventually disrupt the complete energy flow. Holding the energy centers in combination can restore us to balanced, profound health. Zero Balancing aligns the physical structure of the body with the energy moving

through it. The practitioner works gently with specific bones and joints to establish a clearer relationship between energy and structure. This allows for the dissolution of limiting, uncomfortable patterns, and reinforces integration and wholeness.

Miriam graduated from Stanford University and has been a Bodywork Therapist since 1982. She is a licensed Massage Therapist and Certified Practitioner of the arts in which she now specializes.

Miriam Bloomfield, LMT
520-743-7577
Tucson Medical Square
Bilva33@hotmail.com

Energy Healing/EFT



Phyllis Winslow

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A graduate of the Barbara Brennan

School of Healing, she is able to relieve pain quickly.

“The day after my visit with Phyllis, I met my wife.” J.R.

“I felt fearless during my presentation.” L.M.

“Take it from a once skeptic, she’s awesome.” D.S.

Phyllis Winslow
EFT-Advanced, LMT Grad
Barbara Brennan School of Healing
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Financial Planning



Richard Patterson

Over the thirty years I have been providing financial services, I have come to understand that financial health has many similarities to physical health. In both, a holistic approach may provide the best opportunity to achieve and maintain a state of well-being. We explore a wide range of issues that are critically important to building and protecting wealth: first creating the big picture, then examining the details.

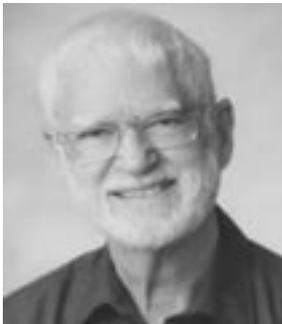
Everything must be holistically integrated to maximize prosperity. We have access to a wide array of financial products including life, group health, disability

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Richard Patterson, CLU, ChFC
Spence, Driscoll & Company
3501 N. Campbell Ave. #102
Tucson, AZ 85719 (520) 577-2596

Healing at Any Distance



Robert Martin

Robert discovered he had the gift of healing in the late 1970's and has dedicated his life to helping people attain optimum health ever since. Believing that the Creator exists within each of us universally, he opens himself to the Creator and allows LOVE ENERGY to flow through him to his fellow man. He is able to channel this energy in a hands-on capacity and at any distance. His work has inspired many people to write testimonials on his behalf. Former chairman of IACVF cancer research society, AANC certified Nutritional Consultant and minister,

Robert Martin is dedicated to his mission of relieving suffering & attaining health. Author of "Healing with Divine Energy."

Rev. Robert Martin
Hands On & Remote Gifted Healer
520-881-2452
www.Divine-Healing-Energy.org

Healing Sleep



Rubin Naiman

Dr. Rubin Naiman is clinical assistant professor of medicine and the sleep and dream specialist at the University of Arizona's Program in Integrative Medicine directed by Dr. Andrew Weil. He maintains a private practice specializing in integrative and alternative approaches to sleep disorders and also offers professional consultation and training in sleep health. Dr. Naiman founded the sleep services program at Canyon Ranch and is the sleep and dream specialist at Miraval. He is the author of *Healing Night: the Science and Spirit of Sleeping,*

Dreaming, and Awakening (Fall 2005) and *The Sleep Advisor: Help for Insomnia and Other Sleep problems* (Summer 2005), software designed to evaluate and manage sleep problems. Please visit DrNaiman.com for more information.

Rubin Naiman, Ph.D.
Address: University area
Phone: 520-770-1003
Website: www.DrNaiman.com
Email: rrainman@cox.net

Health Foods



Aqua Vita

Aqua Vita has served the Tucson community with the purest water and exceptional natural foods for over 15 years. Our mission is to empower the individual to attain vibrant health. We strive for this by providing the finest Organic Produce, the Purest Water, Natural Foods, a wide array of Supplements and Herbs, Experienced and Friendly Staff, and a Reference Library to explore alternative health issues.

Our mission to provide clean vibrant food started with Aqua Vita water: its steam distilled, micron and carbon filtered, exposed to UV light and spun

through magnets to produce the sweetest and cleanest water in the southwest. Our Produce reflects our commitment to support organic practices: we hope to sustain Mother Earth, improve the human condition and to promote vibrant living. Store Hours: Monday-Saturday 8am-8pm Sunday 10am-6pm

Aqua Vita Natural Foods
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Tucson, AZ 85716
520-293-7770

Hearing Health



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Staff at the Adobe Hearing Center has the experience and commitment to accurately assess hearing loss and to offer individualized solutions. We work with a variety of hearing aid manufacturers and make a recommendation tailored to your communication needs.

We know that listening is an active pro-

cess that involves the listener, the speaker, and the environment. At Adobe Hearing Center we match the technology to the patient. Call to schedule a hearing evaluation which includes a communication needs assessment.

Adobe Hearing Center
2102 N. Country Club Road, #12
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Phone: 322-8211
www.adobehearingcenter.com

Holistic Counseling



Stephen Scalese

We no longer have to be satisfied with coping with painful situations. We have unrecognized abilities that can guide us to eliminate them from our lives. Stephen is the author of *The Whisper In Your Heart*, that details how, as her therapist, he helped Nancy to heal herself of terminal illness and past trauma, by discovering a part of her that knew exactly what her problem was and how to use her mind, body and spirit to solve it.

From more than twenty-five years of therapeutic experience, Stephen has validated that we all have this special intelligence that has all the answers we will

ever need. Awakening to this inner wisdom and using it in every area of our life is a matter of simple training, along with the deep desire to be emotionally free and balanced.

Stephen G. Scalese, MSW, LCSW
Holistic Counselor &
Licensed Therapist
Sabino Canyon Area
975-2157
1-888-304-9115
sgscalese@yahoo.com

Holistic Energy Healing



Cynthia Tierra

Release pain, illness and stress in an hour. Are you concerned about your relationships, physical health, or the direction your life has taken? Do you want to be healthy and happy? Whatever is happening in your life, you can find peace. Bring your mind, spirit and body into balance. Experience a healing treatment, unlike any other.

Eliminate pain by identifying and releasing the underlying causes. When you are in balance mentally, emotionally, physically, and spiritually, you naturally move towards a state of health. Holistic Health Practitioner/Reiki

Master Teacher, Cynthia Tierra works with the whole person, mind, spirit and body. Cynthia is certified by The American Association of Drugless Practitioners and runs a healing center on ten acres of desert, adjacent to Saguaro National Park West.

Healing From The Heart
Cynthia Tierra - Holistic Health
Practitioner/Reiki Master Teacher
12876 West Fort Lowell Road
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cynthiatierra@hotmail.com
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Holistic Medicine



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Dr. Bruce Roberts, MD, is certified in Family Practice, Psychiatry, Holistic

Medicine, Mind/Body/Spirit Medicine and Shamanic Healing Arts. Dr. Molly Roberts, MD, MS, is certified in Family Medicine, Holistic Medicine, Mind/Body/Spirit Medicine, Shamanic Healing Arts, and is a Psychotherapist and non-denominational Minister. Yes, you can have the best of all worlds!

Synchronicity Center
1701 E Lind Rd
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327-9624 (32-SYNCH)
www.SynchronicityCenter.com

Hospice Care



Casa de la Luz Hospice

“Our Mission is to provide superior care to patients and their loved ones, so that they may complete their mission on this earth in comfort, dignity and harmony.” At Casa de la Luz Hospice, we affirm life and believe that death, like birth, is a natural and sacred time of transition. Hospice seeks not to hasten or postpone end-of-life, but to assist persons to live fully with the maximum quality of life. While most hospice care is at home, Casa also offers care in our hospice home Kanmar Place and our Inpatient Unit. Both have private, beautifully ap-

pointed rooms and gardens. At both locations, we offer a music thanatologist and body worker to enhance comfort, healing and peace. Call to find out about how our comprehensive services can help you and your family.

Casa de la Luz Hospice
400 W. Magee Rd.
Tucson, AZ 85742
520-544-9890
www.casahospice.com

Life Coach



Dr. Susan Ricketson

Expect miracles! Personal Life Coaching from Dr. Susan Ricketson will bring zest, satisfying relationships, prosperity, spiritual fulfillment and anything you intend into your life.

In addition to being a highly effective Life Coach, Dr. Ricketson is a seasoned therapist for individuals, couples and families, with a specialty in Grief Counseling and Support. She focuses on: Enriching Relationships; Aging with Purpose; and Career and Life Transitions. She has studied many body and energy modes and is a 3rd degree master in

Radiance/Reiki. Her coaching will enable you to find your mission and live your vision in life.

“Life’s short, start now to unleash your gifts and let wonders happen in your life. It is possible to manifest your dreams.”
 – Susan Richardson

Dr. Susan Ricketson
Personal Life Coach
520-577-3730
Email: tonkissue@comcast.com
www.livefromyourheart.com

Mental Health



Inner Journey Psychological Services

Looking for an alternative to mood-altering medications? Feeling stressed? Wondering if there is more? Relationship problems? Communication difficulties? Questions you want to explore? Aspects of yourself you have not examined? Feeling down? Dealing with grief or loss issues? Things from the past bothering you? Child concerns? Teenager troubles? Wanting to be healthier, inside and out?

The aim of Inner Journey Psychological Services is to create an atmosphere that is conducive to growth, healing and wellness. Dr. Otto is a licensed psychologist

who focuses on prevention and utilizes a holistic approach. Comprehensive mental health services for children, adolescents, adults, and seniors are offered (individual, couples, and family therapy and psychological evaluations). Additionally, Dr. Otto is available for consultations and presentations, and conducts self-exploration therapeutic writing workshops.

Inner Journey Psychological Services
Necoe Otto, Ph.D.
Licensed Psychologist
necoeo@yahoo.com (520) 971-5578
www.InnerJourneyTherapy.com

Natural Skin Care



Amazon Herb Co.

Do you want beautiful and healthy skin naturally?

Now there are carefully selected wild and organic Rainforest botanicals that have been specifically and naturally formulated for skin care. The Rainforest is the most concentrated source of life energy on Earth.

The Amazon Herb Co. partners with Indigenous Communities who eco-harvest these powerful plants for skin care and wild foods nutrition. Choosing these products contributes to a healthy sustainable future for the Amazon Rainforest and its residents.

Nancy McGee Wongmo has been a Natural Health Consultant for 35 years, in Oregon, Hawaii, and Arizona. Her passion is helping people achieve optimum health, personal growth, and financial freedom through eco-commerce. Call for a free consultation and samples. Make a difference in your health and Rainforest preservation.

Amazon Herb Co.
Nancy McGee Wongmo
(520) 290-6889
www.AmazonHerbsAlive.com
Nancy@AmazonHerbsAlive.com

Playshops



Shari Silvey

Do you want to find your passion and joy, manifest your dreams, unleash your creativity, and stimulate your intuition?

Through experiential hands-on art, energy work, movement and creating body energy shifts, we will transform shadow into light, fear into courage, and inaction into focused inspired intent. In addition to working indoors, we will go outside for a guided journey to unlock the mysterious portals to unseen dimensions and heal with nature.

Learn to focus this powerful energy and become the channel for manifesting your dreams!

Shari travels extensively around the U.S. to sell her artwork and facilitate her visionary playshops and wilderness retreats.

Shari Silvey
520-744-6328
www.artworkbyshari.com
shari@artworkbyshari.com

Rejuvenation Center



Tree of Life

CREATE THE CULTURE OF LIBERATION - THE TREE OF LIFE REJUVENATION CENTER, Mountain Oasis for Awakening. Visit us for Spiritual Fasting Retreats; Zero Point Process; Conscious Eating Intensive; Sacred Relationships; and Whole Person Healing. Gain your Masters in Live-Food Nutrition, and Apprentice in Spiritual Farming, Live-Food Instruction, and Spiritual Sprouting. Come for the Awakened Living Shoppe, Awakenings Spa, and the gourmet cuisine at the Tree of Life Cafe! Facilitated by Rebbe Gabriel Cousens, MD, Dipl.

Ayurveda, Board of Holistic Medicine. Details & Calendar: www.treeoflife.nu.

Tree of Life Rejuvenation Center
Patagonia, Arizona, U.S.A.
Toll-free, 866-394-2520.
info@treeoflife.nu

Sound Healing Events



Toning Circles

Tucson Soundings' goal is to expand awareness of sound as a healing modality through experiential sound circles, toning, crystal bowling, multi-cultural storytelling and dancing, indigenous music and drumming, didgeridoo, workshops with local, national and international presenters in the world of sound healing. Tone with us at the beautiful Tucson Creative Living Center, 4850 W. Jojoba Drive in the Ironwood Hills of Tucson. A large drumming circle with Blue Thunder (Bennie LeBeau, Shoshone) will be announced for late

February/early March, 2006. Contact director Joan Vann for reservations and details at joanv8@yahoo.com or 520-409-8439.

Tucson Soundings
520-409-8439
joanv8@yahoo.com

Zero Balancing



Dorsett Edmunds

Zero Balancing is a unique hands-on body work system that aligns the energy body with the physical body by working gently and subtly with the bones and key joints in the body. While addressing specific needs, the focus of Zero Balancing is the whole person. With roots in osteopathy and acupuncture, this work combines western approaches to the body with eastern concepts of energy and healing. Its benefits include: relief of symptoms of stress, a feeling of core well-being and balance, a reduction in physical, emotional, and chronic pain, relief of musculoskeletal tension, a great-

er capacity to manage difficult transitions in life and live more fully.

Dorsett Edmunds is a licensed physical therapist who has been practicing Zero Balancing for more than 17 years and teaching it for 10 years in the southwest and northwest. Her goal as a teacher and as a clinician is to empower the self-healing process and awareness in her clients and her students so that they can live and practice from their own core well-being.

Dorsett Edmunds, M.A., P.T.
2612 E. Drachman St.
Tucson, Arizona 85716
520-326-5221 dorsette@gmail.com

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EL RIO

COMMUNITY
HEALTH CENTER

more than
just medicine

El Rio Community Health Center is proud to celebrate 35 years of caring for Tucson.

El Rio Community Health Center is passionate about providing the highest quality health care. Our doctors and nurses are some of the best in the country, and we've been nationally recognized for our innovative approach to medicine. But it isn't the recognition that drives us to give exceptional service to each and every one of our patients. It's the lives we touch every day.

With 11 sites in Tucson, El Rio is a part of your neighborhood. We offer comprehensive internal and family medicine, including women's and children's services, for everyone. We accept AHCCCS, Medicaid, Medicare, KidsCare and most private insurance

plans and our mission is to care for everyone – especially the uninsured and underserved members of the community.

Our diabetes specialists have helped many Tucsonans take control of this life-threatening disease, and our HIV/AIDS clinic offers compassionate guidance and care.

We also operate the largest nonprofit dental clinic in the state, with three offices to keep your family smiling. And, if you need a prescription filled, we have three full-service, computerized pharmacies to meet our patients' needs.

Let us
care for
your family.

EL RIO
COMMUNITY
HEALTH CENTER



MAIN MEDICAL CLINICS

Appointments: (520) 670-3909

Main Clinic
839 W. Congress

Southwest Clinic
1500 W. Commerce Court, *Valencia just west of I-19*

Northwest Clinic
320 West Prince Road, *Prince & Oracle*

DENTAL CLINICS

Appointments: (520) 670-3758

Main Dental Clinic
839 W. Congress

Southwest Dental Clinic
1530 W. Commerce Court, *Valencia just west of I-19*

Northwest Dental Clinic
4009 N. Flowing Wells