



# INTEGRATIVE LIFE SOLUTIONS

March 2014 Newsletter

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## What's New at Integrative Life Solutions



### ***New! Our everyday price for a massage is only \$45***

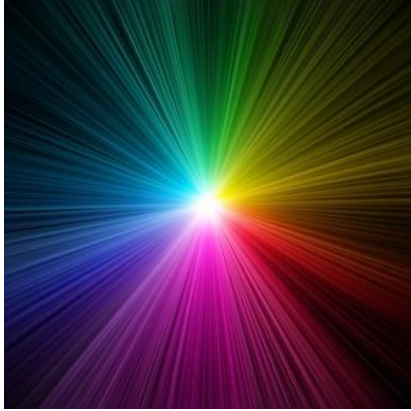
We have instituted new everyday low prices for our massages, and you can enjoy them with **no long-term contracts, no hidden fees, and no bank draft requirement!**

Enjoy a one-hour relaxation massage for only \$45 or an hour-and-a-half massage for only \$65. Come in and see us! You'll reduce your stress, enhance your relaxation, improve your health, and save money while doing so. Now that's a deal! Check out all our Spa services online under the Wellness Center portal at [www.IntegrativeLifeSolutions.com](http://www.IntegrativeLifeSolutions.com).



## Let There Be Light: The Healing Power of Light

An exciting and promising new area of medical research is light therapy, also called phototherapy and chromotherapy. It has already proven highly effective in outpatient treatment for many conditions. For example, UVA and UVB light therapy are being used to effectively treat skin conditions, such as psoriasis, vitiligo, and scleroderma. They work by retarding cell growth and reducing inflammation.



Blue light therapy and red light therapy are used for skin care, especially for clearing up acne, because they penetrate the dermis to kill bacteria. They also are effective as an anti-aging therapy and to treat eczema, rosacea, and scarring.

Bright light therapy, which mimics natural light, is most commonly used to treat the “winter blues” (seasonal affective disorder, or SAD), jet lag, some types of sleep disorders, certain symptoms associated with Alzheimer’s disease, depression, and postpartum depression,

Most light therapy technologies use either lasers or light-emitting diodes (LED). Research shows that there is a zone of light wavelengths, from 640 nanometers to about 880 nanometers, that is ideal for healing because the light waves penetrate the skin and stimulate cells to produce adenosine-tri-phosphate (ATP). Nothing cellular happens without ATP, which is the crucial coenzyme that helps cells make the energy they need to function.

Different wavelengths (colors) of light work on different kinds of cells. They stimulate a variety of biological effects, depending on each cell type’s particular light absorptions qualities.

The longer wavelengths of light are receiving particular attention from researchers because their therapeutic effects are especially robust. For instance, infrared light has been shown to reduce swelling and inflammation, ease pain, and speed healing, among other beneficial effects. But it’s near-infrared (NIR) light that is causing the biggest buzz.



Researchers at the University of Wisconsin-Milwaukee (UWM) are among the world’s foremost light researchers, especially in near-infrared (NIR) light. Their studies have produced some truly astounding results. For example, in a study of multiple sclerosis, using rodents with the early onset symptoms of MS, NIR light demonstrably alleviated the symptoms. “Never in a million years did I think it would help,” says Jeri-Anne Lyons, an associate professor of biomedical sciences at the University of Wisconsin-Milwaukee, who was the originator of the idea for the MS study. But the results were so impressive that the research is continuing.

Surprises keep coming. Professor Janis Eells, another UWM light researcher didn’t at first believe the results of a study she supervised that involved the effect of NIR light therapy on rats with a form of blindness caused by poisoning, a condition that was believed to be permanent. It turns out it is treatable! Eells repeated the experiments over and over, but still the results stood: rats treated with specific doses of NIR light regained their sight.

Chukuka S. Enwemeka, dean of UWM’s College of Health Sciences and a recognized world expert on phototherapy, recently showed that certain wavelengths of blue light have an antibiotic effect, able to kill



bacterial infections, even ones as stubborn as MRSA, which is resistant to most pharmaceutical antibiotics.

Another UWM study revealed that bed sores healed two and a half times faster when treated with light than when treated by other methods. NIR also was shown to stimulate cell repair and “reset” mitochondria cells, effectively acting as a way to stop free radical damage. Free radicals are molecules in the body that damage cells, and they are thought to be at the root of most all age-related degenerative conditions.



Here at Integrative Life Solutions, we offer a fusion light therapy called Theragem™. It combines LED light therapy with gemstones. The LED light is projected through various kinds of gem cups that contain one or more semi-precious and precious gems, such as amethyst, ruby, sapphire or diamond, to stimulate the body’s healing. You can see in the photos at left the effect of a single session of Theragem therapy on a baby with eczema. Before therapy it was extremely aggravated and weeping. Five days after a single Theragem session, the lesions had dried up and the child’s skin was clearing.



The pictures below show the lower leg of a Theragem therapist who was burned along her calf, in some places receiving third-degree burns. She was advised she might need skin grafts. Theragem treatment not only quickly reduced her pain, but over two months’ time healed the burns so well that there was hardly any scarring.



Theragem therapy has shown itself to be effective in helping relieve many kinds of maladies, including inflammation, pain, insomnia, depression, headaches and migraines, skin problems, post-traumatic stress disorder, frozen shoulder, and muscle-related conditions among many others.\* You can read more about this form of light therapy on our website, [www.IntegrativeLifeSolutions.com](http://www.IntegrativeLifeSolutions.com). Click on the Wellness Center portal, then select Bioenergetic Therapies and Theragem.

\*Theragem is not intended to treat, diagnose, prevent or cure illness. If you have a medical condition, please consult with your primary care physician or other professional healthcare provider.



## Did You Know? The Upside of Gaming

Most of us have heard about the dangers of too much video or computer gaming, especially the risks for



children and teens. Most of the games are violent, and there is the risk of children developing an insensitivity to violence, and even becoming more violence-prone themselves. A recent Indiana University study showed that after just one week of playing violent video or computer games, young men showed brain changes that dampened their emotional control. Intense gaming has also been associated with obesity, social isolation and depression.

All that may be true, but there are other studies that show the benefits of gaming. Interestingly, the violent games seemed to confer some of the most marked positive effects! Cognitive neuroscientist Daphne Bavelier, a researcher on the effects of gaming, says of this finding, "These are not the games you would think are mind-enhancing." Yet it turns out they can be. Here is a sample of the growing list of evidence researchers are amassing for the benefits of gaming.

**Motor and sensory perception.** Children who play action games were better able to analyze information and context than non-gamers and to react to changing situations more quickly and confidently. They also displayed better eye-hand coordination than their non-gaming peers. Adults benefit, too. One study found that surgeons who gamed regularly improved their eye-hand coordination. Many gamers experienced vision changes that improved their night vision. Specifically, one study showed improved night driving ability.

**3D perceptual abilities.** Adult women, who usually lag behind men when it comes to mentally visualizing or manipulating 3D objects, showed an improvement in this skill if they were long-time gamers. Children also showed an increase in spatial skills, but only if they were playing shooting-type video games. Other types of games, such as role-playing or puzzle games, had no effect on children's spatial reasoning and visualization.

**Empathy and Compassion.** Children and teens who play games that are considered "pro-social" were more likely to be considerate and empathetic, and to actively go out of their way to help others in real life or to take action for a cause.

**Decision-making.** Playing action-oriented games translated into an ability to make accurate decisions 25% faster than those who don't game. The most active gamers could make decisions four times faster than the average non-gamer. Plus, they also were able to act on those decisions much more quickly.



**Attention and multi-tasking.** Those people who game the most showed a marked improvement in attention and concentration compared to non-gamers. While most of us can easily keep track of an average of four tasks or things without becoming confused, active gamers comfortably juggled six or more.

**Emotional resilience.** Many types of games that challenge the player to achieve goals can foster emotional hardiness and resilience as the player learns to cope with frustration and failure. This "try and try again" attitude seems to seep over into everyday life.



**Mental outlook.** For seniors, gaming fosters happiness. Older people who play video or computer games, even sporadically, reported feelings of happiness and well-being, while their non-gaming peers reported a markedly higher incidence of depression.



## Feature Article

### Nurturing Your Child's Creativity Quotient



Among the primary goals of parenting is to give kids a great start in life, to prepare them to discover their place in the world and help them live up to their highest, and happiest, potential. To do that we stress education foremost, and we also teach morals, ethics, and a host of other life skills that will help them succeed. Yet most of us tend to downplay one area that can contribute to our child's life success like no other—creativity.

Just like we have an intelligence quotient (IQ), we also have a creativity quotient. Parents can help their children reap a lifetime of rewards if they pay as much attention to this aspect of their children's growth as they do their intellectual development.

"Imagination is everything," said Albert Einstein. "It is the preview of life's coming attractions." The gist of this quotation is that if we can't imagine something, we are unlikely to be able to be or achieve whatever that "something" is. Thinking creatively is at the heart of most people's success, and it is the driving force in most major advances in every field imaginable: medicine, science, business, engineering,

fashion, drama and the literary arts, law, human rights, social justice.

Creativity, it turns out, is not only crucial to human cultural and technological development, but it is also crucial to brain development—and no time is more important to seeing the effects of creativity and play on brain development than during the first six or seven years of a child's life. Their brains have billions of neurons that are not yet fully connected. Those connections are made at a furious pace during a child's formative years. Since creativity is a skill, this is the ideal time to begin fostering it in your child.

Learning itself is a creative process. It's about discovery, about being introduced to new information and experiences, and then synthesizing and integrating that information or experience in a personal way and applying it to life. Once children enter school, learning tends to be "rote"—based heavily on acquiring facts and following linear processes. Yet for children everything is new and so their engagement with the world is a creative one almost by default. We tend to call this learning process "play" when it applies to young children, but we shouldn't fool ourselves into believing that play is not important. It is the primary learning process for young children. In fact, psychologists categorize the various kinds of play according to the skills it develops.

**Functional play** is considered the first stage of play. It's about movement and action. It's where children learn motor skills and coordination.

The second stage is **construction play**, in which children are engaged in purposeful and imaginative activities, and when they become intrigued with repetitive action. It is the stage of play when they begin

using materials, fashioning them into something meaningful or manipulating them with a goal in mind. Construction play is usually collaborative, such as when children get together to use building blocks.

The third stage is **symbolic play**, which involves make believe and pretend, drama, mirroring and imitation. Children begin to think abstractly. Symbolic play eventually morphs into the stage called **socio-dramatic play**, which tends to involve group play, especially in the form of role-playing, such a playing house. It helps develop not only intellect, but social skills, especially cooperation and collaboration. It also fosters a child's ability to empathize.



Finally, children move into the stage of play called **games with rules**, which involves sophisticated cognitive skills, helps children understand linear concepts, consequences, boundaries, context, controlling their behavior, patience, and a host of other highly developed social and intellectual skills.

In the guise of play, parents can nurture age-appropriate creativity at each stage of their child's development. Here are some tips for doing so.

**Provide a rich environment.** Most children have numerous kinds of store-bought toys. But richness doesn't have to come packaged or cost money. Just as a kitten loves to play with a ball of yarn or an empty paper bag, kids can be nurtured to see common objects in new and inventive ways. An upside-down plastic bowl becomes a hat. A spoon becomes a shovel or a magic wand. A kitchen towel becomes a matador's cape. Every day in little

ways you can encourage your child to develop associational creative-thinking skills using common household objects.

#### **Stoke their imagination by asking provocative questions.**

The sillier the better! As you are pouring cereal from the cereal box, ask your child, "What if this were dragon food! What the heck would dragon food look like and taste like?" Some of the best provocative questions are those that engage a child's senses, fostering concrete thinking that then expands into imaginative speculation.



**Invite speculation.** Speculation involves extending the known into the unknown. It allows the child to see what is and then image what might be. For example, when you were young you probably read only bound, paper books. But your child is reading on computers and eBook readers and other electronic technologies. You could point out what was true for you, what is true for your child, and then together imagine what will be. What will a child in 2040 be reading on? Contextualizing is a sophisticated skill that is crucial in most life and work situations. Plus, inventing the future is just plain fun!



**Don't stifle daydreaming.** Kids need unstructured time, especially once they enter school. It's essential for decompressing and nurturing creativity and imagination. Plus, it's crucial to developing a sense of self. According to psychologists, most daydreaming is actually a form of problem-solving. Through daydreaming children are working out confusing social situations, figuring out the dynamics of their relations to others, undergoing a dress rehearsal for future plans and goals, and such. It's a key way to work out the complexities of their own sense of self, allowing them to develop the ability to reflect, synthesize, evaluate, extrapolate, revise, and plan.

**Encourage thinking outside the box.** Henri Matisse said, "Creativity takes courage." One of the most unrelenting pressures children face is learning how to fit in. But creative thinking requires going against the grain. Offering a creative idea can feel embarrassing and risky. So it's crucial that parents provide a

supportive environment within which their children can safely practice stretching their thinking outside their comfort zones. It's all about balance—helping your children both fit in and stand out.

By stimulating your child's creativity, you are helping prepare them to meet the big, wide, often confusing world with flexibility of thought, enhanced problem-solving abilities, and a sharper level of perception, among many other benefits. As Shelly Carson, Harvard University psychology researcher and author of *Your Creative Brain*, says. "The brain is a creativity machine. You just need to know how to manipulate your software to make it work for you."



## Of Citrus and Stroke: The Surprising Benefits of Vitamin C

What do oranges, broccoli, papayas, peppers, and strawberries have in common? Eating them is likely to reduce your risk of the most common type of hemorrhagic stroke. This is the type of stroke that occurs when a blood vessel ruptures in your brain. It is less common than ischemic stroke (where blood flow is restricted by a clot), but it is usually more deadly. Overall, stroke is the third leading cause of death in the US, so finding a natural, non-pharmaceutical way to reduce stroke risk is important.



The risk-lowering benefit from vitamin C (ascorbic acid) in relation to stroke was determined by a study that will be presented in late April 2014 at the American Academy of Neurology annual convention. A preview of the study results reports on the vitamin C level in the blood chemistry of 65 people who had experienced a hemorrhagic stroke in

comparison with the vitamin C levels in 65 healthy people. Only 41% of the stroke victims had normal levels of vitamin C. Of the others in this group, 45% had depleted levels of vitamin C and 14% had deficient levels. After considering other causes, the researchers determined that the level of vitamin C appeared to be the most significant factor in who experienced a hemorrhagic stroke.

There are other risk factors for this and other types of stroke, such as having high blood pressure, drinking alcohol, and being overweight. Still, study author Stéphane Vannier, MD, with Pontchaillou University Hospital in Rennes, France, said, "Our results show that vitamin C deficiency should be considered a risk factor for this severe type of stroke. . . More research is needed to explore specifically how vitamin C may help to reduce stroke risk. For example, the vitamin may regulate blood pressure."



Dr. Vannier also pointed out that, in addition to lowering stroke risk, having a normal blood level of vitamin C appears to have other benefits, such as increasing the production of collagen, a protein that is found in bones, skin and tissues. It also lowers the risk of heart disease and acts a scavenger of free radicals, which are molecules in the body that can damage cells. Other studies have shown vitamin C may reduce the risk of some kinds of cancer, age-related macular degeneration and cataracts, and help protect against the common cold

So, what is a "normal" level of vitamin C? That depends on your age. (The following are government recommendation levels. Some researchers and integrative physicians may make recommendations that differ.) For the average adult male, the recommended amount of vitamin C intake per day is 90 milligrams. For adult woman, it's 75 mg. Pregnant women need more, and women who are breastfeeding

need even more, about 120 mg per day. Smokers need at least 35 mg more per day than non-smokers. Children need far less than adults.

While most experts report that it is rare for the average American to be severely deficient in vitamin C if they are eating a healthy, balanced diet, this new stroke study suggest that even a moderate deficiency might have health consequences, especially for older people, who tend to be at higher risk for stroke.

Before you load up on vitamin C, you should know that too much is not good for you. (The government's recommended upper limit for adults is 2000 mg.) Also, vitamin C supplements may not confer the same health-supporting benefits that vitamin C derived from fresh foods does.



If you want to ensure you are in the normal range, ask your doctor to include testing for vitamin C level during your next blood test. Always talk to your doctor before taking any supplements or changing your diet, because in some circumstances certain vitamins, including vitamin C, may interfere with medications or particular kinds of medical treatments.

If you want to get more vitamin C in your diet, choose from the following foods, most of which have more vitamin C than oranges and other citrus fruits: red and green chili peppers, guavas, bell peppers, the herbs thyme and parsley, dark leafy greens (kale, mustard greens, garden cress), broccoli, cauliflower, Brussels sprouts, kiwis, papayas, strawberries, cantaloupe, and mangoes.



## Events and Classes



For more information about these and other classes and events, visit our website, [www.IntegrativeLifeSolutions.com](http://www.IntegrativeLifeSolutions.com), and click on the [Events](#) button on the Home Page.

### Essential Oils: Make Your Own Natural Cleaning Products

**Saturday, March 15, 1 pm to 5 pm.  
\$25 (includes supplies)**



By making your own all-natural, essential-oil based cleaning products, you'll never again have to worry about spreading chemicals and toxins while you clean and sanitize your home. Spend a fun afternoon learning the "recipes" for a host of essential-oil cleaning products and even make two of your own! All supplies are included in the price of the class.



Sanitizers, deodorizers, room and carpet fresheners, germ-busting sprays, window and surface cleaners, even toilet bowl cleansers—there is just about no cleaning product that you can't make naturally using essential oils. Essential oils have natural anti-bacterial, anti-viral, anti-fungal and a host of other beneficial properties. Plus, they smell great! Spend an afternoon learning and doing—your family will be glad you did!

Class will be taught by clinical aromatherapists Kimberly Seymour and Amber Bowers. The class fee includes all supplies for making two cleaning products: \$25. Space is limited, so please reserve your place by pre-registering. Call ILS at (336) 778-1950.

## **Theragem Professional Training Light, Gemstone, Crystal Therapy**

**Saturday and Sunday, April 5-6, 2014**  
ILS Classroom



This professional training is for both new Theragem purchasers/users and professional healthcare practitioners who are interested in light therapy. Or join us to review your past training and upgrade your skills.

The Theragem™ Clinique line of fusion light technology harnesses the therapeutic power of dielectric frequencies, color, light and gemstones to stimulate positive shifts in the body, mind and spirit. Pulsed electromagnetic fields are beamed over semi-precious and precious gemstones and crystals to amplify and direct their natural healing energies. The targeted exposure triggers a chain of chemical responses that help shift the body toward homeostasis and the mind and body toward greater well-being.



There's hardly a condition that Theragem can't be applied to. That's why Theragem is the perfect complement to any modality. You have flexibility to design a therapy using your choice of sweep action technology, hammer action technology, an optional multi-frequency generator, blue light therapy, acupuncture cups, dozens of gem cups, and more. See the story earlier in this newsletter about light therapy for photos of the therapeutic results of Theragem therapy.

At this Basic Level I Theragem training, you will learn to:

- Use the Theragem therapeutically in a professional healthcare practice
- Identify the root causes of symptoms
- Work with a wide variety of gem cups
- Choose the correct gem cup for specific conditions
- Understand the uses of Elation therapy for a happy mind in a healthy body
- Understand the Spleen therapy for enhancing the immune system

- Understand Theragem's use of Schumann Resonance and White Noise technologies, plus chromotherapy
- Locate and correct the Assemblage Point for restoring and maintaining a well-balanced electromagnetic field and connection to the Higher Self
- Identify and break damaging language patterns and limiting beliefs
- Use heart rate variability (HRV) to connect to the client's motivation and sense of responsibility for healing and wellness

Part of this training is education about the Assemblage Point, which arises from a long tradition of shamanistic theory and practice about human energy. The Assemblage Point connects our physical self to our Higher Self, and it can be affected by many of the same things that affect our physical body. Therefore, it may need correction, cleansing and balancing. Working with the Assemblage Point is a major part of Theragem therapy.



Optional Add-Ons: Special acupuncture tip cups allow acupuncturists to apply this light gemstone therapy precisely to acupuncture points. And, the Crystal Essence Encoding Device allows you imprint the healing energy of any gemstone in the Theragem range into water, cream or oil carriers. A multi-frequency generator that allows you greater control over choosing frequencies. Plus, there are dozens of gem cups to choose from.

Theragem is a leading-edge light therapy that adds versatility to your practice no matter what your modality or specialty. Find out more by attending this weekend training. We hope to see you there!

**Dates:** Saturday and Sunday, April 26-27, 2014  
9:30 am – 5 pm each day

**Instructor:** Catharina Jansma, CEO of Medica Health International, which is the creator and parent company of Theragem.

**Location:** The ILS classroom at Integrative Life Solutions, 2511 Neudorf Road, Suite G, Clemmons, NC 27012. Our phone is (336) 778-1950. Email us at [info@IntegrativeLifeSolutions.com](mailto:info@IntegrativeLifeSolutions.com)

**Training Fee:** Cost for the April training is \$450, with an early registration discount to \$375 if you register and pay by February 28, 2014.

**Registration:** To register, please call ILS or email [Pam@IntegrativeLifeSolutions.com](mailto:Pam@IntegrativeLifeSolutions.com). She can also provide you with travel and accommodations information. Please note that there is a minimum number required to make this class a "go," so please do not book non-refundable airplane flights before confirming that the training is set.



## Advanced Clearing Energetics with Richard Flook ACE Parts I, II and III

Wednesday, April 30 through Sunday, May 4, 2014

This workshop is useful for both healthcare practitioners who want to learn new techniques for helping their clients and for individuals who are seeking ways help restore vibrant health and well-being.

Dramatically improve your health and get to the bottom of your ailment. (It's not what you think it is!)

No matter what kind of health challenge you face, there is one aspect of it that your doctor is probably not telling you about: an incredible 80% of *all* illness is related to stress. That's not just what we know. It's what the *Journal of the American Medical Association—Internal Medicine* reported in 2013.\*

Stress is a silent killer. The stress response floods your system with biochemicals and hormones that over time corrode your body from the inside out, causing inflammation and disrupting of all kinds of cellular processes and metabolic systems.

*So, wouldn't it make sense to treat one of the major causes of your problems instead of only the symptoms?*

Now you can, with Advanced Clearing Energetics. Join us for a training workshop in this innovative healing modality, offered for both healthcare practitioners and anyone suffering from a loss of health.

\* See "When Physician Counsel About Stress; Results of a National Study." Aditi Nurkurkar, MD, MHP; Asaf Bitton, MD, MHP; Roger B. Davis, ScD; et al. *Journal of the American Medical Association—Internal Medicine*, volume 173, number 1 (2013): 76-77.



**Advanced Clearing Energetics (ACE)** shows you simple techniques for reducing stress and for unearthing and resolving the underlying causes of your stress, helping to return your body to its natural energetic flow.

You will learn to:

- Tease out the underlying “energetics” of your stress, drilling down deeply to its root causes
- Learn from the event or situation that caused the stress in the first place
- Transform the perception of that event or situation from stress-inducing to health-inducing
- Remove, release or unblock stuck energy from your body, allowing it to return to a more healthful state of functioning
- Restore your well-being and vitality while also heightening personal insight and self-revelation
- Do all of this quickly, sometimes in less than 10 minutes



The workshop will be led by Richard Flook, the developer of the ACE method of health enhancement. These techniques are the culmination of his 20 years of research into the root causes of the loss of health and the best holistic strategies for restoring health. Richard is also trained in Neurolinguistic Programming, hypnotherapy, Time Line therapy and other modalities. He is devoted to helping people use leading-edge techniques to easily discover the energetic cause of a disease and learn from it, which helps to transform perception and enhance the body's own self-healing capacities.

Space is limited so don't wait to sign up! [Early Bird special pricing is effective until Friday, April 4, 2014.](#)

**Location:** Integrative Life Solutions, 2511 Neudorf Road, Suite G, Clemmons, NC

**Registration Contact:** Phone: (336) 778-1950 Email: [Pam@IntegrativeLifeSolutions.com](mailto:Pam@IntegrativeLifeSolutions.com).

**Dates:** Level I: Wednesday, April 30; Level 2: Thursday-Friday, May 1-2; Level 3: Saturday-Sunday, May 3-4

**Class prices below are for new students only and apportioned according to how many levels you sign up for, as follows.**

**Level 1:** Early bird special \$197. After April 4, \$397.

**Level 1 & 2:** Early bird special \$597. After April 4, \$994.

**Level 1, 2, & 3:** Early bird special \$1,197, After April 4, \$1,891.

Manuals and other instructional materials are included in the price of the classes. Each level also comes with additional bonuses, such as access to monthly online orientation calls, Facebook group participation, free downloads of upgraded manuals and slide shows and more.

Upon successful completion of a level, the student receives Practitioner Certification for that level.

### **Additional Information and Options**

All levels come with an option to enroll in an ongoing program of Class Group Calls for additional learning with Richard Flook. **The price for this option (all three levels and call program) is \$3,991. The Early bird special price for this option is \$2,897 until April 4, 2014.**

Group registration options are available with even more savings, as are options for practitioners to bring one or two assistants.

You can opt to set up an easy monthly installment payment plan.

Each package option comes with bonus gifts.

To learn the details of what you will learn at each level and for more about fee and payment options, please visit the ACE website at <http://www.advancedclearingenergetics.com/clemmons2014>.



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For inquiries about this newsletter, ideas for future stories, feedback or questions, please contact the editor, Joan Parisi Wilcox, at [Info@IntegrativeLifeSolutions.com](mailto:Info@IntegrativeLifeSolutions.com).