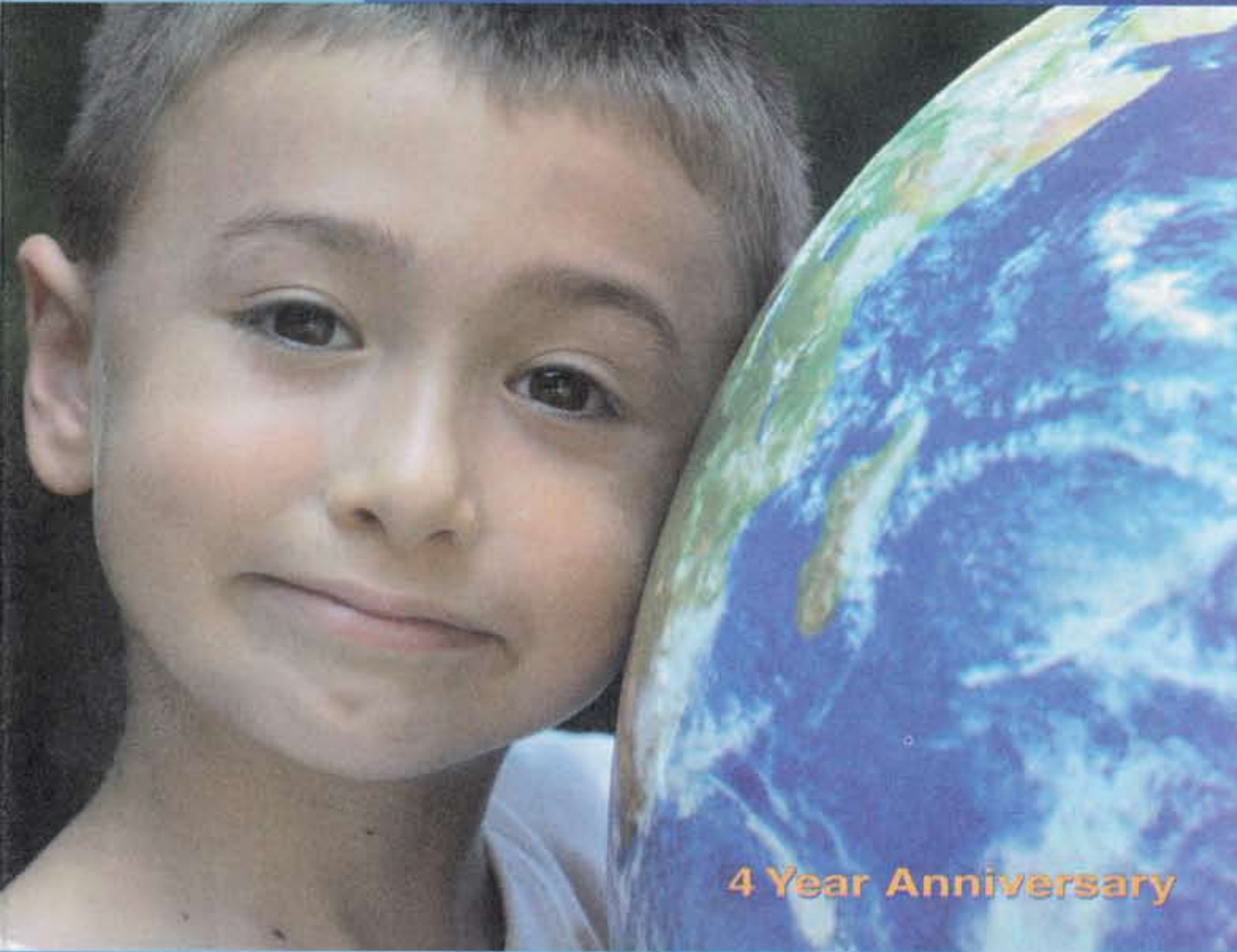


HEALTHY LIVING  
HEALTHY PLANET

feel good  
live simply  
laugh more

# natural awakenings



4 Year Anniversary

BRIGHT  
GREEN  
FUTURE

Mayor Gordon's  
GREEN  
PHOENIX

TREATING  
Sun-Damaged  
SKIN

## newsbriefs

### Bodhi Body Medical Bows

The new Bodhi Body Integrative Medical Centers raises the bar in health care and wellness programs by combining integrated medical services, natural health products and yoga in a 7,000-square-foot modern facility in Chandler.



"We're trying to provide everything that you need to be healthy," said Joanna O'Neal, the center's CEO and co-owner.

Focusing on both preventative medicine and treatment of chronic conditions through a multi-disciplinary approach, the facility opened last month with eight full-time employees including two doctors, a yoga director, child care provider and medicinal staff. The site features a state-of-the-art IV therapy room, daycare center, and large yoga studio with specially designed wood floors, soft lighting and high-tech air handlers.



Commenting on the inspiration behind the new facility, co-founder and chief medical officer Dr. Garrett Wdowin stated, "We wish to continue the integration and change of medicine. The cookie cutter approach of providing a pill for every problem doesn't work. There's so much more you can do that is science- and evidence-based. With a change in diet and exercise, for example, you can decrease cancer risk by 30%. We want

to help swing the pendulum to a more green, more aware and more involved person in their health care."

The center employs a wide variety of modalities in conventional and alternative medicine to treat ailments such as diabetes, fibromyalgia, cancer, autoimmune diseases and many others.

The Bodhi Body Medical Centers is located at 2915 W. Ray Road, Suite 8 in Chandler. For more information, visit [Bodhi-Body.com](http://Bodhi-Body.com) or call 480-237-2410.

### Fit and Fabulous Mommies

Celebrity lifestyle and wellness coach Candice Hood brings her free Fit and Fabulous Mommy Club national tour to all Phoenix-area Whole Foods Markets October and November. The Club encourages and empowers mothers to master a fit mind, body and finances.



Each meeting is open to the public and offers a fitness session led by top trainers; family recipes and cooking demonstration; and information on how to be financial assets beginning with mastering daily household budgets and creating business opportunities.

Specific dates and locations are listed in the Calendar of Events section. Reservations are required and can be made by contacting individual Whole Foods Market locations and or RSVP at [fitandfabulousmommyclub@gmail.com](mailto:fitandfabulousmommyclub@gmail.com).

### Light Rail Nabs Environmental Honors

METRO Light Rail won the best of show award in Valley Forward's 29th annual Environmental Excellence Awards program. The \$1.4 billion project, which connects the cities of Phoenix, Tempe and Mesa in a 20-mile at-grade light rail segment featuring 28 stations and 50 vehicles, was deemed this year's most significant contribution to the Valley's livability and sustainability.

METRO has exceeded expectations since opening Dec. 27, 2008, on time, within budget and with ridership well above projections, averaging 26,090 boardings per day in the first six months, 29 percent higher than anticipated.

"While light rail won't solve the Valley's transportation challenges, it offers a flexible and cost-effective alternative to the automobile and was designed to be integrated with all modes of transport," said Diane Brossart, president of Valley Forward. "In these challenging economic times, it's especially inspiring to see the number and caliber of new projects in our region that enhance the sustainability of our communities and quality of life for our residents."

A record 150 entries were received in Arizona's oldest and most prestigious awards competition focusing exclusively on environmental initiatives.

Learn more about Valley Forward Association and its Environmental Excellence Award winners at [ValleyForward.org](http://ValleyForward.org).

### Arizona Center for Advanced Medicine Expands

In October, Jordana Gainsworth, CBP, CCP, joins forces with Dr. Martha Grout at the Arizona Center for Advanced Medicine in Scottsdale.

Jordana is the founder of Arizona BioEnergetic and Rejuvenation Medicine. This collaboration represents an unparalleled opportunity to experience the future of medicine. The body is an electrical being, and in the right hands, the body's