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Letter from publisher



Dear friends,

This month's issue is important to me for two reasons; first, Mother's Day is this month and celebrating being a mother is my "best thing". Secondly, I am a publisher, a title I wear with pride. May celebrates my first year on the job with *Natural Awakenings*-Las Vegas. I'm grateful for the opportunities for improving health and wellness within the community.

There are no coincidences, of this I'm certain. Over the past year, I've shared many spiritual and emotional struggles and triumphs. Have you noticed I never once mentioned

physical triumphs? The Universe has a way of showing us the way and, in my case, the map had to be thrown in my lap.

Last month, we became corporate sponsors for the Las Vegas Health and Fitness Chamber of Commerce. I was given the opportunity to deal with issues of weight-related pride when, during a mixer at TruFusion Yoga, I mingled with the top health and fitness professionals of Las Vegas. Surrounding myself with people in whom I believe and admire was powerful and motivating, yet I resisted physical activity. The following week, I received a call from personal trainer Stefania Barker, of Primal Fitness LV, (PrimalFitnessLV.com), announcing that my name was drawn and I had won four personal training sessions. I get it, Universe! No excuses!

So, in the past month I've purchased a Body Ball, learned to do squats (ouch!), learned the proper position to execute a plank (which is much more difficult than my previous form), actually raised my shoulders off the ground while attempting a crunch and I've been introduced to the TRX (yes, the day after felt as though I'd been trampled by a T-Rex). However, the pain is oddly wonderful. I'm feeling my body and I'm feeling as though I'm grounded within my body. Good stuff... but there's more ...

During a Health & Wellness Expo, I met Rowena Cua, of Body Resonance Myofascial Wellness Center (BodyMFR.com). Yesterday I had a myofascial release session and today I'm detoxing, physically and emotionally. It's wonderful to feel the emotion or pain, acknowledge it, and then let it go. Read more about myofascial release on page 20. And, as if that's not enough...

While reading "The Importance of Thyroid Health: Know the Right Numbers," (see page 21) I realized that I was reading about myself. I mentioned this to Michelle Farino, at Superior Health Solutions, and she asked that I send my most recent blood test results, which happened to have been read the week before. I told her my TSH levels indicated that I was in my first trimester of pregnancy (which, at 49 and a variety of other reasons, is a complete impossibility!). Farino recommended I come in for a complete blood test, which would show all the necessary markers.

I'm relieved to announce that despite a family history of Hashimoto's disease, my thyroid and autoimmune markers were fine. I do show signs of leptin resistance, insulin resistance and a genetic marker for vitamin deficiency and inflammation; all of which explain my fatigue and weight gain. "Easy fix," says Farino. It seems I just need to clear the toxins from my body and supplement my diet. Again... all good things!

Live Peace,

Gabrielle Wyant-Perillo, Publisher



Happy Mother's Day, Mom!