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Letter from publisher



Dear friends,

I'm having a great adventure redefining what I will put in my body, motivated by ethical concerns, weight control and other factors. As I continue my journey with Dr. Robert DeMartino and my issues with leptin resistance, there are times when I feel disoriented and confused; detoxing is not fun or pretty, yet it is exciting to know the impurities are leaving my body, and with the help of our great advertisers, I've managed to stay the course. I am grateful for their continual support and inspiration.

In this month's feature, Judith Fertig explores how storytelling can be used as a powerful healing tool. Whether written or shared in conversation, personal stories contribute to more resilient and happy families. They can also be therapeutic for chronic conditions such as dementia and post-traumatic stress syndrome.

Through this monthly letter to our readers, I am able to express and share the story of my journey toward complete and balanced health. I hope to inspire you to carry on with your health goals by sharing my own challenges and triumphs.

Oh my path to being my best self, I am finally heeding the advice I've heard throughout the years; taking time to care for my physical body. Juggling and balancing responsibilities – no matter how loved – can be a challenge. As a small business owner, a spouse, a parent (human, fur and feather babies), I wrestle with these things just like many of you do.

My experience has been that when I book the time in my busy schedule for the self-care I need, everything else on my list gets accomplished with less stress and more ease. So, for the past three months, I've made it a priority to have a weekly visit to Body Resonance Myofascial Wellness Center to "let go" and relax. The evident devotion that Rowena Cua and Rosemarie Cua-De Leon have toward their healing art is amazing. They are assisting not only me, but also my daughters and animals heal from past trauma, emotions and stress. I also make sure I don't miss my weekly Skype session with empowerment catalyst Tracey Owens. Tracey is a kindred spirit, mentor, energy worker and my personal "Earth angel", who is successfully helping to keep me balanced, grounded and inspired ... and that's not an easy task!

Take care of yourselves!

Gabrielle Wyant-Perillo, Publisher