

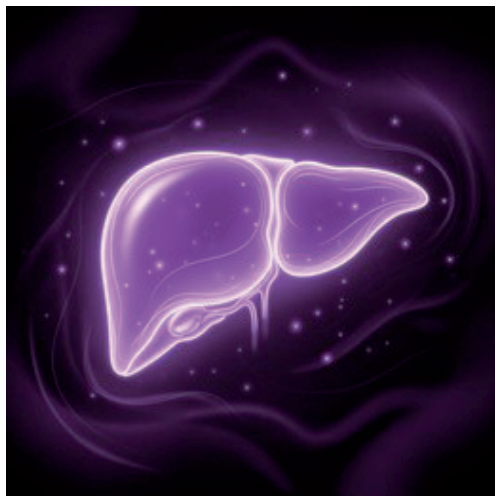


The Carnelian Center

Summer, July 2026

The mission of the Carnelian Center is to provide the community with affordable holistic health care while nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.

The Carnelian Center - 219 State Road 75 - PO Box 452 Dixon, NM 87527 / 505-579-9630 / carneliancenter.org



Liver by Leah Russo

Weighing between 3 to 5lbs, the sponge-like liver is the largest organ in the human body. It sits just under the lungs, soliciting protection from the rib cage on the right side of the human torso. The liver performs a large variety of essential functions. Some examples include, filtering toxins from your blood, managing how blood clots, making bile to digest fat, storing and controlling blood sugar for energy (glucose/glycogen), making protein for blood plasma, storing your body's iron, creating proteins, eliminating old and damaged red blood cells, and helping fight off infections. (liverfoundation.org)

You may have heard the term Non-Alcoholic Fatty Liver disease in passing (also referred to as MASLD or Metabolic-Dysfunction Steatotic Liver Disease). Perhaps it rings a bell because a family member, close friend, or even you have been afflicted with this clinical diagnosis. NAFLD is a late warning sign that can lead to more serious complications such as cirrhosis or hepatocellular carcinoma if left untreated. It is common in those exhibiting co-morbidities such as obesity, insulin resistance, sleep apnea, and hypertension. NAFLD is diagnosed by the presence of elevated liver enzymes and fatty build up in the liver noted on ultrasound. Patients impacted by this diagnosis might experience fatigue, weight loss, weakness, and yellowing of the skin and/or sclera of the eyes. Many of these same symptoms also appear in those with Alcoholic Fatty Liver Disease. However, just as the name implies (Non-Alcoholic Fatty Liver Disease), these symptoms have been gradually appearing in populations such as children, where long-term alcoholism is certainly not a factor. So, what is?

It is important to rule out possible underlying elements of NAFLD such as viral hepatitis, hepatotoxic drugs and other less common conditions. Once it has been determined that none of these are present, the most simplistic answer to the rising incidence of NAFLD is lifestyle practices. If you consider the co-morbidities listed above, you will notice they are nearly all reversible. Many physicians will tell you they have a drug to fix your insulin resistance, or a drug to fix your hypertension, or a drug to help you lose weight to fix your sleep apnea, but the problem with drug therapy is, it takes away your power and sovereignty over your own health. Not to mention the financial burden of paying for innumerable prescriptions, with almost certain side-effects. The most impactful lifestyle change, beyond question, would be to consume whole, nutrient dense foods, in their most organic form.

Processed foods are defined as any food altered from its original state. These can be minimally processed, ultra-processed, or contain processed ingredients. Examples include foods like bacon, sausage, hot dogs, chips, frozen dinners, breakfast cereals, canned soups, and sugary drinks. Many of these consumables are loaded with seed oils, nitrites/nitrates, sugars, artificial flavors, thickeners, preservatives and have been highly refined from their original state. As you can imagine, recruiting your liver to break down “processed” anything will eventually cause it to tap out. The liver soon becomes exhausted and unable to effectively filter toxins. Without productive filtration, these impurities get released into the system causing internal, systemic inflammation. This havoc, among many other things, makes it difficult for insulin to diffuse into the cell to help reduce systemic blood glucose levels leading to insulin resistance and fat buildup, while also provoking intravascular inflammation, raising blood pressure and contributing to chronic hypertension.

Don't let the last paragraph get you down though. There is still GREAT news. The liver is the ONLY organ in the body that is capable of spontaneous regeneration and can heal itself. You can protect and heal your liver by reducing your intake of processed foods.

Read ingredient labels and become familiar with words like “hydrogenated” or “seed oils” that like to hide behind foods listed as “all natural” or “fortified”. If your food needs fortification, it lacks nutrient density to begin with. Do your best to increase foods that are high in antioxidants such as leafy greens, nuts, seeds, and berries. These reduce oxidative stress on the liver and help bind to systemic toxins/free radicals and break them down. If frozen foods are an easier option, remember to assess the label and find meals that are prepared with fresh, organic ingredients whenever possible. Lastly, of course, it is always important to exercise regularly and keep hydrated. This can help reduce fat build up in the liver and allow for optimal functioning.

Remember, we are all superheroes and possess the inherent framework to heal ourselves. With the current state of our “sick” care system, corporations have a financial incentive to keep us ill and at its behest. It is time that we take health into our own hands and remember that FOOD IS MEDICINE.

Leah Russo, RN, BSN, HNB-BC

For A Collective Mindset Change, Saving The World Becomes Saving All The Children! **by Celine B. Kayser**

Given the pace at which world events unfold, humanity will need to undergo a significant paradigm shift. Although finding our way toward social homeostasis may seem complex and like the ultimate challenge, taking that first step is much easier than most people think. It is merely common wisdom that a vast majority can very quickly comprehend. Moving forward we must find a common ground that unites all humans with equity. But where do we start?

We'd highly likely agree on many things regarding the welfare of ALL children. Just as we love our children, our love for ALL life is the secret to positive change, and makes all things fall into place. The solution to healing our broken connections, is in recognizing the totality of life, where all children matter.

Now more than ever, we should take action out of love for our children (and grandchildren) because the future that awaits them looks very bleak.

Do we want more time in our lives so that we can be more available mentally and physically to our children instead of being overworked and depressed?

Do we want a different education system that allows our children to explore their particular brand of genius rather than grooming them for corporations (and their AIs).

Do we want more say and community involvement in the direction of our children's education?

Do we want our children to stop developing cognitive issues such as ADD, OCD, narcissism, and lack of self-esteem induced by our inefficient competitive model, which has already fueled so many ecocides?

Do we want our children to learn about growing food, reconnecting with Nature, traveling more, and discovering the meaningfulness of life?

Do we want our children to live healthily without chemicals in the environment and food supply?

Do we want to spend more quality time with our children instead of spending so much time worrying about materialistic concerns that don't mean much in the end?

Do we want them to live in peace, or perpetuate our millennia-old class struggles and petty fights?

Do we want to avoid the risk of our children being annihilated by wars fought for resources?

Do we want to prevent our children from living under vast debts that restrict their social potential? Money does not fix the problems caused by a society based on money.

These are just a few essential questions, but the list could go on and on. Addressing these questions could lead to a mindset change that would significantly reduce societal hazards by 50-75%. We need to step back and look at the big picture. The choice is clear: this current battle is between “business as usual” and “World Children.”

We're all born to be the world we want to see!

contact:natureispriceless.net



Bianca Correa



Rooted in ancestral wisdom and inspired by the living world, Bianca Correa is a bioregional folk herbalist, ceremonialist, bodyworker, earth steward, and feminine mystic devoted to helping others reconnect with the sacred rhythms of nature.

Born and raised in New York City, Bianca carries Caribbean, Spanish, French, and Puerto Rican lineage that deeply informs her work and worldview. Seven years ago, she followed a calling to Northern New Mexico, where the high desert landscapes, seasonal cycles, and plant communities became an integral part of her spiritual and healing path.

For the past decade, Bianca has immersed herself in the study of holistic healing arts and traditional medicine systems. Her background includes herbal alchemy, yogic philosophy, astro-herbalism, curanderismo, craniosacral therapy, integrative massage, and earth-based ceremonial practices. Through her work, she bridges the worlds

of plants, myth, spirit, and embodiment — creating spaces for healing that honor both ancient traditions and personal transformation.

Based in Dixon, New Mexico, Bianca spends much of her time tending gardens, crafting botanical medicines from locally grown and wild-harvested plants, and deepening her relationship with the land. Her work is guided by a belief that true healing emerges through reciprocity — with the earth, with community, and with the unseen forces that shape our lives. She is especially passionate about storytelling, mythic medicine, animism, and reclaiming forms of wisdom that have long been forgotten or silenced.

Bianca's mission is to support others in remembering their innate connection to the natural world and to themselves. Through seasonal teachings, ritual practice, plant medicine, and embodied healing, she encourages people to reconnect with the cycles of the year, the intelligence of the heart, and the wisdom carried by the land and its plant allies.

In addition to her private practice and healing offerings, Bianca shares her work through an herbal elixir bar at the Taos Farmers Market, handcrafted bioregional apothecary products, educational workshops, and immersive plant walks. She has taught at gatherings and conferences including the Good Medicine Confluence at Ghost Ranch and the Red Earth Herbal Gathering in Carbondale, where she guides participants through the alchemical traditions of medicine-making, feminine archetypal wisdom, and practices of self-empowerment and sovereignty.

To learn more about Bianca's offerings, upcoming workshops, and apothecary creations, visit Mythos Libations or reach out directly at mythoslibations@gmail.com or (347) 860-2111.

Rebecca Knight



Rebecca's focus is in Deep Tissue work. She is certified in Neuromuscular Therapy, which is a combination of massage techniques, including Postural Analysis, Myofascial Release and Trigger Point Therapy. She is also trained in soft tissue manipulation for Scar Tissue Release, as well as many other modalities designed to relieve and release chronic pain patterns. These same techniques can also assist with recovering from injury and surgery. Rebecca has had her own struggles with healing chronic pain issues, debilitating low back pain, and other musculoskeletal pain patterns, which led to her interest in massage therapy. She is both compassionate and empathetic, as she understands being in pain and wants to help others find immediate relief, as well as long term results.

Rebecca developed an interest in fitness and became a personal trainer in 2006. She worked designing personalized strength and cardio training programs for her clients. This deeper understanding of the relationship between strength and flexibility involved in pain patterns has enhanced her knowledge of musculoskeletal dysfunction. Rebecca completed her massage studies at UNM Taos, which is focused on medical massage. She then continued on to the Holistic Health and Healing Arts certification program. She also went on to study yoga through UNM, and has a certification in Myofascial Yoga. She completed the Neuromuscular Therapy certification at the Santa Fe School of Massage in 2014.



Ann Hendrie

Family Constellation Therapy is probably unfamiliar to you--as it was for me--until I met Montse. Luckily for me I fell into her helpful guidance soon after the loss of my partner of many years.

That loss triggered multiple shocks to my psyche, challenges which were so unfamiliar to me that my emotional stability felt often seriously compromised. Aside from the grief, I became aware of some very uncomfortable emotions--including anger, fear, paralysis, panic and depression,--which I had previously not acknowledged!

Montse has many different tools to guide one through these mental states, by helping one identify what emotions the body is feeling, and how those emotions change once they are allowed to "breathe" and be expressed. The body (and the breath) is an honest compass of how much resistance or openness is being experienced. The unconscious patterns of the mind reveal themselves, such as perhaps the need to take more distance from a conflicted relationship, in order for the body to be able to breathe more easily...sometimes less distance is better, depending on the situation.

Montse does not herself know in advance when that feeling of safety and balance will arrive, but she is confident in your own body communicating your inner truth. And because it is this physical sensation which is informing you, rather than a rational (mental) one, there is simultaneously a feeling of one's personal experience validating your intuition with a new image (solution of the situation) of one's proper place! Or, in other words, this instant recognizing of the new ability to relax and breathe replaces the mental anguish attached to our unconscious mental stories which we have inherited from our place in our families! This leads to a meaningful new understanding

If this technique is new to you, it may take some time to allow your body to speak louder than your mental stories and expectations, and to integrate what your intuition has shown you. Montse creates a safe place to feel and welcome all your emotions. How to feel, recognize and accept them in a spirit of integration. Although limited by words, I have attempted here to describe something of this unusual healing modality, so that you might be encouraged to explore these techniques and learn to become your own healer.

I am so grateful to Montse for the peace she has brought to my life!

Carnelian Center Practitioner list

Lluvia Lawyer-Aby (License #1902)

Massage and Core Synchronism for all ages

Contact: 505-803-1476 / lluvia@carneliancenter.org

Maria Chilton (License #1830)

Transformational Massage, Hot Stone. Owner - Little River Remedies

Contact: 505-927-2974 / maria@carneliancenter.org

Montse Serra

Spiritual Healer, NLP, Family Constellations, Reiki & Akashics Master

Contact: 402 515 2791 / momos.spai@gmail.com

Katalina Olivia Gurulé

Herbal Consultations. Reiki. Limpas. Licensed Practical Nurse

Contact: 505-573-0068 / lumbreluna@gmail.com

Sarah Grant (License #1038)

Practices Japanese Style Acupuncture

Contact: 505-603-0362 / sarahcrawfordgrant@gmail.com

Bianca Correa

Therapeutic Touch, Sacro Craneal, Curanderismo, Herbology

Contact: 347-860-2111 / mythoslibations@gmail.com

Kaycee Hinkley (OT License # 3187)

Occupational Therapist and Neurofeedback Provider

Contact: 307-272-0181 / www.nimblecare.org

Susan Prins (License #MT8460)

Veterans' Community Care massage therapy provider

Contact: 505 901-1272 / susan@carneliancenter.org

Phillip Eliezer Klein (DOM#1256)

Acupuncture, Oriental Medicine & Biodynamic Farming

Contact: 505-226-3066 / elie@carneliancenter.org

Jenny Rizzo (MT-20260107)

Massage, Craniosacral Therapy and Doula

Contact: 505-718-1260 / zarizzo@gmail.com

Roxanne Sanchez

Chronic Pain. Yoga and Tai Chi Teacher .Community Health Worker

Contact: 505-417-6135 / roxanne@carneliancenter.org

Rebecca Knight

Deep Tissue work and Neuromuscular Therapy

Contact: 575-776-2969 / rlkworks19@gmail.com

Roxanne Garcia

Maya Abdominal Therapy

Contact: 575-999-5266 / www.ancient-body.com

Susan P. Lewis (License #1038)

Reflexology, Restorative Yoga, Sacred Chanting

Contact: 505-795-9061 / susanplewis@gmail.com