

According to Gatza's studies, nutrition is the key to metabolism, the body's engine. He points out that the right way to create real metabolism is with the exact nutrients the body uses to create energy. Without a strong metabolism the body will be dirty, toxic and it will have low or no energy. Any real program for better health must start with the high quality pool of nutrient building blocks, which are all included in the Total Shake program.

"I discovered that even if my patients were taking vitamin and mineral supplements and eating a well-balanced diet," says Gatza, "it didn't have an overall impact on their health until the liver and intestines were cleansed of the toxins. And that's what the system is designed to do." Phase 1 is a 21-day program which cleanses the body,

According to Gatza's studies, nutrition is the key to metabolism, the body's engine.

Phase 2 is a 30-day program that restores the body to maximum efficiency, and Phase 3 is a 30-day program that combines daily shakes, lifestyle choices, and custom-formulated nutrients that infuse the body with key ingredients to boost energy and metabolism. It also includes a 30-day supply of vitamins.

Gatza won't be awarded an island by the Queen of Spain for his discovery of the real Fountain of Youth – good health. However, he does accept compliments from his patients who return after completing the program. Concludes Gatza, "I hear all the time about how much younger and better they feel. It makes my heart sing because it's what I set sail for nineteen years ago."

Once only available to Gatza's personal clients, *The Total Shake System* is now available at TotalShakeSystem.com or by calling 800-514-0126.

community spotlight

Rena Hatch founder of LunaGaia

by E.L. Floresca

Helping women to connect to their authentic selves is at the heart of LunaGaia. Founded by Rena Hatch in 2004, LunaGaia's mission was to create a sacred space where women could retreat to and reconnect with themselves. "I wanted to hold that space for them," says Hatch. And hold that space for them she does. From yoga classes and workshops, to life coaching and an annual ocean retreat, Rena Hatch is committed to helping her clients step into a better version of themselves.

Not long ago, Rena was living in Texas and working as a scientist. Although she had been doing yoga since 1986, she felt her commitment to the practice was somewhat superficial. In fact, she felt her connection to herself could use some work as well, so she began working with a life coach. It was during this time that she also went deeper into her own personal yoga practice. A shift happened in her awareness and she noticed that her view of the world was changing. "One day while sitting in my office, I looked around and thought to myself, 'whose life is this?' There was a moment that I physically wanted to bolt out of my office and I literally had to hold onto my desk."

She began a slow transformation of releasing who she thought she was in order to step into who she was to become. "I realized that I had totally disowned being a woman in order to fit into the scientist role." She left her career, lost more than 50 pounds, moved to Portland, and became certified as a yoga teacher and life coach. "I felt called to support other women to find their own answers



within," explains Rena. "The next step for me was opening up LunaGaia so that I could offer that space."

Her undertaking could be considered a green-based initiative.

According to Rena, "It's helping to save the planet through women." She encourages her clients to find balance and pay close attention to what they put into their bodies in terms of food, drink, and thoughts. "Women are so connected to the earth. We're bountiful; we go through cycles like Mother Nature," shares Rena. "We have such a huge impact on the world around us. When we can come from a place of power, that extends out to the men and children in





our lives. The ripple effect from each empowered woman is incredible."

Rena's training, which includes being a registered yoga teacher, an Erickson College trained professional life coach, and a graduate of the NW School of Earth Medicine, is the foundation of her practice. "All of it blends together and allows me the opportunity to offer something unique to each individual." That is one of the reasons why LunaGaia offers small yoga classes, so that each class is geared towards individual needs. Each of her coaching clients also receives personalized, solution-focused coaching. "The Erickson College mindset sees every person as whole. We're not broken, so there is nothing to fix. Instead of going back to resolve issues in the past, the focus is instead on what needs to be done from this moment on and into the future. And gaining a deeper awareness that all of the resources we need are within us."

LunaGaia's studio, where the yoga classes and workshops are held, is downright cozy. However, you don't have to visit the studio to benefit from being in a sacred space. Since most of the work she now does is on the phone, she encourages her clients to create their own sacred spaces. "You don't have to look outside yourself. I might be the voice on the other end of the phone asking the questions, but you are the one actually tapping into your own wisdom."

Another building block that Rena has recently added to her foundation is being a group leader for the Blissipline AIM energy practice. The practice is a combination of meditation, visualization, and daily planning; in which participants spend time each day intentionally creating their future. "There is so much power in setting aside time everyday to focus on my goals and to be in gratitude," says Rena. "Plus, I love being a member of that community."

Perhaps the highlight of the LunaGaia experience is the annual ocean retreat held each October in Manzanita, Oregon. The price is all-inclusive and includes food, lodging, yoga, workshops, and coaching. "All of this is taken care of so that attendees don't have to worry about anything once they get there. And everything at the retreat is optional to participate in. If you want to just go and sit and do nothing, you are invited to do it. This is your time."

Rena Hatch considers it an honor to help women discover their inner wisdom. She invites all women to "really stand up and ask for what you need." It takes courage, and the rewards are worth it.

Visit LunaGaia.com or call 503-224-9461 for more information on workshops, yoga classes, coaching, and the upcoming ocean retreat being held in Manzanita, Oregon from October 2-5.

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