



2021 *The Year of Rebirth*

I think we can all agree that the past year has been one for the ages, one that has given most of us more time than we have ever had in our entire lives. When we look back at this year we often hear the question, “Did we maximize the time we were gifted from the universe?” It has been said time and again that this pandemic can be looked at as a “reset” for the human race, a time to reflect on what it is truly important to us and a time to sit back and re-evaluate our lives. With all the time off to de-stress and take a deep breath, it has been much easier to work on parts of our lives that either had been neglected or we simply never had the time for. Maybe your health was declining, maybe you had lost touch with family or friends, maybe there was that activity or project that you had been putting off for years. If this is you and you simply didn't make the time there is no reason you cannot start now!

We decided with the time given to us that among other goals we had set that we would create a holistic life improvement project for both ourselves and our readers and it involves looking at all three parts of our lives; our past, present and future. The idea was to feature a local So Cal expert in three different fields from three different phases of our lives, what a great way to create holistic health by looking at yesterday, today and tomorrow!

We chose these experts due to being at the top of their industries each adding extreme value to their customers in their special way. We not only sat down with these three experts for a face to face interview but also went as far as being a client to fully understand how they could help us improve our lives. We learned a lot about ourselves working with each expert and highly recommend each one of you do the same to bring overall health to you and your family. Without further ado let us introduce our first expert Heather Fleming the owner of Sharelooms based in San Diego.



PAST

For the past portion of this project, we decided to look into our family's ancestry which has always been

very intriguing to us. A topic of conversation over the years but one that never came to fruition, what a better time to delve into this with a full year to do some deep research. Through our time searching the internet, we came across a business in San Diego named Sharelooms that specializes in helping families share their stories for future generations in quite a unique way. Through ancestry work among many other forms of information sources the owner, Heather Fleming helps her customers create a blueprint of their families' past to create long-lasting memories that will live forever! We sat down with Heather to get a further understanding of all aspects of Sharelooms and we hope you find it as interesting as we did!

LATM: *Hello Heather, thank you for taking the time to do this article with us, we are excited to learn more about Ancestry in general as we believe it is a subject not a lot of people know much about. Can you explain to our readers the types of services that are offered at your company Sharelooms?*

HF: At Sharelooms we are dedicated to helping families preserve and share their stories for future generations. We use a combination of ancestry research, photo and video services, along with storytelling to create Custom Legacy Projects called Sharelooms. Some of our Sharelooms Services include Legacy Video Interviews, Custom Coffee Table Books and Life Stories, Photo Scanning, Video Transfer, Filming Memorial Services, and Photo

Slideshows. We can also help families uncover their roots by researching their genealogy.

LATM: *How does one get into the career of human ancestry? Was this something you showed interest in at a young age?*

HF: My background is in graphics, printing and interactive media. I studied Graphic Communication at Cal Poly San Luis Obispo's esteemed program. And yes, I most definitely had a passion for family photos and family history at a young age. I was creating projects for our family as a little girl and have continued to do so ever since. The more projects I created through the years, the more I realized how much many other, if not all, families also value the preservation and sharing of their families' precious history - thus, Sharelooms was born.

LATM: *How has your industry done with the trying times of the recent pandemic? Have you found with people having more free time to delve into projects that this has positively affected your business?*

HF: Most recently, with the world starting to open back up again and allowing more interaction, we have been very excited to see the number of families expressing a desire to start their Legacy Projects.

With all of the extra stay-at-home time this past year, we have noticed an increase in requests from families to organize special heirlooms and photos. The connection to family and older generations has been such a welcomed dose of comfort for us all. Families have started with simple do-it-yourself-pandemic-family-projects, which then sparked an interest in taking their family preservation and sharing to another level. Fortunately for us, in working with Sharelooms, our clients have pleasantly realized how helpful it can be to get professional assistance. Unfortunately, we have also had more Memorial Services, but we feel honored to be able to help

families capture and share these touching events through our live streaming, video recordings and memorial photo slideshows. It is truly humbling for us to see how much our Sharelooms services have been able to provide a means of inclusion for special loved ones near and far, as many were otherwise unable to attend due to pandemic travel and gathering restrictions.

LATM: *You must have found some pretty interesting stories during your time searching people's past, do you have any to share?*

HF: During the interview process of almost every single Sharelooms project, it is both heartwarming and fascinating to watch families discover facts and learn formerly unknown family stories. Some of the stories I have most appreciated are about World War II and the Great Depression. It's remarkable to hear how great sacrifices made by families during those times continued to impact them throughout their entire lives, and even future generations.

While working with my Grandma on her life story, we were able to read the love letters that my Grandpa had written her from the South Pacific during World War II. Holding those handwritten letters felt like my grandfather was right there with us telling the wartime stories himself. The details in his letters have helped us piece together a lot of my Grandpa's experience in World War II, even after he had passed. Another standout moment during an interview was watching a family learn that their grandfather was a guard at the historic Nuremberg trials in Germany. That was extraordinary.

LATM: *On average how long does each project take to complete for a client?*

HF: All of our projects are custom and unique to each family, so they do vary. Some projects can take a week while others can take six months depending on the project. On average they take a couple of months to complete.

LATM: *What are the major challenges that you come across while diving into your research on a family's past?*

HF: The biggest challenge is getting families to start their projects earlier. We encourage families to start capturing their stories today. The younger you start, the easier the stories are to remember. We can also complete projects in chapters where we film stories of ancestry to present. Then with new milestones, we can

add new chapters. All of our families are so thankful to have the completed projects, but the key to getting them done is to start taking small steps.

LATM: *Have you had any clients that have taken the information you have given them and traveled abroad to meet up with newfound family members? We have seen this before in movies so this must happen in real life, yes?*

HF: I haven't heard of any yet, but I envision it happening and am excited for the day that it does. I would love to go to Scotland to discover my Scottish roots. I recently uncovered my Scottish heritage and would be interested in learning more about the country and culture.

LATM: *Since we're on the topic of travel do you have any favorite places you have been to? Any cool stories to share with our travel-loving readers?*

HF: Travel is one of my biggest passions. My favorite way to learn about history is to immerse myself in the culture. In college, I was lucky enough to study abroad in London. I loved the city and was so appreciative to be able to learn about Shakespeare, Musical Theater, London and its culture on location. I also discovered that my ancestry is significantly English which is possibly why I had a great calling to explore England. As a parent, some of my favorite places to take my family are the National Parks. They are some of the most beautiful and interesting places on the planet and we all learn so much. Two of my favorite destinations are Alaska and Denali National Park via the Alaskan railroad and Yellowstone National Park. We love to go places where we can see animals like bison, bear and wolves in their natural habitat. We also especially enjoy the Eastern Sierras and Mammoth.

LATM: *How do our readers contact your company if they would like to know more about their family's ancestry?*

HF: We would love to help your readers learn more about their ancestry and preserve their family's stories. They can email us at family@sharelooms.com or call us at 858-461-9123.

PRESENT

For the present portion of the project, we thought to ourselves, what is a professional service that could help us with our lives at this very moment, a person or a business that can implement

strategies, add extreme value and assist with having a more holistic life. We searched high and low and found a true healer in every sense of the word, a man that wears many hats with many talents as a life coach and so much more, ladies and gentlemen we give you Carlos Casados!



LATM: *Good day Carlos, thank you for taking the time to let our readers get to know you and your scope of work more through this article featuring holistic health. It cannot be said enough that 2020 was the most challenging year in recent history and it is our thought that your line of work must have been inundated with people struggling with their day-to-day lives.*

CC: It certainly has been an "interesting" year, hasn't it? - Wasn't that the old Chinese curse? "May you live in interesting times!" They valued peace of mind and stillness back in those days, didn't they?

LATM: *First off can you tell us a little bit about yourself and your line of work? By doing some research we see you have a very diverse background and that you have a lot to offer someone who is looking to bring health and happiness into their lives.*

CC: I'm a Southern California native, born right here in Orange County, and I grew up mostly in the Costa Mesa and Newport Beach area. I got involved in Martial Arts and Yoga at an early age and became incredibly fascinated with the Human Potential Movement very early on. These pathways led me to the study of meditation, NLP, hypnosis, body language, Asian medicine, and philosophy. There are a lot of names for what I do, Hypnotist, Developmental Coach, NLP Trainer, Agent of Change, and others. My training has been very diverse but always related to the categories of psychological, and physical wellness. I feel that the essential idea is I'm the guy you come to when you're ready to become your ideal self, free of unnecessary baggage, and excited to start living your best life. We all have incredible potential that's gone untapped, and sometimes we need the right person to awaken that sleeping giant within us if you know what I mean.

I've spent the majority of my life devoted to self-development methodologies and to learning the best tools for maximizing performance, releasing old wounds, and

refining our approaches to living. Leadership development, Strategic communication, Conflict Resolution, and Wellness Consulting are my jam.

LATM: *What is the most gratifying and also the most challenging part of your line of work?*

CC: I enjoy stimulating healthy habits and helping my clients grow into the empowered people they want to be. Seeing how people step up and into their own is a fantastic thing to witness...it's both gratifying and humbling!

LATM: *I would think that the majority of people would not understand much about hypnotherapy, can you explain to our readers the benefits of how it could help them with any of the daily challenges they may be facing at this moment?*

CC: Yes. A lot of people do misunderstand the purpose of hypnosis and hypnotherapy but, I hope to clarify this impression with the work I do. I'm on a mission to open and refocus public attention on a very underused and under-appreciated tool for wellness. TV and media haven't helped this image much so allow me to simplify a very deep subject with a couple of sentences. What is often referred to as hypnosis is simply the use of communication in a specialized way to refocus attention and imagination to affect a change in the person's reality. - It involves a psycho-dramatic ritual, called induction, to fascinate the mind and enhance or direct the awareness to new resources for creativity, improved concentration, releasing negative habits, forming new healthy habits, resolving negative emotional states, deepening relaxation, and more. Just about all of our problems are the result of habitual thinking. Even our identity or basic persona has so much to do with subjectivity. Hypnosis and hypnotherapy are tools for creating new, more compelling solutions and that lead to a better life with more choices and opportunities. As Einstein cleverly stated, "We cannot solve our problems with the same level of thinking that created them."

LATM: *Do you have any stories you can tell us about how you helped someone overcome a major addiction/phobia etc that stands out to you?*

CC: I have a lot of happy reports from my clients, many of whom sought help from various other mental health professionals to no avail. Some of the most seemingly fantastic stories I have to leave out since I don't want to be misunderstood as having practiced beyond the scope of my profession. I want to be clear

that I am not a psychologist or a licensed medical practitioner. I am a thoroughly trained layperson with some hard-earned skills and a deep sense of compassion for those I assist. Having said that, I have helped several people who struggled with very resistant behaviors, such as strong phobic reactions and decades-long habits that nothing else they tried relieved them of. I'll leave it at that, concerning the bylaws which govern the use of hypnosis by vocational hypnotists and hypnotherapists in California. Fortunately, Senate Bill (SB-577) allows citizens to choose complementary and alternative care, by acknowledging their rights to do so with informed consent. I feel fortunate to have the skills and knowledge I have developed, due to having studied with some incredible teachers and mentors over the years.

LATM: *Can you tell us a little bit about your experience with your line of work during the current pandemic we have been in? Have you noticed a change in your business over the past year?*

CC: The Pandemic we've been facing has changed things quite a lot! Many people, at first, didn't realize how to proceed. It took a bit to adjust to the new protocols and requirements of the State, which changed a bit from time to time. I have gotten good at all the sanitation procedures and social distancing requirements necessary to run my practice successfully and without incident. Of course, I see more clients online these days but, many clients do come to see me in person too. I think my online clients have doubled, however. And the thing is, it's just as effective when I do it via Zoom. I think people are happily surprised when they realize this as it gives some comfort to those who wish to stay at home or who already live in other states and other countries.

LATM: *With a man of your background one can only assume that you must love to travel the globe! What are some of your favorite places you have been around the world? I imagine you would have had some life-changing trips in your line of work...*

CC: I have the travel bug and there are so many places on my bucket list! So far, I've enjoyed visiting Europe, Africa, and South America. A big game-changer for me was climbing Mount Kilimanjaro. Also, my Peruvian trip which included a prolonged stay with an Amazonian Shaman was life-changing and magical. I look forward to feeding my travel addiction as often as possible. - I won't be seeing another hypnotist remove that "vice" either!

LATM: *What are your most special moments when you travel to a new country? Are you a man of adventure, culture, leisure, or a little bit of it all?*

CC: For me, it's all about the architecture, natural atmosphere, food, and culture. Seeing a new place changes me each time. It stimulates my creativity and gets my juices flowing. For a little while, I get to jump into a new world and live as though I'm a whole different person. That's quite a lot of fun for an imaginative, playful, and adventurous person like myself. And I get incredible enjoyment from learning about the history of a place, too. Being such a foodie and wine enthusiast means that I can step into that old-world feeling and taste a place with all of my senses. It's truly awesome and tickles my spirit to no end!

LATM: *Thank you so much for taking the time to work with us to bring more holistic health to our lives! How can our readers reach out in case they are searching for the same enriching value that we found by working with you?*

CC: You are quite welcome, it has been a pleasurable experience working with your team and I look forward to hearing from any of your readers that I can help in any way. All of my information is below and I can be contacted through my website or by phone.

Carlos Martin Casados
Mht, MNLP, MTD Hypnotherapy; Life Strategies; Transformational Counseling; Conflict Resolution; Neuro-Linguistic Programming, Wellness Consulting
www.hypnotherapybreakthrough.com
Tel (530) 433 4569

FUTURE

When we decided to look into a profession that could help us all with our future both near and far we came up with the idea to find a cardiologist who could give us ever so important tools to ensure we live a long and healthy life. We searched both OC and LA and found one of the most successful heart specialists in the Orange County area, Dr. Brian Kolski; the man who helps thousands achieve longevity in their heart health with the latest and greatest technology at the Orange County Heart Institute in Orange, California.



LATM: *Dr. Kolski, thank you for taking the time out of your busy schedule to do this article with us. With 2020 being such a challenging year we compiled a trio of specialists to give our readers hope for their overall health. With you being Orange County's leading heart doctor we figured what a better health expert to give us a glimmer of hope for our futures making sure we are all living our best lives day in and day out. First off can you tell our readers a little bit about yourself and your line of work? We see that you are an Interventional Cardiologist, can you elaborate on exactly what that entails?*

BK: Thank you for the kind words and the opportunity to be a part of this article. My hope would be if one person reads this and makes a change in their health to save a life, I would say mission accomplished. First off to explain Interventional Cardiology is a subsection of cardiology where doctors can do invasive procedures such as valve replacements as well as coronary stent replacement. As far as highlights of my career I have a lot of experience with working with professional athletes including the US men's winter Olympic team, US World Cup soccer, and I am currently the cardiologist for the Anaheim Ducks hockey organization. I participate in the most cutting-edge device-related clinical trials, and our hospital was one of the largest enrollers in 2 acute heart attack studies that will be published in the next year. I am also very proud to direct the busiest transcatheter heart valve program in Orange County.

LATM: *What is the most exciting as well as the most challenging part of being a cardiologist?*

BK: The most exciting part of being a cardiologist in 2020 is how cutting-edge treatments are helping patients with heart defects and disease. We now have medications and procedures that can make people's lives not only more productive and less symptomatic but also much longer. Technology has advanced so much that we are doing procedures now that when I did my training a decade ago, we would never dream of doing. The most challenging part of being a cardiologist is getting patients to subscribe to a healthy lifestyle, we have so many great therapies to offer but nothing beats preventing disease before it happens.

LATM: *What are some symptoms that our readers should be aware of related to their overall heart health?*

BK: I always worry about patients who notice a significant decline in their exercise tolerance as this is often an indicator of a

much bigger problem. Rule of thumb any patient that has dizziness, shortness of breath, or chest discomfort should be evaluated by a cardiologist as soon as possible.

LATM: *Since heart disease is the leading cause of death in America, can you give our readers some tips on how to improve and sustain good cardiovascular health?*

BK: I would say that just keeping up a lifestyle that has a good balance of whole food nutrition as well as a daily exercise routine is the number one way to prevent heart disease. A nutritious diet to me is defined as predominantly plant-based with lean protein as well as lower in starchy carbs and refined sugars.

LATM: *Can you tell us a little bit about your experience of being a heart specialist during the current pandemic we are in? Have you noticed any change in your business over the past year?*

BK: This has been a very challenging time in the hospital. We have had several patients have delayed care due to overcrowding, and fear of hospitals. In addition, COVID-19 has significant cardiovascular issues related to blood clotting, and damage to the heart muscle. I also work as a consultant for professional sports, and we are seeing a huge increase in demand for the evaluation of players and coaches who are recovered from Covid. We have been luckily able to adapt the office with significant remote visits and telehealth, which keeps our waiting room and office at a low density for safety.

LATM: *We have heard that the Orange County Heart Institute is a top-ranking establishment in California, can you tell us a little about the type of equipment/technology that is used there that puts them above the rest?*

BK: Orange County Heart Institute is definitely at the forefront using the latest technology including remote patient monitoring, arrhythmia monitoring which our patients can all use wearables. We have the latest in ultrasound and nuclear stress testing, as well as vascular studies.

LATM: *Since we are a travel-based publication you know we just have to pick your brain on some travel-related questions! Do you have any heart-healthy tips for our readers as they prepare for an upcoming much-needed vacation?*

BK: I think the biggest mistake people make when vacationing is poor choices when it comes to diet. Oftentimes people are grabbing

non-nutritious foods at the airport and when they are on the run. I always recommend packing heart-healthy snacks on travel days and trying to identify healthy restaurants when people are out and about. For long travel days, it's also a good idea to wear compression socks and make sure people are getting up on long flights and walking at least once an hour as well as staying well hydrated!

LATM: *Since we are on the topic of travel, we have to ask what are your favorite places to visit around the world? Any spots that are on the bucket list that you are excited to visit soon?*

BK: I have spent a lot of time in Central and South America, both working and traveling. My favorite place in the world is Peru because you can be in the mountains, the jungle, the beach or the city all within a couple of hours. One of the coolest things we did when we were in Peru was organized all daily hikes ourselves. We were too late to book a tour guided hike on the Inca Trail, so we purchased topography maps and hiked through the Peruvian backcountry through rural villages and mountains with no guides. The villagers were amazingly hospitable, we often camped out in schoolyards or Villagers Farms. To see the sunrise on Machu Picchu, we hiked up from the base camp at Aguascalientes with headlamps on, and we convinced the guards to let us in early. We were able to experience Machu Picchu with no other tourists for three hours while we waited for the sunrise. This truly was a memory that we will have forever!

****For our adventurous travel we love to go helicopter skiing where you can ski fresh powder that's never-ending all day. Mike Wiegele Heli-Skiing in British Columbia is my favorite!!**

LATM: *Thank you so much for all the great information that we can all hopefully learn from for longer healthier lives. How can our readers make an appointment to come see you at the Orange County Heart Institute?*

BK: You are welcome and once again thank you for letting me inform your readers on better cardiovascular health. To book an appointment you can check us out online at <https://briankolski.com> or call the info below.

Brian Kolski MD
Orange County Heart Institute
Director Structural Heart St Joseph Hospital
(714) 564 3300