

Talisman ...  
A unique new-age store  
150 Main Street  
Monroe, CT 06468  
(203) 261-0047

[www.talismanct.com](http://www.talismanct.com)

Check out the Connecticut Post Blog!

<http://blog.ctnews.com/lenhard>

[www.vibesup.com](http://www.vibesup.com) |

[www.dooropenermagazine.com](http://www.dooropenermagazine.com) |

[www.sagelife.isagenix.com](http://www.sagelife.isagenix.com) |

December 3, 2009

## Merry Yuletide Greetings!

Yule falls on the shortest day of the year, the Winter Solstice (December 21st). From this point onward, the days lengthen and the sun's power increases, bringing light and fertility to the land. This festival is celebrated in many of the old (pagan) ways. At the bleakest time of the year we fill our homes with branches of evergreen holly, ivy and mistletoe - evergreens which are symbolic of eternal life. Yuletide is marked by an intense period of feasting and general good-will to all. Fires and candles are lit in our homes, acknowledging the life-giving power of the returning sun or the "Sacrificial God" embodied in the brightness of the flames.

Looking ahead to 2010, many of you have asked about the search for a new space for Talisman. The main reason for wanting to move the shop was to be closer to home. But I am also proud of the fact that after almost three years in business (!) Talisman has the patronage and reputation to relocate into a "stand alone" setting off the busy road. We are pulling from a wide geographic area, with regulars from as far away as Westchester NY and upstate CT. I think they'll find us, even if we do move off the beaten path a bit! So, once again - it would be great to move Talisman into an outbuilding/barn zoned for business (this is key!) that might consider Talisman as a tenant or partner. The current footprint of the shop is 800 square feet. Call me at the shop or home (402-9186) to discuss ideas or proposals.



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## **Gift Ideas**

We are expecting a shipment of new products from VibesUp - cell phone stones and laptop gems plus a new line of sterling silver pendants. I've been wearing the Tree Lover pendant (\$27) and really enjoy the combined energies of grounding, protection and health brought in with peridot and black tourmaline. See the entire line at [www.vibesup.com](http://www.vibesup.com).

Arriving SOON - new blown glass witch balls and be sure to check out the display of feather art and crafts by Bern, our resident Feathersmith. Magazine subscriptions can be tailored to individual interests - for the metaphysically-minded, consider giving The Door Opener as a gift. A one-year subscription is \$14: [thedoropener@comcast.net](mailto:thedoropener@comcast.net) for information or [www.dooropenermagazine.com](http://www.dooropenermagazine.com).

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## **Healthy News - Toxins & Cleansing**

Tammie Barletta is a Licensed Massage Therapist (LTM) who brings her talents and chair to Talisman twice a month. If you haven't stopped by for a chair massage, you don't know what you are missing - five or ten minutes can rejuvenate and relax you for the remainder of your day! Tammie works at the Corsello Clinic in Stratford, and last week she and I were talking about various methods of detoxification. She shared with me a cleansing method being used at the clinic - here, in her own words:

"I was educated at the Connecticut Center for Massage Therapy in Westport, CT. I started in early 2004 and graduated in December of 2005. It was an intense course which included the studies of Kinesiology, Anatomy & Physiology, Acupressure, Clinic and Pathology and of course, hands-on massage. In addition to coming to Talisman every other Saturday, I am employed at a chiropractic clinic on 2021 Main Street in Stratford (381-1800) with Dr. Edward Corsello. In addition to using different modalities of easy manipulation of bone adjustments, he also uses unique wellness therapies. These include ice and/or heat therapy, mild electro

therapy, ultrasound therapy and one special therapy called the Ion Foot Bath which is a positive and negative ion energy device placed in a warm foot bath. These ions enter your body and pull out toxins from all your organs plus toxins and metals and organ material from your tissues. I've done this foot bath several times -- and let me tell you, it's amazing the things that get pulled out of the body. My first time I saw flicks of black which turned out to be the Teflon coating from my old cookware. I also saw little tiny worms that came from eating raw or under cooked foods ( I loved my sushi and medium cooked burgers)! The water itself goes from clear to cloudy in a matter of minutes and then turns some nasty looking colors as these toxins are drawn out of your body. The foot bath takes about 30 minutes and costs \$30. Very relaxing - feel free to bring a book to read during the process. After the foot bath I felt lighter, less dense of matter, if you will, and a definite feeling of being cleansed. You should try it! Thanks and hope to see you soon".

**Continuing with the "detox" theme - I hadn't seen Neal Werner (a friend and patron of Talisman) in about two months, and was amazed at her physical transformation when we reconnected at the shop a couple weeks ago. She had dropped about 20 pounds and looked amazingly fit and healthy. Neal credited a product line called Isagenix and in fact had such a wonderful experience using Isagenix that she, in tandem with her business partner Lisa, began selling the product.**

Isagenix is a full body nutritional cleanse based on organic whole foods which provides optimal nutrition and cleanses the body of toxins. This system cleanses the blood, lymphatic system, liver, and organs of toxins at a cellular level. It is NOT a diet and therefore not based on calorie deprivation which causes the body to believe that it is starving and in turn actually causes muscle loss and fat retention. However, weight-loss is a by-product of the program as this program is really intended to allow the body to rebuild and repair itself. Many professional athletes such as Brett Farve, Willie Gault, Gary Sheffield, and Roy Williams use the Isagenix program for maintaining optimal nutrition, muscle building and cellular repair. Even athletes in high school - for instance, the sports trainer at Lisa's daughter's

high school is putting as many kids that play a sport as possible on the product because of the health benefits.

Here is the link to a video on toxicity -

<http://www.isamovie.com/AreYouToxic.html>

Continuing on the topic of "Toxins" -- I think everyone is well aware that we are bombarded daily by toxins which we have no control over. A few examples being, the air we breathe is laden with PAH toxins (anything that burns) which are known contributors to breast cancer and our body care products contain toxic ingredients which we absorb through our skin. The list of toxins we are exposed to involuntarily seems endless. When the liver can no longer process all the toxins entering our body, it will wrap those toxins in water and fat to protect us and store these fat wrapped toxins in our body. Our foods (even if they are organic) no longer contain the minerals that our bodies need to function optimally. Our soils have not only been over-farmed, treated with chemicals (even most organic crops are grown in soils that were treated at some point or were exposed through "drift") and these same chemicals destroyed the beneficial microbes that break down rocks to make water-soluble minerals for the plants.

What sets Isagenix apart from the many other products on the market - whether a protein shake for athletes or a weight loss program?

- No other product on the market has all 90 nutrients needed by the body for repair and building healthy cells.
- No other product has the quality of whey that Isagenix has.
- No other product has a full-body cleanse that simultaneously nourishes the body. No other product produces weight-loss without calorie deprivation.
- Products are organic, and contain no stimulants or anything artificial.

Perhaps the most important part of this program is that you are not expected to "go-it alone".

Neal and Lisa are by your side every step of the way to coach you through the program, answer any questions you may have, and to support you. You will not have products left on your doorstep and then be expected to figure out what to do! It is important to Neal and Lisa that everyone receives individualized attention to achieve their greatest results.

The Isagenix system is incredibly effective at

providing the nutrients that our bodies need for rebuilding and repair. Some people find their bodies are able to overcome certain diseases and ailments. Neal and Lisa have had clients who were able to lower their high blood pressure, high cholesterol, eliminate their insulin and overcome many ailments because their bodies became strong. The program is so safe and gentle that children as young as 2 years old can start to use the products. Lisa overcame seasonal affective disorder, regained her 20 something metabolism, energy, and mental clarity and as a bonus released 35 pounds and 4 sizes.

So how much does this incredible program with all the coaching cost? That depends on what you need out of the program. For those who want to provide their body with the necessary nutrition to stay healthy and keep toxins out of the body but are not looking for weight loss, the program will run between \$100 and \$150 per month which includes 30 meal replacements (so technically you should be saving this money off your grocery bill). For those looking for weight loss, the program is \$260 for the first month which includes 68 meal replacements. Subsequent months' cost depend on the amount of weight to lose and product usage but does not exceed \$260 per month. The cost per meal replacement for the shakes and cleanse is about \$2.65. There is a \$40 fee to open an account which allows you to buy at wholesale with products delivered to your door. From now until January 3<sup>rd</sup> that fee is waived when you purchase a 30 day program (\$260) on autoship.

Here is the link to Lisa's Isagenix website:  
[www.SageLife.info](http://www.SageLife.info) & [www.SageLife.isagenix.com](http://www.SageLife.isagenix.com)

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Neal and Lisa can be available on a Saturday afternoon at Talisman to present the program in full, answer questions, and help you on your way to a healthier life - please let Laura know if this would be of interest and I will schedule. In the meantime, if you have questions call Neal at (203) 788-2271 or [nealawerner@gmail.com](mailto:nealawerner@gmail.com) or Lisa at (203) 938-4001 or [Lisa@SageLife.info](mailto:Lisa@SageLife.info).

**Disclaimer:** Please know I am **presenting** (not endorsing) the ionic foot bath treatment and Isagenix products with no personal financial gain whatsoever. These just seemed like very sane detox methods, and I plan to go on the twice a day meal replacement system myself. I have actually had two sample shakes, they tasted good

and there were no "side effects" (SlimFast drinkers, you know what I'm talking about!). I will be happy to share my experiences moving forward. Roy, who was recently diagnosed with Lyme Disease (yikes!) wants to visit the Corsello Clinic and have an ionic treatment in hopes it will hasten his recovery. Again, we'll keep you posted!

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### Scheduled Readers

#### **(Cash payment requested)**

Daniel: Wednesdays - Tarot 4:00-7:00 \$25.

Daniel is a trained Traditional Wiccan with a background in some Native American and Southern Hoodoo, and is now working toward his Mastership in Reiki. Personal freedom, self-expression and healing (especially through laughter!) are key themes in Daniel's personal search for enlightenment.

Starr: Thursdays - Angel Readings 4:00-7:00 pm (or by appointment) \$30 or ask question \$1/min.

Barbara DeLong: Fridays by appointment (call 261-0047) \$30/30 min; \$60/60 min. Her website [www.barbaradelong.com](http://www.barbaradelong.com) is a teaching site with spiritual material and predictions for the energies of every day in the year. Check out Barbara's Blog Talk Radio Site:

[www.blogtalkradio.com/night-light](http://www.blogtalkradio.com/night-light) .

Lina: Sundays - Intuitive Counseling by appointment (261-0047) \$50/45 minutes

December 5th: 12-6; Readings \$25/20 min. Featured Readers - Debbie/Tarot and Pina/Oracle Medium.

December 12: 12-6; Elpida, Greek Coffee Readings or Tarot \$30.

**Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.**

December 19: 12-6; Gwen, Whole-Life Tarot (may include some past life aspects) j\$25/20 minutes.

December 26: 2:00-7:00; Donna, Herbal Tarot (Shammanic/Medium) reading includes personalized mojo bag. \$25/20 min.

**Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.**

Also by appointment

Frank Oliva - By appointment, call (203-543-

1251) or e-mail [frank.c.oliva@gmail.com](mailto:frank.c.oliva@gmail.com)

Laura: Almost everyone knows that I'm happy to throw cards/read palms for five dollars. As a courtesy I don't do this when there are scheduled readers working that day, many of whom drive a distance to get to the shop and it's not fair to them. People ask - Why only five dollars?

Because you have to catch me between customers/phone calls and even then I am apt to be interrupted by the business of running the shop - so \$5 seems fair to me! However, I have been getting requests for private readings for some time now ... and so, if you would like a private appointment on Sunday-Monday (when Talisman is closed) I will come to Talisman and sit with you, in an uninterrupted reading, for \$25. Also, most of Talisman's readers - and myself - are available to read at home parties or events. Call me (261-0047 or 402-9186) to schedule.

Whew! So much to do and plan for. Come January, I'll be talking about some changes and new directions I'd like to see Talisman moving towards as the new year progresses. Holistic health combined with energy and other healing modalities - all with a spiritual overtone ... hmmm. I do like the sound of that!

From our family to yours, have a blessed and wonderful Holiday!  
Laura & Roy Lenhard