



*“What is wanted is not the will to believe, but the will to find out, which is the exact opposite.”*

- Bertrand Russell

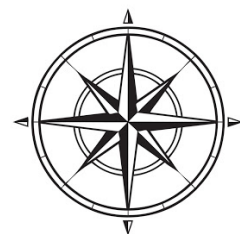
## What Are You Willing to Discover?

Just as there are seasons to the year, there are rhythms and timing to where we are currently on the spectrum from suffering to wellness. One of the most important elements of the healing process is to recognize where on that spectrum you are NOW, and to acknowledge that place so you can better adapt to life.

Reorganizational Healing (ROH) is a paradigm that emphasizes looking forward instead of behind, and promotes a deepening of the healing and life experience

through Discovery, Transformation, and Awakening. Instead of looking at a problem, a condition, or a disease as something that needs to be fixed, removed, or disregarded, ROH provides strategies that help you reorganize your perceptions, behaviors, and structures. Instead of suppressing or repressing the challenges in your life, ROH gives you the impetus *and the tools* you need to make change and become empowered.

The two primary disciplines we use in this office are **Network Spinal Analysis**, the precise application of low force contacts to the spine, and **Somato-Respiratory Integration (SRI)**, an integrated form of breath work and movement aimed at facilitating connection to the body. These disciplines are actually the forerunners to the larger paradigm of ROH.



## Upcoming Events

### ***DISCOVER* Workshop**

Go deeper into the First Season of Somato-Respiratory Integration. This workshop will cover Stages 1-3 and provide you with strategies to help connect your body, breathe, and focus.

Wednesday 9/18/13  
6:30 PM – 8:00 PM  
\$45

### **CLEAR DAY!**

A powerful day of Healing and Transformation at a seaside retreat on Long Beach Island. See our flyer or ask us for more information.

Saturday 10/26/13  
8:00 AM – 6:00 PM  
\$200 Active Practice Members  
\$250 Other guests

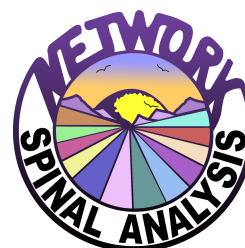


## *Your body is talking. Are you listening?*

The first of the Four Sacred Seasons, *Discover* is about Connecting and Releasing. In *Discover*, we learn to acknowledge when we are suffering and how to connect back to our body. We recognize that we have different rhythms and polarities within ourselves, that these differences - however pleasant or unpleasant - are all a part of us, and that they can coexist. And in *Discover* we identify which part or parts of us have been stuck. These areas of stuck-ness serve to anchor us to old stories, old patterns,

and old versions of ourselves that may have been important at some point in the past, but no longer serve us in the present.

When we embrace *Discover* and choose to actively participate in the healing process, we receive the gifts and the lessons that our bodies have been waiting to share with us. As always, your body is talking. Are you listening?



## Coconut Oil and Your Brain

Your brain needs 3 essential components to survive and to thrive: glucose (sugar), oxygen, and activation.

Since food (glucose) was not always available to our ancestors, our bodies had to develop an alternative method to deliver energy to our brains and the rest of our organs. That alternative form of energy comes in the form of ketones, molecules made by the liver when it breaks down fatty acids.

Medium chain fatty acids (MCFA), like those found in coconut oil, are easily converted in the liver to ketones. MCFA have been used as nutritional support for premature infants, to boost lean muscle mass in body-builders, and as a natural supplement to promote brain health in people with neurodegenerative diseases like dementia and Alzheimer's.

For more information, check out Dr. Mary Newport's book *Alzheimer's Disease: What If There Was a Cure?*

Here is an excellent recipe from the book that serves up a delicious snack that can deliver a tablespoon of coconut oil per serving:



## Coconut Fudge:

1 cup coconut oil  
1 cup chocolate chips  
Ice cube tray

Melt and thoroughly mix 1 cup of coconut oil with 1 cup of chocolate chips in a large bowl.

Equally divide the mixture into a 16-cube ice-cube tray and place in the freezer.

Chill until set.

Store in the freezer or the refrigerator.

Enjoy!

Waves of Transformation Wellness Center, Inc.



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