

DIET & HEALTH CENTER
12915 JONES MALTSBERGER
BUILDING 600
SAN ANTONIO, TX 78247

CHANGE SERVICE REQUESTED



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DIET AND HEALTH CENTER NEWS

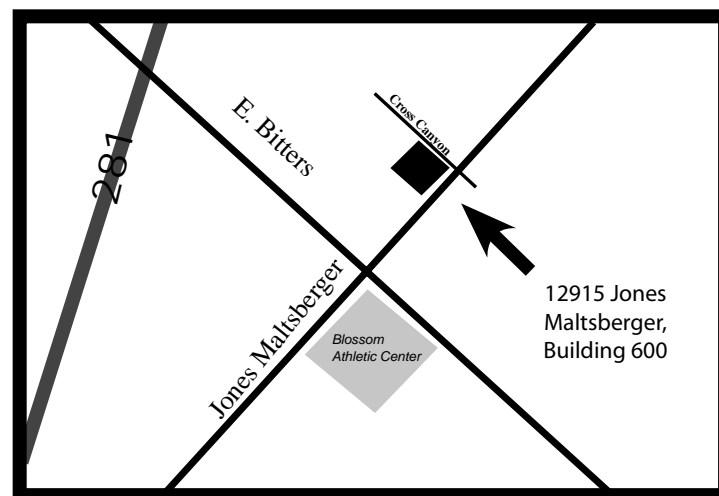
DIRECTIONS AND HOURS

New hours: Tuesday to Friday 10 to 5:30.

I see clients on Tuesday, Thursday, and Friday, preferably from 10 to 3. I will however make exceptions for all you teachers out there as I know you often cannot get away earlier.

Our address is 12915 Jones Maltzberger, Building 600. If you are on 281, turn east on Bitters, left onto Jones Maltzberger, and go to the third left at Cross Canyon. Turn onto Cross Canyon and left into our parking lot (behind the Dollar General).

If on 35, you exit Thousand Oaks, and turn onto Wurzbach Parkway. Turn right onto Jones Maltzberger. Look for an office complex of red brick buildings that look like apartments.



There are several ways to get here from Alamo Heights. You can get on 281, or cross 410 on Nacogdoches and get onto Wurzbach Parkway. If you are on Broadway, take it across 410 to Wetmore and follow Wetmore to Wurzbach Parkway.

DIET & HEALTH NEWS

SEPTEMBER 2008



HELLO EVERYONE,

We have moved into our BEAUTIFUL new location, now called Center For Life! The move went smoothly and the building renovations are finally almost over. It was of course much harder and more expensive than I had hoped, but I believe my investment will ultimately be worth the time and money.

The building is quite large, containing 5600 square feet in 3 suites. The biggest suite holds my offices, the offices of 4 private practitioners, and 2 wonderful meeting rooms for my newest venture, San Antonio Meeting Center.

We current have an 1100 ft. suite for rent, as well as one single room office. Please let other holistic practioners know about these. Thanks!

Here are the three practitioners who have moved in already. I hope you will visit all these professionals, as they are highly qualified at what they do. Here's the list so far....

Jayne Morgan-Kidd, LPC, MA has her therapy



office in the Center, doing the wonderful EFT work that I love so much. Emotional Freedom Techniques work on almost any mental or physical concern and it is easy to learn to do it on yourself.

Kathleen McBride has joined us too. She is a Certified Rolfer, and has been Rolfing for many years. Rolfing is a unique form of deep bodywork that can change posture, resolve aches and pains, free up "stuck" areas of the body, and more. It's great for golfers, for one! I highly recommend it.

Orly Bernstein Castillo is also here. She is a classically trained Homeopath, seeing clients of all ages. Children are perfect clients for a classical homeopath. Sometimes just a single dose of a remedy can change their attitudes and problems.

We hope to see you soon. You'll find directions and more in the rest of this issue.

Sincerely, *Beverly*

SAN ANTONIO MEETING CENTER

Now OPEN!!

Because of my own experience trying to find affordable, attractive classroom space in the past, I knew that others were having the same problem. So, I have added space for 2 beautiful meeting rooms in Center For Life.

The first room is quite large - 800 square feet - and full of windows. It can hold groups of 50. To help spread the word, I am renting this beautiful space less expensively than any other room in town. For now, it is only \$100 a day. (Hotel space this size is \$300 to \$400).



There is also a second meeting room, perfect for classes of 20 or so. Both rooms have tables, chairs, A/V equipment and custom lighting.

AND NOW, I am very pleased to announce that I will soon be signing a contract with one of the best massage schools in Texas, the Lauderstein-Conway School of Austin, to hold their year-long course for Massage Therapy training. They will have classes and open houses starting soon, and the school begins in March. Please pass the word to anyone who may be interested in a truly great opportunity to learn from the best, right here in San Antonio.

If you are attending a weekly class, or are planning an upcoming meeting, please consider my space, and tell others about it too. For photos

and more information, please visit the website at www.sameetingcenter.com. Thanks!

UPCOMING CLASSES

We have two classes remaining in 2008.

On October 11th from 10 to 3:30, I will teach a class called "What To Eat and How To Fix It". This will be a fun class, and I will talk about diet at length for all of you who have not talked to me about food for a while (Hint: That Means YOU!)

I will also share as many shopping and preparation tips as I can. We'll talk about Crock-Pots, using the BBQ, making smoothies, where to find true ranch-raised meats, and much more. The class is \$65. Please call today to register!

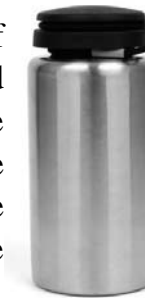
The November class will be my very popular "Introduction To Muscle-Response Testing", on November 8th and 9th from 10 to 3. This class was sold out in September, so sign up soon. The cost is \$125 for the weekend.



NEW PRODUCTS, AND MORE COMING SOON

We have added some wonderful new items to our expanded office space and "store". Please take some extra time to look around and shop the next time you come in.

We now have a great selection of Stainless Steel water bottles in small and medium sizes, perfect for purses or the car. Stainless Steel is safer than even the highest grade of plastic, so I felt it is time to carry some in the office. Some are brightly colored, and some are stainless, and we have shoulder totes to carry them too. The totes also help keep beverages cool in a hot car, or warm in a cold one.



We are expecting our new refrigerator any day. This will give us more room for organic raw milk farm cheese, yogurt, almond flour, and other specialty items. It has been two years since we carried the almond flour and it makes incredible pancakes, muffins, and even pizza crust. All you wheat-free eaters should check it out, as well as the cookbook listed next.



"Recipes for the Specific Carbohydrate Diet" is an amazing book. It is written for people like me who cannot digest grains and starches, but it's a perfect book for anyone wanting to eat wheat or gluten free, as well as those trying to reduce starch in their diets. The recipes use proteins, vegetables, lots of herbs and spices, and delicious fats, as well as the almond flour, to make salads, breads, desserts and

entrees.

Another book is "The Three Ingredient Crock-Pot Cookbook". There are some great recipes in here that are absurdly simple. It will make you get your crock-pot going again in no time.



We now carry the Shampoo and Conditioner from Dreamous, the same company that makes the *fabulous* facial cleanser, toner and moisturizers we have been carrying for 5 years. All of their products are made from purified water, homeopathic remedies, herbs and cold-pressed oils. There are also no toxic additives such as Sodium Laurel Sulfate in this line. It is hard to find items without SLS even at Whole Foods.



Finally, we now have an excellent **counter-top** water filter. This unit is \$119 and will out-perform most any other portable filter. Attach it to your kitchen faucet, and flip the lever to choose filtered water for drinking or cooking, or regular water for washing up. Get rid of those cheap filters that only filter out chlorine and lead! There are many other contaminants in your water, including dry cleaning fluids, prescription drugs, molds, parasites and bacteria.