

SHOW ME THE NEWS

Welcome to 2012 and welcome to our redesigned newsletter. It's a New Year and it is only fitting to have a new newsletter after 25 years.

David and I have been doing an extraordinary amount of "soul searching" in the last few months and its always good to be able to leave your surroundings and travel someplace else to get a new perspective on everything.

I am hearing everyone who has been emailing and calling because the January issue isn't out yet and its almost the middle of the month. Well between traveling, setting up classes, the radio show and actually destroying old paradigms that no longer work for us, like they ever did, we have been exhausted and really not sure where we wanted to go with the newsletter and how much we wanted to change it up. We finally figured it out....

The internet explodes every moment with any kind of news that you can search or Google, so it's a bit boring to continue writing about probiotics, your colon health and how to save money on your supplements. Enough is enough and we truly want to move on to more important matters of health and happiness. So with that being said.....what are the possibilities for Show Me The News.....????



We have been inundated with requests to do a weekly show, the details are being worked out as to what day and time we can secure.

We truly want to thank everyone for totally embracing us how does it get any better than that ?

Questions can be submitted to:

livelaghandbeyou@yahoo.com

Join us on Thursday, February 9th, 2012 at 4:00 PM CST as we Live, as we Laugh and as we help You BE You

Reminder emails and FB postings will be forth coming.

THIS "STUFF" REALLY WORKS.....

Since adapting the principles of Access Consciousness, David and I have made so many changes in our personal and business lives that it at times still overwhelms us.

Basically, we knew most of what we have been learning through Access however we had just been made

wrong to think and believe a different way. After enough years of that you get buried with everyone else's points of view and as Gary Douglas the founder of Access so eloquently puts it in his new book, *Divorceless Relationships*, we divorce parts of ourselves to fit or be in a relationship until we virtually

lose ourselves and don't know who we are any longer.

Some mornings I feel like Xena....the destroyer of all worlds as I get rid of yet another page of old outdated thinking that serves me no purpose except to

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We Have Cleanses.....From Lots of People..... With Lots Of Knowledge To share

Every New Year begins with basically the same resolutions.....to lose weight.

Every New Year has every company touting there latest and greatest advances in weight loss.

I decided to list all the clients who have their own methods of getting healthy with programs they have adopted, sharing the contact information with everyone and you the consumer make your

choice based on what makes your body light energetically.

Michelle Derry is a trainer extraordinaire. She has been a client of mine for years and is a wonderful
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We Have Cleanses.....From Lots of People....We Lots of Knowledge To Share

person all the way around as a wife, mother and spokesperson for Isagenex Please contact Michelle at 816.838.8812 for the required information on these products.

Lindsay Horton is a young nursing student who is dedicating herself to helping people find alternatives to eating poorly and to not only retain their health but also rebuild it. Lindsay is an advocate of Herbalife and you can contact Lindsay at 816.651.2335 or at newyounutrition_kc@yahoo.com for more information on these products.

Dr. Jennifer Forbes, is a chiropractor at two different offices. One in Kearney, Kelling Chiropractic and one at Weatherby Lake, Infinity Wellness. Dr. Jen is pas-

sionate about Body by V. She is offering weekly health challenges to offer people a unique inside look at her weight loss/healthy lifestyle changes. Contact Dr. Jen at Infinity Wellness Chiropractic 816.255.3042.

Karen Kipp is the juice lady of Kansas City and also an awesome foot reflexologist. She has been at Viable Options many times for SpaTox offering not only appointments for

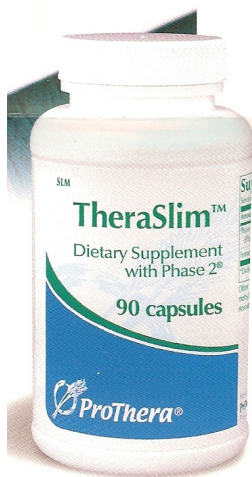
your feet but also yummy juices and raw treats to delight everyone. Karen owns Power Your Journey and takes people on incredible juice retreats. She is also offering 14 day cleanses to help you shed and replenish your body. Contact Karen at 1.913.302.4420

And bringing up the rear....isn't that always the case here....

Linda Laskowski of Viable Options uses Innate Renewal Greens and Physicians Weight Manager from Integrative Therapeutics. I combine these two with a cortisol balancer that I take at night before bed. Then I do the unthinkable.....I ask my body if it requires losing any weight, does it want to lose weight or does it just want to have a choice in it all....so far since January 1—9 pounds and counting all with ease, joy and glory. How does it get any better than this?

Choose a cleanse or weight loss product from these listed here and contact them or go online and do your own research and see what your body requires, it will tell you all you have to do is ask and you shall receive. What are the possibilities?

ALLI SUBSTITUTE



TheraSlim™ is a natural dietary supplement that helps safely neutralize calories from starchy foods. Its unique ability to reduce digestion of starch calories makes TheraSlim™ a proven, valuable adjunct to weight management programs.

Alli a pharmaceutical starch blocker has been around for a

few years and for many it has caused them lots of problems and pain.

David has been on the search for a safe alternative and we have found it. TheraSlim™ by ProThera.

With 50% of the average American diet consisting of complex carbohydrates such as potatoes, rice, pastas and breads and 30% of our diet is made up of fats that only leaves about 20% for protein, which are muscle builders.

TheraSlim™ works by “neutralizing” the digestive enzyme alpha amylase, produced in the pancreas and in saliva, before it can convert starch into sugar,

and sugar into fat. Essentially, it allows carbohydrates to pass unchanged through the digestive tract, reducing the amount of calories absorbed from this source.

Manufactured through a proprietary process, Phase 2® may assist weight control when used in conjunction with a sensible diet and exercise program.

TheraSlim™ is intended as a dietary adjunct of individuals who wish to achieve and maintain a more optimal body weight.

2 capsules taken with each **starch rich** meal or snack.

Example: An evening of garlic bread and lasagna with a side of cheesecake, take two capsules before the meal.

THIS STUFF REALLY WORKS.....

keep me in judgment of myself which stops the flow of energy to me.

Energy for some brings up tons of judgment as they perceive it to be involved with witchcraft and devil stuff. Truly you could not be more off in your point of view.

Everything has energy, the walls, blankets, your car, everything.....the energy is just at a different vibration than we are that is why we

can't just stand up and walk through that wall, even though it is a possibility.

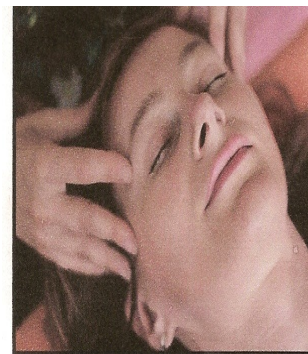
You allow the energy to flow and by asking How Does It Get Any Better Than This?, is no different than Ask and You Shall Receive, you are simply telling the Universe/God that you require more of this and the Universe responds in like.

If your life is truly not

what you are wishing that it is....than take a moment or two and go to any of these web sites.

www.acofkc.net or
www.viableoptions.com or
accessconsciousness.com

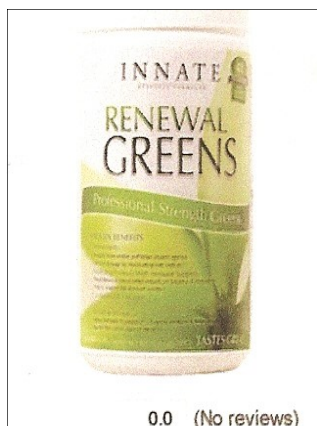
Take a BARS class and consider taking some of the other classes listed on all the sites, your life will never be the same.....as ours has been a living proof of this since adapting the concepts of Access.



HAVING YOUR BARS RUN !!!

A gentle process that has the ability to change your life forever....how does it get any better than that?

Renewal Greens and Physicians Weight Manager....A Meal Replacement That's Yummy



Renewal Greens is hands down one of the best tasting greens product on the market. Easy to mix and easy to digest, Renewal Greens is pharmaceutical grade that features the nutrition of 41 organic fruits, vegetables and botanicals.

The Renewal Greens line contains Carpos, which has been scientifically proven to promote cardiovascular health, act as an effective detoxifier and rejuvenator, to promote healthy skin and to reduce free radical activity.

Specially formulated blend of fruits and vegetables high in antioxidants, including Capros which possesses one of the highest known ORAC values. Re-

newal Greens is readily bioavailable and helps to protect against cellular damage by inactivating free radicals.

With a minimal glycemic impact, Renewal Greens is formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll and organic milk thistle.

Our phytochemical blend helps to restore pH balance in the body and probiotics help to support the immune system.

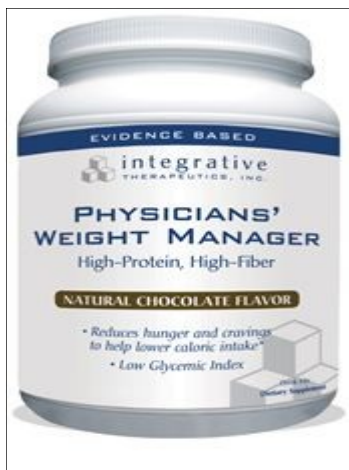
Utilization enhancing CereCalase® enzymes, 3 billion multi-strain viable probiotics crated to effec-

tively repopulate in the digestive tract helps the body to preserve collagenic proteins and helps to protect against the visible signs of aging.

Physicians Weight Manager is a yummy meal replacement that I mix with my Renewal Greens.

Research shows that high-protein intake can help preserve muscle mass during weight management programs that include healthy diet and exercise choices.† High-protein diets combined with high-fiber complex carbohydrates can also promote feelings of fullness while contributing to healthy glucose metabo-

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IMMUNE HEALTH Basics: The Smart Choice

The immune system is a complex network of tissues, organs and cells that work together to keep the body healthy. It works every minute of every day to defend us against constant challenges. The best prevention is a strong immune system to help key white blood cells do their job effectively, particularly during periods of physical and or lifestyle stress.

One of the ways to insure that your immune system stays functional is by taking Immune Health Basics as recommended by Dr. William (Bill) Sears a medical doctor and one of America's most renowned pediatricians and author of more than 40 books on childcare. Dr. Sears advise is: "As a medical doctor for more than 30 years. I believe a healthy immune system is the key to prevent any illness. Immune Health Basics® with Wellmune WGP® is one of the most effective natural products to strengthen your immune system. It is clinically proven to safely enhance key immune cells to protect the body and improve overall health. I highly recommend it for people of all ages to take everyday."

Immune Health Basics is a natural product that safely activates key white blood cells to keep your body health. Published research demonstrates that Immune Health Basics helps:

- Provides a simple, natural and safe way to support your family's immune system.
- Activates the largest population of immune cells that are part of your body's natural defenses.
- The unique mechanism action of Wellmune wgp provides broad immune support
- Human clinical studies show that Immune Health Basics with Wellmune wgp is safe to consume daily without over stimulating your im-

mune response.

- Helps maintain good health during periods of stress
- Promotes overall health, wellness and vitality.

All products from Emerson Ecologics are completely organic and all natural with over \$300 millions in R&D with leading research institutions and all products have a GRAS certification (Generally Recognized As Safe) by the FDA.

Health Basics also has chewables for children ages 2 and older.

To order simply call the office and put your request in through David @ 816.283.0685

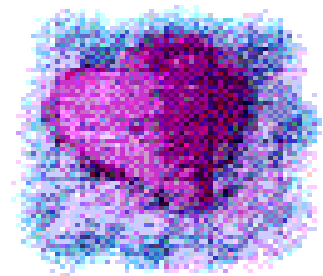
Kentch Fine Art

Do you have a favorite picture that you would like turned into a drawing or painting?

for more detailed info & samples of work go to:

www.kentchfineart.com

Valentine's Day Special--
11x14 color drawing for \$100
or b&w for \$75



Kelling Chiropractic Center

Brian R. Kelling, M.S., D.C..



Hours:
M-W-F 8-6
T-Th 3-6

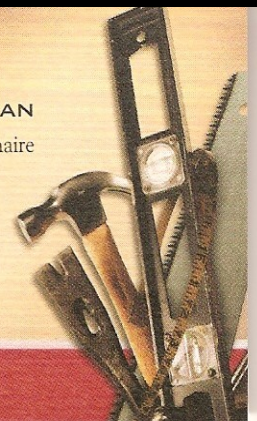
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**CAN FIX/BUILD MOST
ANYTHING**

JAYSON FREEMAN
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SHOW ME THE NEWS

Viable Options

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www.viableoptions.com

No. 1 in the No. 2 Business



*Happy
Valentines
Day*

Viable Options

Tuesday/Wednesday/Thursday/Friday

10:00 AM—6:00 PM

Saturday (First Saturday of the month unless it is a holiday)

816.283.0685

MASSAGE by Awaken, LLC

Tuesday-Wednesday-Thursday

816.550.0416

All practitioners by appointment

Visa and MasterCard Accepted

Check (\$25.00 charge on returned checks) or Cash

**ALL NON CANCELLED APPOINTMENTS AND
APPOINTMENTS CANCELLED LESS THAN 24 HOURS ARE
CHARGED THE FULL PRICE OF THE VISIT.**

Bars Classes and Foundation and Level One Classes

THE BARS CLASS

Bars is one of the foundation tools of Access. You will learn a hands on energetic process, which you will gift and receive during the class.

The BARS consists of 32 points on the head which hold the electrical energetic charge of the thoughts, ideas, beliefs, decisions and emotions that you have stored such as Healing, Body, Time Hopes, Control, Awareness, Aging, Power, Sex, Money and so forth. By creating greater ease in the body it opens you up to new possibilities, freeing the stuck areas of your life and allowing you to choose in the present rather than in the past.

Massage therapists will receive CEU's for the class.

Saturday, February 11th and Sunday February 12th register online www.accessconsciousness.com or call the office at 816.283.0865

FOUNDATION AND LEVEL ONE CLASS

This class invites you to look at where you reside in the "I have no choice" Universe—to change it! By receiving the tools to recognize truth and lies you will gain clarity on how you have used reason, justification, beliefs and judgments to create your reality, as well as awareness of the energetic structures.

This class expands on the possibilities opened in the Foundation class and covers areas of sexualness (not what you are thinking), money, abundance and the five elements of intimacy. You will learn how to perceive, know, be and receive with ease. You will also learn another amazing hands-on body process called MTVSS.

You must have at least one BARS class for Foundation Class and BARS and Foundation for Level One Class

Friday, February 17th thru Monday, February 20th register online www.accessconsciousness.com or call 816.283.0685