



HEALTHY LIVING | HEALTHY PLANET

FREE

natural awakenings

**African American
Skin Care**
- Part 1 -

**Solving Men's Mental
Health Issues**

**CRACKING THE
LONGEVITY CODE**

**Building a
Greener Home**



naatlanta.com

JUNE 2024

Starting this Fall!
**Professional
Reflexology
Program**

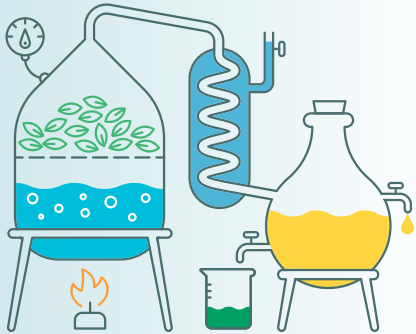
Founded in 1992, the Heal Center is an internationally recognized provider of Reflexology and Aromatherapy education.

HEALCENTER
healing arts + learning

HealCenterAtlanta.com
Call for more information
(404) 303-0007

Aromatherapy

June 26
Become a Certified Aromatherapist! Learn how to use over 60 essential oils in this level-1 NAHA approved course. You will gain a deep understanding of the key elements and practices, building a strong foundation of experience and knowledge. Unleash powerful healing for body, mind, and spirit!

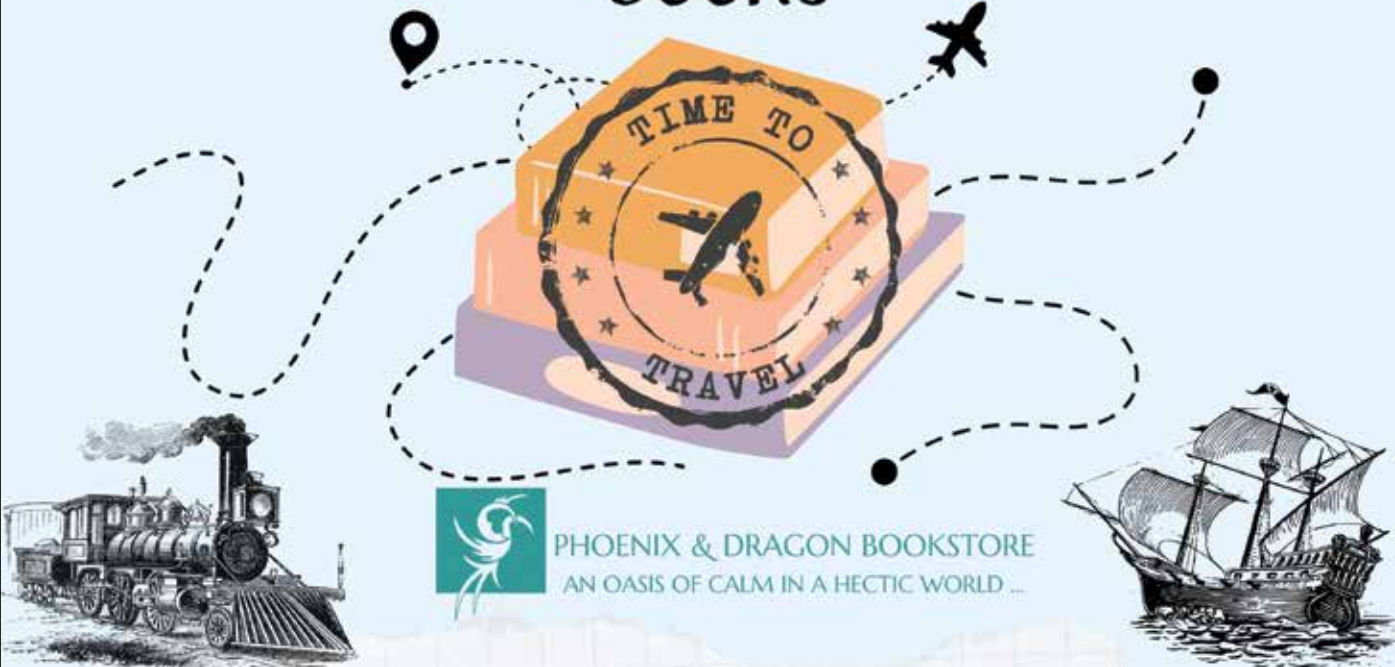


Reflexology

Intro class: June 28
Reflexology stimulates the body's innate healing ability. Learn easy-to-use, powerful techniques and protocols that reduce stress and anxiety, ease pain, and encourage balance and deep relaxation.



**20% OFF ADVENTURE THEMED
BOOKS**



Find Your
PEACE
in our salt cave.

Forever and a day
New Age Emporium

 **Woodstock
Salt Cave**

Find Your
MAGIC
in our store.

foreverandaday.biz | 770.516.6969 | 7830 HWY 92, Woodstock, GA 30189

POLARAID®

Based on Nikola Tesla's and Dr. Lakhovsky's works
Everyone needs more VITALITY - there is no limit!

Hundreds and hundreds of authentic, compelling testimonials — PolarAid® encourages the overall health of the body:
"This will be the fourth PolarAid I've purchased! I fully believe in this product and its healing power! I've given them to family members and we've all had great success with it." C.A.T. (Vista, CA)



"PolarAid is the gift that keeps on giving"
B.D. (New Forest, UK)

FREE shipping on orders of 100\$ or more!

ACT NOW and get Polaraid at
25% discount 64\$ 49.95\$!
www.polaraidhealth.com
1-450-486-7888

**Internationally
Inspired Plant-Based
Meals**



Three Meal Plans to Choose From:



SAMPLE ME (3 Meals) ENERGIZE ME (6 Meals) NOURISH ME (8 Meals)

**Subscribe & Save Up to
10% on Weekly Meals:**

- Hassle Free Ordering
- Mostly Organic & non-GMO Ingredients
- Gluten-Free Friendly Meals
- Save Money on Weekly Meals
- All Meal Plans Come w/Drinks & Healthy Snacks

EssentialMeals2Go.com



The Well of Roswell

Hope, Healing & Happiness

Holistic Healing & Events Center

• Metaphysical Events

• Frequency Healing

• Sound Journeys

• Intuitive Development

• Energy & Spiritual Sessions

• Sacred Beats Drumming

• Workshops & Classes

www.TheWellofRoswell.com

Full List of events on website

Event space for rent hourly, daily or weekends



REIKI - MEDITATION - TAROT

Complimentary 1-hour consultations for new clients!

Book at wisteriandwillow.com



55 Atlanta St. Suite 213 Marietta, GA 30060

2 blocks from Marietta Square

Wisteria & Willow

CHOPRA CENTER CERTIFIED INSTRUCTOR



Let's find your happy + healthy HOME



Our home is one of our most expensive investments. It should also be an investment in our health and well-being. I am a certified building biology advocate & am very excited to use the knowledge and skills about 5GEMF concerns and how to create a non-toxic living environment to help you find a healthy home.

Tori McGee

HOLISTIC REALTOR

your HOLISTIC REALTOR

770.608.6777 or 404.236.0043

www.atlantaholisticrealtor.com

CHAPMAN HALL REALTORS | 6100 LAKE FORREST DR., SUITE 120 | ATLANTA, GA



Zap Your Pain!

The Ahimki Center has acquired COLD LASER TECHNOLOGY to target pain relief—FAST—with no side effects or drugs. Works well for:

• Arthritis

• Chronic Back Pain

• Joint Pain

• Sports Injuries

• More!



\$50 off First-Time Clients

Mark Armstrong, ND

info/appt: (770) 552-4242

ahimki.net



18

SOLVING MENTAL HEALTH ISSUES IN MEN



12 Prostate Protection

14 Melanin Magic

20 Building Quality Muscle

22 Secrets to Summer Success

24 Consider the Season

28 Jeffrey R. Gladden on Cracking the Code of Longevity

30 Green-Home Design Tips

34



14

DEPARTMENTS

9 Publisher's Letter

10 Atlanta Briefs

12 Conscious Eating

14 Healing Ways

20 Fit Body

22 Healthy Kids

24 Yoga

28 Wise Words

30 Green Living

32 Calendar

34 Classifieds

36 Community Directory

38 Walking Each Other Home

4 natural awakenings Atlanta Edition

naAtlanta.com June 2024 5

Coaching

- A FOCUSED ADVERTISING SECTION -

To advertise in this section, call: 404-474-2423

UNLOCK INNER FREEDOM!

Discover natural, non-invasive & drug-free solutions using the combined power of hypnosis & coaching!

Individualized Support for:



Jessica Tulloss, RN

- ◆ Stress & Anxiety
- ◆ Weight Loss
- ◆ Healthy Sleep
- ◆ Chronic Pain
- ◆ Motivation & Consistency
- ◆ Self-Confidence
- ◆ Health Concerns
- ◆ Much more!

Call Today! 678-951-0888



Are You Ready to Live a Happy, Healthy & Fulfilled Life?

"I will partner with you in making **positive sustainable changes** based on your unique needs, lifestyle, preferences and background:

- lose weight, manage/reverse chronic disease, reduce stress, increase energy and more
- turn self-understanding into strength
- experience an increased sense of wellbeing
- reach your fullest potential

"

LET'S GET STARTED TODAY!

Schedule a **FREE** 15 min. exploration call: 770-789-7782



HealthyLivingWithHope.com



HOPE KNOSHER
Health & Wellness
Coach, Yoga Teacher
and Therapist

Diane Martinez
Conscious Creating Life
Coaching, LLC
www.consciouscreatinglife
coaching.com
cclcdiane@gmail.com
404-439-9383



Diane Martinez is a certified holistic life coach who empowers clients to create the lives they desire. Schedule a free call to see how working with her can transform your life experience!

Stacy Joslin, MBA, FMCHC, RYT-500, CCWS
Owner and Coach-Consultant
Sweet Pea Well Being
sweetpeawellbeing.com
stacy@sweetpeawellbeing.com



Integrated wellness coaching and consulting from a functional medicine-certified health coach and they desire. Schedule a free call to see how working with her can transform your life experience!



Do You Want To Be Fulfilled & Have More Abundance In Your Life?

I work with clients all over the world. I will help you align with the life you desire.

Book a Consultation Today!

Listening Hands®, LLC
www.thelisteninghands.com | 770-778-1702

LaDeidra Wooten, BSN, RN, CCM, LMT
Holistic Nurse & International Intuitive Coach



Everyone deserves a personalized blend of healing practices & support.
Jessica Otieno, Life & Wellness Coach
Book a Free Discovery Call Today
bit.ly/jo-discovery

WEB EXCLUSIVES



Footloose Fitness
The Joys and Benefits of Dance Classes

bit.ly/dance-classes-0524



Women Nurturing Mother Earth
The Growing Influence of Female Environmentalists
bit.ly/women-environmentalists-0524



Raising Puppies to Be Heroes
How to Foster Guide Dog Candidates
bit.ly/raising-guide-dogs-0524



Anna Cabeca on The Hormone Fix

bit.ly/cabeca-0524

SUBSCRIBE TO OUR NEWSLETTER

Don't miss out on Atlanta's #1 source for natural healing and personal evolution articles and commentary. Sign up now for our twice-monthly e-newsletter!

bit.ly/signup-fomo

ARCHIVE DIVE African American Coverage

This issue marks our fifth special section/special series on an issue of import to Atlanta's African American community. Here are our four previous installments. The QR code gets you to our landing page for all our African American coverage.



Black & Vegan in Atlanta
bit.ly/naa-black-and-vegan

Black & Natural
bit.ly/black-and-natural-0622

Healing the Trauma of Slavery
bit.ly/slavery-0221

Three Black Holistic Healing Superstars
bit.ly/black-docs-0623



COMMUNITY PARTNERS

Natural Awakenings is grateful to the companies that sponsor our website.

naAtlanta.com



Contact Us

404-474-2423
info@naAtlanta.com



Cover image by
OneInchPunch from Canva

© 2024 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



Atlanta Team

Publisher **Paul Chen**
Managing Editor **Diane Eaton**
Yoga Editor **Patty Schmidt**
Consulting Editor **Trish Ahjel Roberts**
Calendar Editor **Theresa Archer**
Copy Editor **Erin Lehn**
Senior Staff Writer **Noah Chen**
Design & Layout **Steffi K. Kern**
Website **Adrita Ghosal**
Sales **Amy Ryan**
Distribution **Donna Abbott**
Vincent Turner

National Team

CEO **Kimberly B. Whittle**
National Editor **Sandra Yeyati**
Editor **Brooke Goode**
Copy Editor/Proofing **Melanie Rankin**
Layout **Flip180 Media**
Natural Awakenings Publishing Corporation
350 Main Street, Suite 9B
Bedminster, NJ 07921
239-206-2000
NaturalAwakenings@KnoWEwell.com
Own Your Own Franchise
Corp.NaturalAwakenings.com

Submissions

We invite pitches, submissions, letters to the editor, and contributions to our column *Walking Each Other Home*. Email our managing editor at diane@naAtlanta.com, or scan the QR code below.



Distribution

We distribute *Natural Awakenings* throughout Atlanta to organizations that resonate with our content: offices of holistic healers, natural food stores, vitamin and supplement shops, yoga studios, etc. Email our distribution manager about distributing at your site, amy@naAtlanta.com, or scan the QRcode.



Advertising

From listings to display ads to digital options, there are many ways to promote your business with us. Email our publisher at publisher@naAtlanta.com, scan the QR code below, or call 404-474-2423.



Index of Display Advertisers

1 Solution at a Time.....	33	Hands On Wellness.....	14	Natural Awakenings Atlanta.....	39
Ahimki Center for Wholeness.....	04	Heal Center.....	02	Natural Awakenings Corporate.....	39
Art of Living Retreat Center.....	33	Healing Hands Reiki.....	17, 26	Naturally Healthy.....	15
Atlanta Dental Wellness.....	40	Holistic Health & Wellness.....	25	Northstar Timeless Healing.....	17
Balancing to Peace.....	19	Hope Knosher.....	06	Phoenix & Dragon Bookstore.....	03
Body Awareness Studio.....	26	Jessica Otieno.....	06	PolarAID.....	03
Chef Beee.....	03	Jessica Tulloss.....	06	Sanktuari of Self.....	27
Curvy Yogini.....	27	Kim Green.....	32	Share International.....	25
Elohee.....	33	KnoWEwell.....	11, 29, 31	The Well of Roswell.....	04
Essentials Health and Wellness.....	19	Kriya Yoga Online.....	25	Tori McGee.....	04
Fierce Inner Alchemy.....	17	Lisa Watson.....	17	Wellspring Dental.....	15
Forever And A Day.....	02	Listening Hands.....	06	Wisteria & Willow.....	04
Fullei Fresh.....	13	MOON Organics.....	19	Writing Doctor.....	23

Publisher’s Letter



This Issue,
We Begin Using AI

It was inevitable. It was only a matter of time. Of course, the argument can certainly be made that we’re well behind the curve. But—full disclosure—as of this issue, this magazine is publishing a few Atlanta Briefs that were edited by humans but were originally written by ChatGPT.

If there’s one value that this editorial staff embraces and enshrines, it’s integrity. To us, integrity is *the foundation* for everything—starting with readers’ trust. We have adopted and continue to adhere to the perspective and ethics of traditional journalism, which, to borrow a phrase, comes down to “fair and balanced.” While we’re at a point in time when society is beginning to grapple with the ethics of using artificial intelligence tools such as ChatGPT, one thing is clear to me: when we use it to help us write an article, we must let you, our readers, know. Transparency, after all, is a significant factor in developing and maintaining integrity.

Thus, from this point forward, please know that we will be using ChatGPT to help us write many, if not most, of our Atlanta Briefs.

Our news briefs, of course, are a logical place to start because they’re short—250 words maximum—and they’re usually derived from a single source. Also, perhaps most importantly, they do not require creativity in their writing. We’ve determined that the AI tool can’t write headlines; there’s no point in asking it to anymore. Briefs are quick and to the point, while good feature stories are written well enough to draw readers in—and that requires creativity. One should never say “never,” but I can’t imagine ChatGPT writing any opening paragraphs of feature stories for us.

Our next step will be to see how ChatGPT performs in writing simple feature stories—except for the opening and closing paragraphs. Because we’re a small business with limited resources, one thing that we haven’t been able to do is publish more Community Spotlights, features that highlight unique Atlanta businesses and nonprofits. Spotlights are pretty straightforward, although they can be more complex than Atlanta Briefs because we are committed to seeking out at least three human sources with whom we conduct personal interviews. I assume that ChatGPT will be successful in this endeavor, in which case article bylines will include the phrase “with assistance from ChatGPT.”

That said, another consideration is where we publish: in print and/or online. It costs us a great deal more to do the former than the latter. So, while I imagine we will be able to produce more Community Spotlights, we will likely choose to publish many, if not most, of them online only.



Beyond briefs and simple features, I can see ChatGPT helping us think through writing projects that involve three or more stories. I don’t have enough experience with ChatGPT to guess whether it will be able to help us write portions of such articles. Generally, special sections and series are much more complex than Community Spotlights, and those who write them have to integrate information from multiple sources and weave multiple threads together. Perhaps that’s too much to ask of ChatGPT.

In general, perhaps the biggest concern of anyone using ChatGPT is the quality of its sources. In fact, ChatGPT does an excellent job of stating the issue: “AI models, including ChatGPT, are trained on vast datasets that may contain inaccuracies. They generate responses based on patterns in data rather than factual accuracy or deep understanding. This can lead to the dissemination of misinformation if not properly checked. Ensuring that the AI-generated content is accurate and reliable is paramount, especially in news reporting where factual correctness is crucial.”

Thus, I can say unequivocally that we’ll never rely on unidentified sources used by ChatGPT. Indeed, we supplied the AI with all the information it would need for the news briefs, and we’ll certainly maintain that practice with Community Spotlights.

So, maybe I take back what I said about “never” above. As far as this magazine is concerned, ChatGPT will never write this letter, nor will it write columns for *Walking Each Other Home*, although I will have to insert a clause into writers’ contracts about them not using it to write their pieces!

In conclusion, this publication has embarked on using AI in the form of ChatGPT to help us research and write articles. As with all emerging phenomena, there are many unanswered questions, and it is our intent to address them if they intersect with issues of editorial integrity. Do you have concerns? How do you feel about it? Write a letter to the editor and let us know what you think! (Send to editor@naatlanta.com). However, keep in mind that we might have to ask you to pledge that an AI tool didn’t write it for you. 🙏



Publisher of Natural Awakenings Atlanta since 2017, Paul Chen’s professional background includes strategic planning, marketing management and qualitative research. He practices Mahayana Buddhism and kriya yoga.

Tenth Annual Dirty South Yoga Fest Set for August

Celebrating a decade of wellness and community, the Dirty South Yoga Fest returns to the Loudermilk Center in Atlanta August 23 through 25. This event, sponsored by lululemon for the second consecutive year, promises an enriching experience, with health-focused panels, wellness workshops and yoga classes starting on the first day, a Friday—a feature last seen in 2019. “Celebrating 10 years of yoga and community is a monumental moment for us,” says Catherine Koonce, director of operations for the festival.

Tickets for the event are \$119 for a single day and \$289 for a three-day pass, with prices set to increase on June 24 and again on July 24. The festival aims to cater to the vibrant yoga community in Atlanta by reintroducing the much-missed Friday schedule, offering flexibility for those unable to attend weekend sessions.

Dirty South Yoga Fest is not just an event but a celebration of the yoga lifestyle that fosters community engagement and personal wellness. With the festival’s track record of sold-out ticket sales and capacity to draw new attendees—75 percent of 2023’s attendees were first-timers—the 2024 fest is set to be a special edition. The festival also continues its tradition of supporting the local community; the proceeds will be shared with a nonprofit organization in the community.

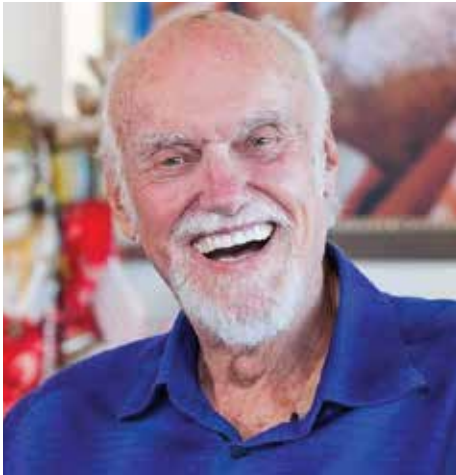
The Loudermilk Center is located at 40 Courtland Street NE in Atlanta. For more information, visit DirtySouthYogaFest.com.
Disclosure: Natural Awakenings of Atlanta is a sponsor of the Dirty South Yoga Fest.



2023 Dirty South Yoga Fest
Photos: Hope Mullett

Third Annual Ram Dass Legacy Retreat in August

The Love Serve Remember Foundation (LSRF) is hosting its third annual 2024 Ram Dass Legacy Summer Mountain Retreat August 15 through 19 at the Art of Living Retreat Center in Boone, North Carolina. The theme of this year’s retreat is “Harmony and the Sacred Feminine,” and it will explore the integration of Bhakti and Buddhist teachings. Krishna Das, Spring Washam, David Nichtern, and Rima Rabbath and other notable spiritual leaders will lead participants through a variety of sessions such as kirtan, guided meditations and yoga practices.



Ram Dass

The retreat promises to be a blend of spiritual enrichment and artistic expression, featuring live music performances by The Human Experience intended to enhance the meditative and communal atmosphere. Raghu Markus, executive director of LSRF and host of the event, emphasizes the event’s impact: “This retreat offers a unique opportunity to dive deep into spiritual practices surrounded by the natural beauty of the Blue Ridge Mountains, fostering significant personal and communal growth.”

LSRF is dedicated to preserving and continuing the teachings of Neem Karoli Baba and Ram Dass. It works to share their teachings through online courses, blog content, films, podcasts and collaborations with conscious artists and musicians.

For more information, visit bit.ly/ram-dass-2024. To save \$100 on the retreat, register using this link: bit.ly/AOLRC-pc.

Brother Shankara of Vedanta Center Atlanta Transitions

Surrounded by loved ones chanting and singing, Brother Shankara, resident minister of the Vedanta Center of Atlanta, passed away on March 22, 2024.

Shankara was born on May 19, 1942, in Fresno, California, to Clifton W. Kemper and Lora Kemper. The eldest of five children, he embarked on a transformative spiritual journey after meeting Swami Prabhavananda in 1973. Formerly Gary W. Kemper, he adopted the name Shankara and dedicated more than 25 years to the Vedanta Society’s board. He was also instrumental in establishing numerous centers around the world.

Following the passing of his beloved wife, Marjorie, in 2010, Shankara received Brahmacharya vows and stepped into the role of resident minister at the Vedanta Center of Atlanta. He revitalized the center by offering countless talks and classes and deeply engaging in interfaith dialogue.

Brother Shankara is survived by his son, Benjamin Kemper, and a community of devotees who revered him for his deep compassion, wisdom and unwavering commitment to spiritual education. His legacy is marked by the love and enlightenment he spread through his teachings and personal interactions.

A memorial service that included a program of brief talks and songs was held on March 26, 2024, at A.S. Turner & Sons Funeral Home in Decatur and concluded with his cremation.



Brother Shankara r / Photo: Janice Johnson





YOU HAVE THE POWER

To Take Control of Your Health and Well-Being

WEBCASTS

700+ and Growing
Live and On-Demand
Expert Webcasts

Free


Scan here

COURSES

120+ and Growing
Whole Health Expert
Courses & Films*

*Members
30%
Discount


Scan here

COMMUNITIES

200+ and Growing
Whole Health &
Expert Communities

Free


Scan here

***Start curating your own learning library. KnoWEwell Pathfinder members get 50+ and growing courses for free, plus discounts on expert courses for less than a smoothie a month!**

Natural Awakenings readers receive a 30% discount on KnoWEwell memberships.

Join at: <https://www.knowewell.com/community/join-individuals>. Apply code: **KWW30**

Prostate Protection

A Look at Holistic Cancer-Prevention Strategies

by Zak Logan



Most men don't usually think about their prostate until they face an exam or experience symptoms such as pain or difficulties while urinating. These symptoms may be attributed to a benign enlargement of the gland, usually in older men, or to the presence of cancer cells. This understated reproductive player, which can be stimulated for sexual pleasure, is responsible for regulating urine flow, secreting semen and converting testosterone into dihydrotestosterone (DHT) at puberty.

Prostatic cancer usually affects men over 65. African American and Caribbean men are at a higher risk. Although the American Cancer Society predicts almost 300,000 new cases this year, overhauling the diet and getting regular exercise can make a difference. "It's never too early to begin taking care of your prostate," says Dennis Golden, a two-time cancer survivor and prostate-cancer coach from New Kent, Virginia.

Proactive Lifestyle Measures

"In terms of lifestyle, everything is accumulative. If you put in junk, your body doesn't know what to do with it and stores all those chemicals that don't belong there, and it all eventually catches up with you someday. Read labels. If you can't pronounce it, don't eat it," says Golden, who went back to basics when he faced his frightening cancer diagnosis.

According to Jon Lanman, a registered dietitian nutritionist in Bend, Oregon, "In health care, we talk a lot about lifestyle change, and the reality is that lifestyle change is hard, and it takes time." He advises tossing aside perfection and expecting slip-ups while committing to small changes that add up.

For Golden, eliminating restaurant food, excessive sodium and alcohol has been key. A fan of quick and easy meals, he relies on pan cooking for healthy, delicious fare with plenty of steamed veggies. "There's no reason to grab a burger or to eat out when you can have a meal finished in 25 minutes. I veered away from beef and incorporated more chicken and fish like salmon and fresh trout," he explains, adding that biking also made a difference. Now 81, he pedals 25 miles several times a week.

Dietary Recommendations

Lanman notes, "There is no single miracle food, but I'd recommend limiting sugars and processed carbohydrates, as well as processed meats and red meats." To amp up nutrients, he spotlights the Mediterranean and DASH diets that accentuate fiber from fruits, vegetables and whole grains. Lanman also recommends lycopene, a compound found in tomatoes, beets, radishes, cherries and pink grapefruit, which has shown promise in the treatment and prevention of prostate cancer.

The Prostate Cancer Foundation (PCF) advocates cruciferous vegetables like cauliflower, bok choy, kale and Brussels sprouts. Packed with the phytochemical glucoraphanin that targets cancer cells, broccoli is a heavy hitter, as well.

Recent research points to a number of nutritional guidelines. A 2021 study published in *European Journal of Public Health* noted that nitrites as food additives were positively associated with prostate cancer risk. A 2022 study published in *Frontiers in Nutrition* also found a higher risk of

the disease in those consuming red and processed meats.

In a 2022 study published in *The American Journal of Clinical Nutrition*, researchers reported a lower risk of aggressive forms of prostate cancer in men under 65 that followed a diet rich in plant-based foods. After tracking men in a study for six years, a team of Harvard University scientists found that selenium supplementation was linked to a 65 percent lower occurrence of advanced prostate cancer, but it was contraindicated for individuals with high systemic levels of the mineral. Additional studies are underway to determine recommended dosages, but the researchers of this study suggested "a healthful diet that will provide good amounts of the mineral."

Rethink Alcohol

Both Lanman and Golden recommend eliminating alcohol altogether. While research on the correlation between alcohol consumption and prostate cancer is inconclusive, a 2022 meta-analysis published in the journal *Biomolecules* suggests that alcohol intake and the development of prostatic cancer can create the perfect storm when poor diet, folate and fiber deficiencies, advanced age, race, smoking, obesity, genetics, stress and other factors are also present.

Mood Regulation

According to the PCF, extreme stress can have a cumulative effect on the body, allowing prostate cancer to take root and grow. This is because the stress response can activate certain hormones that make it easier for tumors to grow and spread, while also negatively impacting the immune system.

To relieve stress and learn better coping skills, PCF suggests adopting relaxation and meditation practices, counseling, group therapy and exercise. For Golden, better health is a mindset. He endorses journaling and having good expectations daily. "Focus on the positives," he says.

Zak Logan is a freelance health writer dedicated to holistic living and getting back to basics.

White Quinoa Salad With Blueberries

YIELD: 2 SERVINGS

- 1 ¾ cups water
- 1 cup organic white quinoa
- ½ cup fresh or frozen organic blueberries
- ¼ cup finely chopped red or white onion
- ¼ cup finely chopped fresh Italian parsley
- 1 Tbsp aged balsamic vinegar
- ⅓ tsp Himalayan pink salt
- Organic, extra virgin olive oil



Combine quinoa, water and salt in a medium pot. Bring to a boil; cover and reduce heat; and simmer for 15 minutes. Remove covered pot from heat and let sit for 10 minutes before removing lid and fluffing the grains with a fork.

Add vinegar, blueberries, parsley and onion; mix gently. Serve quinoa salad warm or cold with a drizzle of olive oil.

Recipe courtesy of frequent contributor Marlaina Donato.

Cucumber Apple Salad With Cilantro

YIELD: 4 SERVINGS


- 2 medium-sized cucumbers or 1 large English cucumber, sliced thin, peel optional
- 2 medium or large apples of choice, chopped into bite-sized pieces
- ¼ cup finely chopped fresh cilantro
- ½ lemon, juiced
- ½ lime, juiced
- ¼ tsp Himalayan salt
- 1 Tbsp organic, extra virgin olive oil



Combine all ingredients in a bowl. Gently toss and serve immediately.

Recipe courtesy of frequent contributor Marlaina Donato.

Continued on page 21.

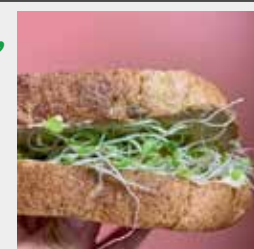
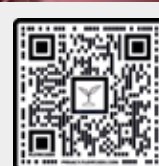


Improve your Health with Sprouts, the Original Superfood!

- ☒ **IMPROVE BLOOD SUGAR***
- ☒ **MANAGE DEPRESSION***
- ☒ **LOWER RISK OF HEART DISEASE***
- ☒ **AID DIGESTION***
- ☒ **EASE PMS AND MENOPAUSE***

*source: pubmed.gov

Find us at Sprouts Farmers Market in FL, GA, NC and SC!



Soft Wave Therapy

Regenerative, Non-invasive, Improve Circulation, Reduce Pain & Inflammation

Conditions that respond well to SoftWave Therapy:

- Arthritis
- Bursitis
- Tendonitis
- Plantar Fasciitis
- Sciatica
- Neuropathy
- Disc Injury
- Spinal Stenosis
- TMJ Dysfunction
- Carpal Tunnel Syndrome



Hands on Wellness
CHIROPRACTIC
howchiropractic.com

The most effective treatment to heal the body using acoustic waves to activate the body's own dormant stem cells.

Introductory offer only \$49

Located inside:

Hands On Wellness Chiropractic
3652 Chamblee Dunwoody Rd. Suite 1
Atlanta, GA 30341

www.howchiropractic.com
770-452-2955

Hyperbaric Oxygen Therapy

Deliver Oxygen To Your Cells

Hyperbaric oxygen therapy can help promote healing, reduce inflammation, and increase your energy levels.

Some benefits include:

- Decreases Stress, Anxiety & Depression
- Reduces Inflammation
- Improves Sleep Promotes Stem Cell Growth
- Enhances Cognitive Function
- Sports/Athletic Recovery
- Aids Diabetes, Autism, Neuropathy



Hands on Wellness
CHIROPRACTIC
howchiropractic.com
770-452-2955

Healing Ways



Melanin Magic

by Susan Gonzalez

This is our fifth installment of a package of articles addressing, in depth, an issue of concern to the African American community. In all previous instances, we published all articles in a single issue. This year, due to a family emergency, we're spreading the package across two months, June and July. Our plan is to offer the second and third articles, along with a resource listing next month. —Editor

While our human skin comes in an endless variety of types, tones and textures, it is a complex organ that is always made up of the same basic structure. However, there are advantages and disadvantages to darker skin tones, and they often possess a few characteristics that call for specific treatments.

Skin Basics and the Workings of Melanin

Let's start at the beginning. All dermal layers of humans are basically the same; however, the *epidermis*—the outermost layer of the skin—varies greatly from one ethnicity to the next when it comes to color and other characteristics. The epidermis has five layers, each with its own structure and function. The epidermis also contains *melanin*, a color protein or skin pigment that determines the darkness of the skin tone. Underneath the epidermis is the dermal layer, which contains the nerves, arteries, veins, oil glands, sweat glands and hair roots.

Skin pigment starts with *melanocytes*, cells that live in the basal, or deepest, layer of the epidermis. Regardless of ethnicity, everyone has the same

number of melanocytes, and all melanocytes have the potential to become melanated skin cells and create the color of skin, eyes, hair, and more. Which melanocytes—and how many—become melanated depends on several factors, including race, skin damage, and degree of sun exposure.

There are two types of melanin: *pheomelanin*, which produces yellow and red tones, and *eumelanin*, which produces brown and black tones. Genetics, environmental factors and geographic location determine which of these types of melanin is dominant. Regardless of the type, more melanin is created when stimulated as directed by genetics, skin damage, or sun exposure.

How do different skin tones come about? Melanocyte cells make *melanosomes*, granules that carry and produce melanin. Those with darker skin tones have up to 10 times the number of melanosomes that fair skin tones possess. Also, the melanosomes in darker skin are larger and cover more area than those in non-pigmented skin and create a dense network, deepening the tone of the skin.

The Advantages of Melanated Skin

Melanin can go a long way to protect against sun damage and aging of the skin. Heavily melanated Brown and Black skin have different characteristics than skin of lighter coloring. The more melanin and color there is in a skin cell, the better it protects against sun-induced UV rays, DNA damage and skin cell death. This translates to a lower incidence of sunburns and damage and a lower chance of developing skin cancer. In fact, those with white skin are approximately 70 times more likely to develop skin cancer than those with darker skin. The darker the skin, the more the skin can absorb and reflect UV rays. UVA rays, for example, travel deep into the skin and can cause deep damage, and UVB rays are the rays that can burn the surface of the skin. Black skin allows only 17 percent of UVA rays and 7 percent of UVB rays to enter the epidermis, while white skin allows 55 and 24 percent, respectively.

However, Black or Brown skin cannot completely protect one from the damaging radiation of the sun, so wearing sunscreen is still important. While darker skin is less susceptible to burns, a sunscreen with an SPF of 30 or more is still recommended to prevent deep damage that might eventually turn into skin cancer.

Skin of color also has comparatively larger *fibroblasts*—the cells in the skin that create collagen—than other skin tones. Collagen acts like padding underneath the epidermis. The more collagen in the skin, the younger-looking and the more plump the skin is. Elastin is the part of the skin that maintains the skin's underlying shape

Why a Naturopath?

Because we eliminate root causes, not just symptoms. Because we heal the whole person — physical, emotional and mental — not just treat a body part. Because we engage your natural healing capacity instead of prescribing pharmaceuticals. And because we practice “an ounce of prevention is worth a pound of cure.”



Janine Romaner
Naturopathic Doctor

770.640.6690
naturallyhealthy.ws



DECADES OF HEALING WISDOM
MOMENTS OF HEALING GRACE

Elevate Your Oral Health: Wellspring Dental's Airflow Technology Offers a Comfortable, Warm Water Cleaning for a True Wellness Experience.

We are one of the few practices in Georgia to offer this innovative technology that removes biofilm and stain completely, utilizing unique water spray technology as opposed to traditional methods.

We know biofilm is linked to other conditions like heart disease, alzheimer's, and diabetes. Treating oral biofilm is just one of the ways Wellspring Dental works towards our mission to help patients lead a long, healthy life.

Give us a call to come check it out, we hope to see you soon!

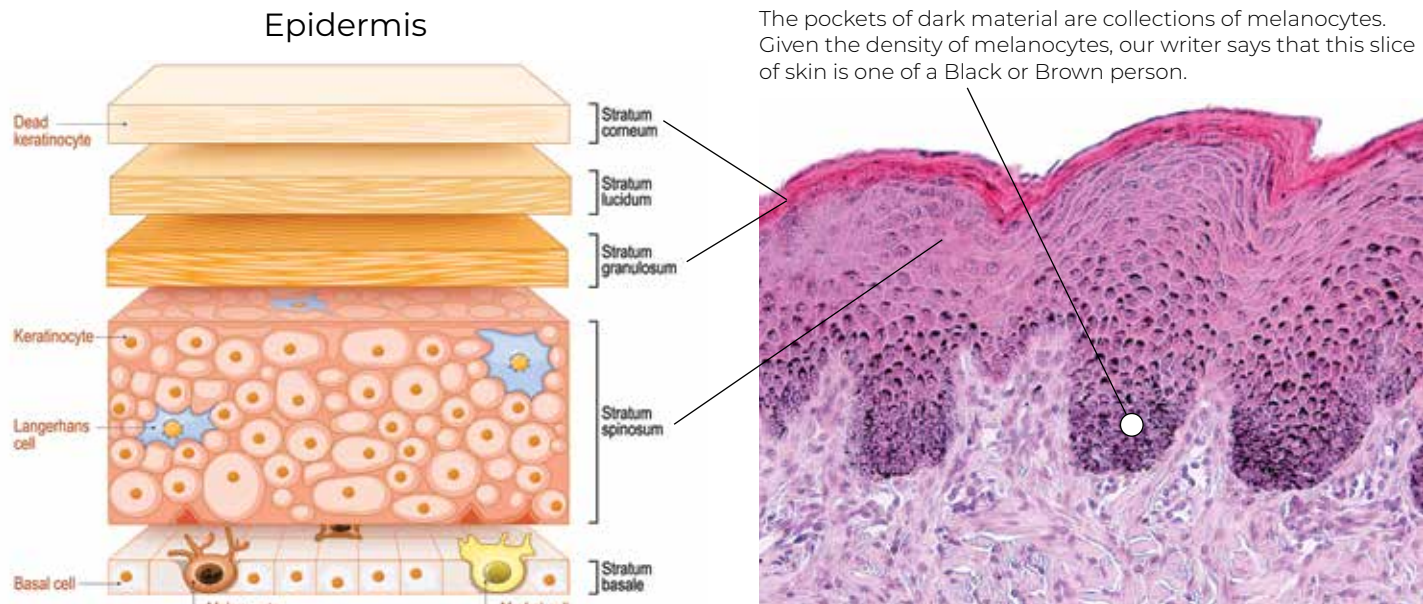


Wellspring Dental: Innovative Care with Heart

www.wellspringdentalatl.com info@wellspringdentalatl.com



Epidermis



edesignal/DepositPhotos.com
Jose Luis Cavio Martin & Jose Enrique Garcia-Mauriño Muzquiz, Getty Images

and appearance. If skin was a couch, the cushions would be the collagen and the coils and support springs would be the elastin. Sagging skin is a sign of failing elastin. The elastin in melanated skin lasts much longer and does not break down nearly as fast, keeping skin firm and youthful as it ages.

The density of the skin plays a role in keeping skin tight and free from wrinkles. The uppermost layer of the epidermis of Brown and Black skin consists of 20 compact layers, while lighter skin tones only have 16 layers, so they are more prone to showing signs of aging.

The Disadvantages

Having more melanin-producing cells, darker skin has its disadvantages. When the skin is damaged by sunburn, inflammation, acne, the use of harsh skincare products or treatments and other events that compromise its integrity, those cells can become hyperactive. Such damage can produce *hyperpigmentation*, darker areas on the skin that are harder to resolve. But while it can be difficult to treat, it is not impossible. There are numerous skin-care products and treatments specifically designed for Black and Brown skin to help even out the skin tone safely.

The density of those 20 layers of skin helps to prevent wrinkles; however, the downside is that denser skin also makes it harder for skincare products to penetrate

through and nourish deeper skin cells. Using a jade roller or simply pressing products in with fingertips after applying them can help with absorption.

Dark melanated skin typically exhibits overactive sebum glands. Sebum is the oil on the skin's surface that keeps it moisturized, but its over-production can lead to oily skin, clogged pores and acne. Proper specialized skincare routines can go a long way to improve these issues.

Larger fibroblasts lead to younger-looking skin, but they can become overactive from skin damage, such as injury or surgical scars. Over-production of healing tissue can lead to the production of *keloids*, an overgrowth of scar tissue in the area of injury. Keloids can be undesirable for cosmetic reasons and can also cause itching and discomfort, sometimes even pain. Treatments such as steroid injections into the tissue can sometimes minimize the problem.

Due to the direction of growth and the type of hair commonly found on melanated skin, ingrown hairs are more common. This can result in painful bumps and, in some cases, infection of the hair follicles, which can lead to hyperpigmentation. Regular use of an exfoliant, such as a salicylic acid scrub, can keep the skin surface clear and may help prevent ingrown hairs. There are many skincare products created specifically for that issue.

Further Considerations

While, historically, it has been believed that Black and Brown populations have lower-than-average vitamin D levels due to their skin color, recent studies have been inconclusive. Research continues to explore how different skin pigmentation might determine rates of product absorption, the rate of water evaporation from skin cells, and the effects of darker skin on vitamin D production.

It is well documented that people of color are underrepresented in dermatology research and that medical schools often lack sufficient education about Black skin issues. For best results, seek out skin care professionals who are familiar with the characteristics and concerns specific to Black and Brown skin. They should know that skin diseases present differently in skin of color, be knowledgeable about safe treatments and know how to address melanated skin issues effectively without causing any further problems. 🌱



Susan Gonzalez is a holistic licensed esthetician, author, nurse and owner of MOON Organics, a skincare company providing clean, healthy skincare and personal care products. Connect with her on FaceBook and Instagram at @moonorganics or visit MoonOrganics.com.

Energy Healing

Angel Jordan

Reiki Master & Intuitive Energy Guide
Wisteria & Willow
angel@wisteriaandwillow.com
404-671-7336



I offer reiki and crystal energy healing for relaxation and restoration. My intention: that clients experience growth and joy through expanded self-awareness and self-love. Free consultations for new clients.

Donna Futrell

Wellness Practitioner
Thewellofroswell.com
donna@thewellofroswell.com
678-230-3452



Reset your nervous system, release stress and restore energy. I move and clear disturbances that lead to dis-ease, and empower you to envision a life of ease, joy and vitality.

Ethos Energy Reiki & Sound Healing

RiChawn, Reiki Master & Sound Healer
The Heal Center (Sandy Springs, GA)
270 Carpenter Drive SE, Suite 500, 30328
www.EthosEnergyReiki.com

Mark Buhrke

Vibrational Sound Therapist and Reiki Master
A block east of Pine Lake in Stone Mountain
678-223-3490 mark@balancingtopeace.net
www.balancingtopeace.net



Vibrational Sound Therapy infused with Reiki and other healing modalities. Tuning Forks, Crystal Singing Bowls, Quartzophone and other sound instruments used in both private sessions and Sound Baths.

Monika Mukherjee

Auric Wellness
www.auricwellness.net
mukherjee.monika@gmail.com



Certified Bach Flower essence practitioner (UK) and Certified Mindfulness Practitioner (USA) offering individual consultations & Group Classes. Flower essences are great for emotional and mental well-being. Safe for pets and babies as well.

Ursula Lentine

Spiritual Advisor & Healer
www.UrsulaLentine.com
ursulalentine@gmail.com



Achieve wellness through deep inner work. Dr. Lentine helps you heal root problems, through evidence based Internal Family Systems, so you can have peace in your life. Complimentary Clarity Call: healingwithursula.as.me/ClarityCall



**EMOTION CODE
BODY CODE
BELIEF CODE**

Energy Healing

404-954-0158

fierceinneralchemy.com

**USUI/HOLY FIRE® III
REIKI TRAINING**



Learn therapeutic touch techniques to reduce stress, balance energy and promote healing for self and others.



Healing Hands Reiki & Spiritual Development Inc.
27 Waddell Street NE, Ste A, 30307
healinghandsreikiatl@gmail.com

Transform THROUGH Healing Energy

Journey to holistic wellness with Reiki, frequency tuning forks, and crystals.

This ancient healing practice harmonizes and rejuvenates your body, mind, and spirit.

Distant healing is convenient and effective. Energy transcends physical barriers and reaches you wherever you are.

Prioritize your wellbeing! \$10 off bookings for first-time clients.



**Northstar
Timeless
Healing LLC**

(770) 322-4051
nstimelesshealing@gmail.com
www.TimelessHealing.net

Solving Mental Health Issues in Men

Finding Meaning in Turbulent Times

by Dr. Reef Karim

Many men struggle with mental health issues, often experiencing debilitating emotional turmoil, alone and in silence. Evidence of this suffering can be quantified in a number of ways.

An epidemic of “despair deaths” related to alcoholism, substance abuse and suicide is documented to be worse in men than women. According to the U.S. Centers for Disease Control and Prevention, American males were almost four times more likely to commit suicide than women in 2021. The National Institutes of Health reports overdose mortality rates for opioids and stimulant drugs such as methamphetamine and cocaine are two to three



Image from Getty Images/Devan Georgiev/Canva Pro

times greater in men. While men use drugs at higher rates than women, this alone does not explain the gap in overdose deaths. Loneliness has become such a widespread problem that the U.S. Surgeon General recently called it an epidemic and the World Health Organization noted, “The effect of social isolation and loneliness on mortality is comparable to that of other well-established risk factors such as smoking, obesity and physical inactivity.” A 2021 report by the Survey Center on American Life stated that since 1990, the number of men saying they have no close friends has jumped from 3 percent to 15 percent.

Men’s Health and the Pandemic

COVID-19 incurred invisible costs such as increases in loneliness and mental health strain. Because men generally tend to spend less time and energy cultivating meaningful social relationships but still require structure to thrive, the pandemic was particularly destructive to them.

Roughly one out of three men in America under the age of 30 reported having no sex in the last year (a 30-year low), which is an obstacle to building meaningful relationships and families. Men have become not only socially disconnected, but also more vulnerable to following dangerous groups, influencers and others with extreme messaging. Men that fail to attach to partners, communities or careers may grow increasingly resentful and act out with volatility and unrest. An African proverb says, “The young men who do not feel the warmth of the tribe will burn down the village to feel it.”

Origins and Causes

According to Gabor Maté, a Canadian physician, author and speaker on addiction, stress and childhood development, “The issue is men’s value has been defined in a very narrow sense, and when the power is taken away from people, people have a loss of agency and loss of control, belonging, meaning and value. Men have become deprived of a sense of meaning and belonging, and that’s a function of the culture we live in.”

Possible Solutions

Men’s Mental Health Advocacy: Shame is the biggest barrier, preventing men from seeking help and expressing vulnerability. We need to talk and stop shaming them.

Male-Specific Mental Health Treatment: Men communicate differently, so counseling must address unexamined feelings. Research shows that physical activity can help reduce anxiety and depression, so sports activities that draw men together such as softball, surfing or martial arts can offer a win-win situation.

Emotional Communication Training: Men need to develop their emotional communication skills, such as how to express themselves and share feelings through language, vulnerability and emotional expression, to deepen relationships. Men can be strong and competitive while also being authentic, vulnerable and emotionally connected.

Maté advises, “Men need to accept their vulnerability and work it through, and not reject it or be ashamed of it. And to let go of, ‘I can’t be self-reflective; I have to be tough,’ and that takes a lot of help and support. Men who come back from war will heal by accepting their vulnerability and spending time in support groups. Another thing we should do is show respect for the courage of those men who choose to explore their vulnerability.”

Embracing Universal Masculinity and Femininity: We must realize there is masculinity and femininity in all of us. Neither masculinity nor femininity is the problem—hatred, oppression and inequality of opportunity are the problems, no matter the gender or ratio of masculine and feminine qualities within the individual.

Defining Healthy Masculinity: Masculine qualities are traditionally thought of as bravery, strength, courage, confidence, ambition, competitiveness, self-reliance and decisiveness. These standards are hard to live up to, so the question is how do we adapt healthy masculinity to be equipped with skills for success in changing times.

Offer Coaching Before Therapy: Because men may be more defensive, less open, less vulnerable and more disconnected from their feelings than women, many will respond to coaching over therapy, which can be a gateway to start thinking about deeper purpose and well-being. A personal development program geared specifically for men to build skills, share support and figure out how to excel in a changing world of technology and role-confusion may be helpful.

Encourage Inspiration and Purpose: Men need to find purpose by doing something meaningful that inspires them and makes them feel energized and appreciated. The more they feel helpless and stuck in survival mode, the more loneliness grows.

Psychologist Elizabeth Lombardo explains how a survival mentality doesn’t allow for meaningful and purposeful pursuit. “Perceived or real threats put you in survival mode, and when you’re in this mode, your limbic system takes over and you’re not thinking about purpose, connection or collaboration (things that can pull you out of this mode); you’re just trying to survive.”

Men’s health needs to become a movement that encourages males to be proud of their masculinity, but also add new skills in emotional communication and vulnerability to find purpose, improve their health and have the best chance for success in turbulent times. 🌱


Dr. Reef Karim is a humanistic psychiatrist and founder of Mad Genius and The Madness Movement. For more information, visit TheMadnessMovement.com and MadGeniusLife.com.



Balancing to Peace
Vibrational Sound Therapy
Reflexology
Healing Energies
Mark Buhrke
678-223-3490
BalancingToPeace.net

RESTORE,
REALIGN, &
REJUVENATE

REIKI ENERGY HEALING
CRYSTALS • OILS • CANDLES
INCENSE • CORD CUTTING,
HERBS • LIFE COACH
INTUITIVE READINGS



Essentials Metaphysical Store
3656 Hwy 5, #104
Douglasville, GA 30135
www.TangelaHealing.com
313-282-1759

Give the gift of deep
relaxation & facial
rejuvenation



Moon
ORGANICS

20% OFF
Products & Services. Use
code “222” if ordering online.
MOONorganics.com

Building Quality Muscle

How Diet and Resistance Training Can Help

by JJ Virgin, CNS, CHFS

Muscles act like metabolic Spanx, holding everything in the body tighter, supporting joints to prevent injuries, keeping bones strong and helping the immune system remain resilient to infection. Skeletal muscle acts as an endocrine-producing organ, supporting a healthy metabolism and balancing hormones. Strong, healthy muscles help us feel better, move more easily and live more powerfully.

Once someone crosses the threshold into their 40s, there is a natural decline in muscle mass and strength, known as sarcopenia. Adults can lose 3 to 8 percent of muscle mass per decade after turning 30, with losses accelerating after 60. Preventing this decline and supporting quality muscle

is key. “Muscle can be stimulated largely in two ways: first, through dietary protein, and second, through resistance,” explains Gabrielle Lyon, a board-certified family physician and author of *Forever Strong*.

Optimal Protein Consumption

The building blocks of protein fall into two categories: essential amino acids, which are necessary nutrients that the body cannot make on its own and must be acquired through dietary intake; and non-essential amino acids, which can be synthesized by the body from carbohydrates and other dietary sources. To promote muscle recovery and development, it is important to consume protein that contains all nine essential amino acids in optimal amounts throughout the day.

More than half of older adults are not getting enough protein, and sarcopenia may increase their need for it. To offset age-related decline, every meal should contain a minimum of 30 grams of protein. Active people, including those that do resistance training, should target one gram of protein per pound of their ideal body weight daily.

The best animal proteins that offer all nine essential amino acids in the right balance include pasture-raised poultry and eggs, wild-caught seafood and grass-fed beef. Plant proteins often lack one or more crucial amino acid, so vegans or vegetarians should eat a minimum of 40 grams of protein per meal to reach an adequate intake.

Breaking an overnight fast with a protein-packed breakfast jumpstarts metabolism and provides more sustained energy during the day, fueling morning activities and preventing mid-morning crashes. A protein-rich dinner supports muscle recovery and helps the body rebuild during sleep.

Benefits of Resistance Training

“The most important type of exercise is resistance training as you get older, because you need to build muscle,” says Mark Hyman, a functional-medicine doctor whose latest book, *Young Forever*, explores the secrets to longevity. “Without muscle, you become frail and dysfunctional.” Building muscle can improve the capacity for everyday activities, diminish the likelihood of chronic illnesses and decrease the risk of falls and frailty. Resistance training also improves bone density, metabolic health and overall quality of life.

Resistance-Training Tips

- Target multiple muscle groups simultaneously with compound exercises like squats, deadlifts, bench presses, rows and overhead presses.
- Focus on lifting the maximum weight manageable while maintaining proper form to avoid injury.
- Gradually increase the resistance or intensity of exercises over time to continually challenge the muscles.
- Aim for two to four weekly resistance-training sessions. Consistency and patience are the foundations for lasting strength and muscle-tone improvements.
- Engage all key muscle groups. For the upper body, try bench presses, overhead presses, dumbbell chest presses, push-ups, pull-ups, bent-over rows, seated rows and lat pulldowns. To work the hips and thighs, try squats, lunges, deadlifts and step-ups. For core strength, consider planks, Russian twists and bicycle crunches.
- Perform two to four exercises for each muscle group, doing two to four sets for

each exercise. Between sets, take 90- to 120-second rest breaks. Aim for eight to 15 repetitions per set.

Rest and Recovery

To prevent injuries or burnout, rest is crucial, allowing muscles to repair and rebuild. Give each muscle group 48 to 72 hours before targeting it again. It is normal to feel sore after a workout, but be mindful of the difference between soreness and pain. Soreness feels like mild, diffuse discomfort or stiffness and is a normal response to unfamiliar or intense exercise. Sharp, intense or persistent pain, particularly around a joint, indicates potential injury or overstrain.

On rest days, incorporate low-intensity, active-recovery activities like walking, yoga or swimming; try foam rolling, stretching and mobility exercises to improve flexibility and circulation; and consider meditation for mental-health benefits. Aim for seven to nine hours of quality sleep, which promotes tissue repair and growth-hormone release.

Monitoring Progress

- To optimize strategies and identify areas for improvement, regularly measure

the circumference of the biceps, chest, thighs, waist and hips.

- Keep track of the amount of weight, repetitions, sets and intensity of every exercise session.
- Track muscle mass and body-fat shifts with a body-composition scale and take consistent photos from various angles to document muscle definition and physique evolution.

Staying the Course

- Adjustments to diet and training programs may be necessary based on changing goals or feedback from tracking methods.
- If progress stalls, adjust training variables such as workout intensity or frequency.
- Use fluctuations in muscle mass or body fat to refine protein intake or overall macro-nutrient ratios. 🍌

JJ Virgin is a certified nutrition specialist, certified fitness instructor and bestselling author of *The Virgin Diet*, JJ Virgin’s Sugar Impact Diet and their companion cookbooks. Learn more at JJVirgin.com.

Continued from page 13.

Cast Iron Mediterranean Chicken With Capers

YIELD: 4 SERVINGS

- 4 skinless, boneless chicken breasts or thighs
- 1 28-oz can of organic, diced, fire-roasted tomatoes
- ¼ cup capers (4 Tbsp)
- ¼ tsp Himalayan salt
- 1 tsp dried oregano
- 1 tsp dried basil
- 2 medium-sized, fresh garlic cloves, peeled and thinly sliced
- 1 Tbsp organic, extra virgin olive oil

Preheat oven to 400°F. Place cast iron pan on a medium-high stove and sauté garlic until brown. Add chicken and pour fire-roasted tomatoes evenly over it. Add capers. Sprinkle salt, oregano and basil over chicken and tomatoes. Place uncovered cast iron pan into the oven for approximately 35 to 40 minutes or until chicken is tender. If desired, serve over garbanzo wheat-free pasta.

Recipe courtesy of frequent contributor Marlaina Donato.



Secrets to Summer Success

Giving Youngsters the Vacation They Need

by *Thais Harris, BCHN*

For elementary school-aged kids, summer represents the promise of no homework and a whole lot of fun, but parents may be less enthusiastic. Figuring out how to keep children entertained, active and engaged while juggling work and household responsibilities, vacation schedules or camp sign-ups can be a little daunting.

Here are some suggestions for the best summer ever—one that combines play-time, nature encounters and fun with

chores, rest and time to daydream. This holistic approach encourages a balance of physical, emotional and creative development so that children can enjoy a sense of spaciousness and possibility during the summer, feeling refreshed and ready for school when it resumes.

Jumping Joy

Summer can be a perfect time to boost connection without having to plan something extra-special like a trip or a fancy outing, says Caroline Griswold, a

parenting coach and founder of Fertile Ground Parenting. She notes that kids are better able to appreciate parental attention and care when they see that their mom or dad is present and relaxed.

One way to promote free-flowing connection is by being playful or acting goofy with children, Griswold suggests. Such carefree playfulness sends a strong message that all is well, and that we find our kids irresistibly delightful. If our goofiness makes the kids laugh, even better, because laughter can

help residual tensions of the school year float away, making kids emotionally and mentally available for summer relaxation and fun.

“Play more music, especially if it makes everyone want to dance,” Griswold remarks. “When you dance, get goofy! If your kids laugh at you or roll their eyes, you’re on the right track. Our kids love to see us feeling relaxed and silly and might just join in.” Playing silly games is another winning option. Griswold recommends what she calls the “sock fight”, where family members put on socks and sit in a circle with their legs facing inward. The object of the game is to try to remove the socks off everyone else. “Hilarity ensues,” she promises.

Relishing Rest

It is important to encourage kids to take a break from the constant stimulation of screens and social media. This will help them recharge and reduce stress. “Unstructured playtime is crucial for children to develop creativity and problem-solving skills,” says Dr. Michael Rich, associate professor of pediatrics at Harvard Medical School and director of the Digital Wellness Lab at Boston Children’s Hospital. Such free time enables kids to explore their interests at their own pace.

“Mom, I’m bored,” are not words we often welcome, but there is an increased opportunity for creativity that arises out of boredom, according to a 2014 UK study at the University of Central Lancashire. Allowing a little of it for our kids can make them more open to discovery and inspiration.

Craving Creativity

Activities that provide an outlet for self-expression, physical experience and emotional release while also advancing a child’s intellect can support harmony and balance in our children, says Joseph Cooney, a family doctor at Berkshire Center for Whole Health, in Stockbridge, Massachusetts. Motor skill mastery and practicing dexterity through artistry and creativity is highly

beneficial for the intellectual unfolding of children, nurturing their whole body and mind, he explains. Examples include playing with blocks, building structures, drawing, painting or fiddling with magnets.

Nurturing Nature

Getting outside is a must for summering kids. According to the American Academy of Pediatrics, “There is increasing evidence that outdoor play environments containing natural elements may offer health benefits that come specifically from engaging in the natural world. Recent studies have demonstrated that a broad range of outcomes are related to access to, and contact with, nature, including increased physical activity, reduced obesity, decreased stress and improved mental health.”

A study published in *Journal of Attention Disorders* reported that children with attention deficit hyperactivity disorder were able to concentrate better after taking a 20-minute walk in the park. Integrating outdoor activities like hiking or swimming can provide a refreshing break from indoor routines. For an even more immersive experience, outdoor treasure hunts or building a fairy-house with items found in nature can transform natural settings into playgrounds of make-believe and connect kids to the wondrous life forms they encounter.



Making Magic

By embracing a holistic approach, we can provide children with a summer experience that not only entertains, but also nurtures their physical, emotional and mental well-being. The secret to summer magic is to boost nonsensical energy at home, encourage unstructured playtime, integrate outdoor activities, foster creative endeavors and remember to allow for plenty of leisure.

Thais Harris is a holistic nutritionist, bestselling author and international speaker, helping women and families nourish themselves into a more fulfilling life through holistic nutrition, mindful lifestyle practices and functional-medicine strategies.



Robert Kneschke/CanvaPro





YOUR BOOK. YOUR VOICE. YOUR WORK. *ELEVATED.*

Capture readers’ hearts and minds with great writing that delivers authority, energy, and personality—yours! Whether you want to enchant, educate, or enlighten, call the Writing Doctor.

404.585.7590

Diane Eaton, MCIS
Professional Freelance Ghostwriter, Editor & Coach

DianeTheWritingDoctor.com
diane@DianeTheWritingDoctor.com

Marketing Certified by Hubspot

Consider the Season

Does Summer's Heat Affect Your Yoga Practice?

by Patty Schmidt, C-IAYT, E-RYT 500, YACEP

In Atlanta, June ushers in summer's bounty—cacophonous children playing outdoors, local fruits and vegetables overflowing the outdoor markets and competing scents of magnolias, jasmine and other summer blooms. We are spoiled by the richness and diversity of our environment. But summer also brings the bugs and the heat. Indeed, jokes about Atlanta's seasonal weather discomforts never end. We might notice warmer evenings, our own sweat, the relief of air conditioning on the hottest days and smaller windows of time to be both outdoors and comfortable. Many might begin to live in artificial zones and separate themselves from the environment and its seasonal changes.

Similarly, taking a seasonal approach to yoga can be fruitful. Considering the heat of the summer and how it can affect one's daily rhythms and bodily needs can help to advance one's practice. It might also provide a deeper understanding of what it means to be more mindful through other significant changes in life, such as illness or life-stage transitions.

Styles of Yoga

One of the basic ways to be with the rhythm of the seasons is to adapt one's yoga practice to outer conditions. Yoga styles that increase heat during the height of summer can be detrimental to one's inner landscape, increasing

one's inclination to sweat or have diarrhea and to overeat salty and spicy food. Or, one might notice being more judgmental of others and oneself during this time.

If you experience these types of symptoms during the summertime, it might be best to step away from heated practices such as *vinyasa*—a series of moves between held postures, accompanied by the breath—that can include yoga pushups and the repetitive lifting of one's body weight. Consider: Do you regularly attend classes that include many repetitions of vinyasa flows? If so, what would it be like to enjoy a practice with fewer repetitions? What would it be like to take an alternative vinyasa flow with a different, less heating quality, such as omitting pushups? Foster curiosity about alterations you can make. Do you feel more at ease while you're practicing or afterward? What are other ways such change might affect your practice? If you feel you can set aside vinyasa practice entirely, consider taking a restorative or yin class or a gentle, floor-based *somatics*—breath and movement practices—class.

These can help to cool the body as well.

Postures and Props


It's not just the most energetic vinyasa variations that have heating qualities. Some postures build heat, even without flow, especially if held for a long period of time. Warrior Three pose, for example—which calls for balancing on one leg while the torso leans forward and comes parallel to the floor—is a strong, one-legged standing pose that builds a great deal of heat. Yet, another one-legged standing pose, tree pose, has a very different effect. Tree pose calls for balance, but it is less heating because of the body's relation to gravity, as the torso is upright, not pitched forward. During the summer months, it might be best to limit the overall amount of heating poses in a given practice session.

Adjusting the practice space can also foster more cooling qualities in your yoga practice. For example, working on the floor or at the wall can provide a cool and grounded sensation. You might notice that practicing poses like the legs-up-the-wall pose or the high-supported bridge pose away from the wall can offer similar benefits but they have subtle differences that are somewhat determined by their differences in place and position. The legs-up-the-wall pose, for example, imparts the cool, stable and hard qualities of the floor and the wall, even if the pelvis is elevated. But, without the support and feedback of the wall, the high-supported bridge pose imparts less of those qualities.

Exploring variations in props and practice environments can deepen your understanding of how different elements influence the overall experience of a pose, allowing you to tailor your practice to suit your needs and preferences.

Yoga's Bounty and Diversity


Finally, the change in seasonal conditions invites practitioners to lean into the diversity of yogic traditions. Lesser-known and less-commonly practiced yoga postures and breathing practices offer many strategies to meet personal needs for cooling and grounding. For example, certain *pranayama* tools—breathing practices that involve the manipulation of the inhalation and



HOLISTIC
HEALTH & WELLNESS

Marietta's Source for Crystals & Gems!

3372 Canton Rd, Suite 116
HolisticHealthSE.com



With Ryan Kurczak, Kriya Yoga teacher. Ordained by Roy Eugene Davis, a direct disciple of Paramahansa Yogananda.


ॐ **Kriya Yoga Online** ॐ

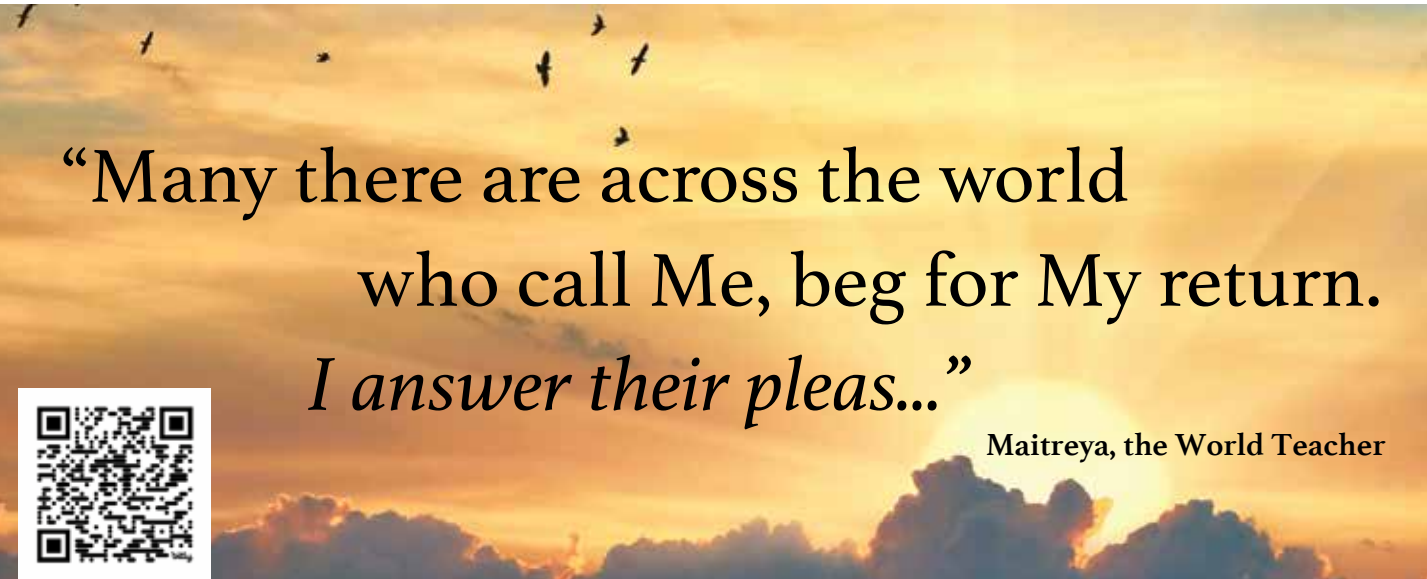
Learn the Soul Liberating practice of Kriya Yoga

Kriya Yoga is an ancient practice of mantra & pranayama that encourages authentic spiritual growth and Self-Realization through intensive Yogic Meditation.

For more information on online and in-person classes & retreats, visit:


KriyaYogaOnline.com





**“Many there are across the world
who call Me, beg for My return.
I answer their pleas...”**

Maitreya, the World Teacher



YOGA IN ATLANTA

- A Focused Advertising Section -



Embodied Pilates with Conscious Breathwork

We combine the **best** of Pilates, breathwork and energy medicine to develop body, mind & spirit.

Private and small group training

bodyawarenessstudio@gmail.com

REIKI-INFUSED RESTORATIVE YOGA

Sundays 1-3 pm \$25

Explore your inner space of awareness while relaxing in this reiki-infused class.

Healing Hands Reiki & Spiritual Development Inc.
27 Waddell Street NE, Ste A, 30307
healinghandsreikiatl@gmail.com

calendar

Fall 200-hr YTT

STARTS AUGUST 17

Our 56th cohort combines the best of past courses. We go beyond the surface and dive into practices that nourish our personal experience of yoga and awaken the inner teacher.

Peachtree Yoga Center
6046 Sandy Springs Circle
bit.ly/pyc-200-ytt

WEDNESDAY, JUNE 5

New Moon Nidra – 6-7pm. With Amanda Trelino. Begins with an orientation to the astrological significance of this new moon, followed by intention setting and a special meditation. Santosha Studio, 896 Davis Dr, Atlanta. 404-964-4858. Santosha-Studio.com.

FRIDAY, JUNE 14

COMPASS – 6:30-8:30pm. A monthly event that offers a grounding practice within a compassionate and embracing community. The structure of the class is based on skillful movements and somatic release. Also use creative steps from Latin dances and yoga-postures to move, express our bodies, and calm the mind. \$20/person, \$35/2 people. Vista Yoga, 2836 Lavista Rd, Ste D, Decatur. 404-929-9642. VistaYoga.com.

SATURDAY, JUNE 22

Summer Solstice Kundalini – 4:00-5:30pm. Practice a kriya that encourages vitality and hormonal balance; a mantra that cuts through negative thoughts in the subconscious; and a sound journey

that includes shamanic drumming. \$48. Aum Studio for Wellness, 11550 Webb Bridge Way, Alpharetta. AumStudioForWellness.com.

SATURDAY, JUNE 29

Sound Healing – 4:30-6pm. With Michael Murphy Burke. Through a blend of instrumentation and vocalization, immerse yourself in an elongated shavasana, tuning every string, cell and fiber of your being. \$40. Aum Studio for Wellness, 11550 Webb Bridge Way, Ste B2, Alpharetta. 404-726-2525. AumStudioForWellness.com.

WEDNESDAYS

Community Yoga – 11am-12pm. Aynil guides a series of poses and movements that are suitable for all levels of experience and ability. Free. Aum Studio for Wellness, 11550 Webb Bridge Way, Ste B2, Alpharetta. 404-726-2525. AumStudioForWellness.com.

FRIDAYS

Community Vinyasa Flow – 6pm. Pre-registration required. Donations welcome. Lift Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. Also at Lift Alpharetta, 501 S Main St, Ste 101, Alpharetta. LiftYogaStudio.com.

SATURDAYS

Online Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Zoom. UnityNorth.org.

Yoga at Preston Ridge Community Center – 9am. Grab your mat and join our amazing instructors for a complimentary class. 3655 Preston Ridge Rd, Ste 100, Alpharetta. LiftYogaStudio.com.

GIVING TREE YOGA CENTER
1295 W. Spring Street SE, Suite 200
Smyrna, GA 30080
www.givingtreeyogasmymrna.com
770-626-1559

HOPE'S YOGA

ERYT-500, Certified Yoga Therapist
healthylivingwithhope.com
hope@healthylivingwithhope.com
770-789-7782



Voted "Best of Atlanta," Atlanta Magazine. Get inspired. Renew your soul. Meeting where you are and supporting your journey. Offering group, private, therapeutic and corporate classes on-site, in-studio and virtual.

SUN DRAGON YOGA

313-303-0096
sundragon yoga.com
david@sundragon yoga.com



Begin your yoga journey from anywhere; we're a virtual studio! We focus on restorative poses, balance and overall health and well-being. New students: Mention Natural Awakenings and get your first month free!

SATI YOGA AND WELLNESS

Non-heated, trauma-informed yoga
1996 Hosea L Williams Dr
satiyogawellness.com
404-907-4279

VISTA YOGA

2836 Lavista Road, Suite D
Decatur, GA 30033
404-929-9642
vistayoga.com

Trauma-Sensitive Yoga

Stacey Beth Shulman

- Calm nervous system
- Sleep better
- Befriend your body

TSYAtlanta.com
TSYAtlanta@gmail.com
404-202-3929

exhalation—intend to cool the body with a moistened in-breath. Restorative postures limit movement and help with sleep, which can be disrupted by high temperatures. And there are many variations of linking movements between held postures—vinyasa alternatives—that limit heat but that continue to align breath and movement, one of the key benefits of yoga.

Cooling Practices—Two Strategies to Try at Home

• Half Camel Flow ~ *Ardha Ustrasana* Vinyasa

Here's a helpful alternative flow for the summer months.

Come into a kneeling position in the middle of your mat, standing on your knees. Inhale as you bring your arms up and look up. Exhale and bring hands to earth. You will be in a quadruped position. Inhale to cow pose—an all-fours position where collar bones draw laterally, shoulders draw back toward the pelvis, and the spine extends. Exhale and round the spine, lifting lower belly in and up and bringing chin to chest. This is cat pose. Inhale back into a kneeling pose. Then, move into half camel: your right palm moves to your right hip and your left arm sweeps into a gentle arc above the body, creating both a twist and a backbend. Return to quadruped with your exhalation and take another round of cow and cat as you inhale and exhale. Inhale again and move into your second side of half camel by returning to a kneeling position. Then, bring your left hand to your left hip, and your right arm sweeps into an arc. Exhale back to quadruped. Take a last round of cow/cat with an inhale and exhale, and then release the hips toward your heels, coming into child's pose as the arms extend in front of you. Rest the forehead, keeping the chin tucked in. The back of the neck is long. Notice the effect of your flow before repeating or moving on in your sequence.

• Sipping Breath Pranayama ~ *Sitkari*

Take an easy position and notice the breath coming in and out of the body for a few moments. Then, gently place the tongue

behind the teeth, which may be slightly parted. With a slightly opened mouth, draw the in-breath through the mouth, bringing air over the tongue. There is often a hissing sound. Take the cool tongue into the mouth as you reach the top of the inhalation, closing the lips. Exhale through the nose. This is one cycle.

Begin the next breath cycle by slightly parting the mouth once more and replacing the dampened tongue behind the teeth. Draw the in-breath over it. You will probably feel the cooler temperature on your tongue. Close the mouth as you bring the cool quality into the body and exhale through the nose once more. Continue for a few more rounds of breath, cultivating calm and quietude. Once finished, let the breath flow freely. Notice the effects of your practice. 🧘



Patricia Schmidt is a certified yoga therapist specializing in pelvic health, accessible yoga and yoga for cancer support. She is a Franklin Method trainer

and somatic movement specialist. Reach Patricia at IG @pls yoga. To learn more, visit PLSYoga.com.



The online version of this article includes a video of the half camel flow. Scan the QR code or go to bit.ly/yoga-0624.

Sanktuari.

An Urban Metaphysical Boutique in the West End

568 Poole Pl SW, Ste 1
404-901-1963 IG: sanktuarii

To place an ad in our Yoga section, inquire at ads@naAtlanta.com.

Jeffrey R. Gladden

on Cracking the Code of Longevity

by Sandra Yeyati

Jeffrey R. Gladden is the founder and medical director of Gladden Longevity, in Dallas, Texas, a clinic that helps people “live young for a lifetime”. He is the author of *100 Is the New 30*, which provides an easy-to-understand blueprint, identifying four target areas to be optimized: life energy; longevity, which includes the hallmarks of aging; health; and performance.

A board-certified cardiologist, Gladden earned his medical degree with multiple honors from Temple University and practiced for 25 years as an interventional cardiologist. He co-founded the Baylor Scott & White Heart Hospital, in Plano, as well as several cardiac catheterization programs around Dallas.

What is longevity medicine?

The best way to understand longevity medicine is to put it in context with what we currently are familiar with. Traditional medicine is called health care, but it’s actually reactionary, sick care that focuses on relieving symptoms with a sprinkle of preventive advice but offers no real health optimization. Functional medicine and integrative medicine look at the root cause of an issue to create a more complete and durable answer.

Longevity medicine, however, goes after the drivers of aging. So far, we’ve identified 16 hallmarks of aging that contribute to and accelerate the aging process. This is how we’re going to enable people to live young for a lifetime, thereby creating the most durable, most comprehensive answer to the symptoms they are experiencing and the aging process itself.

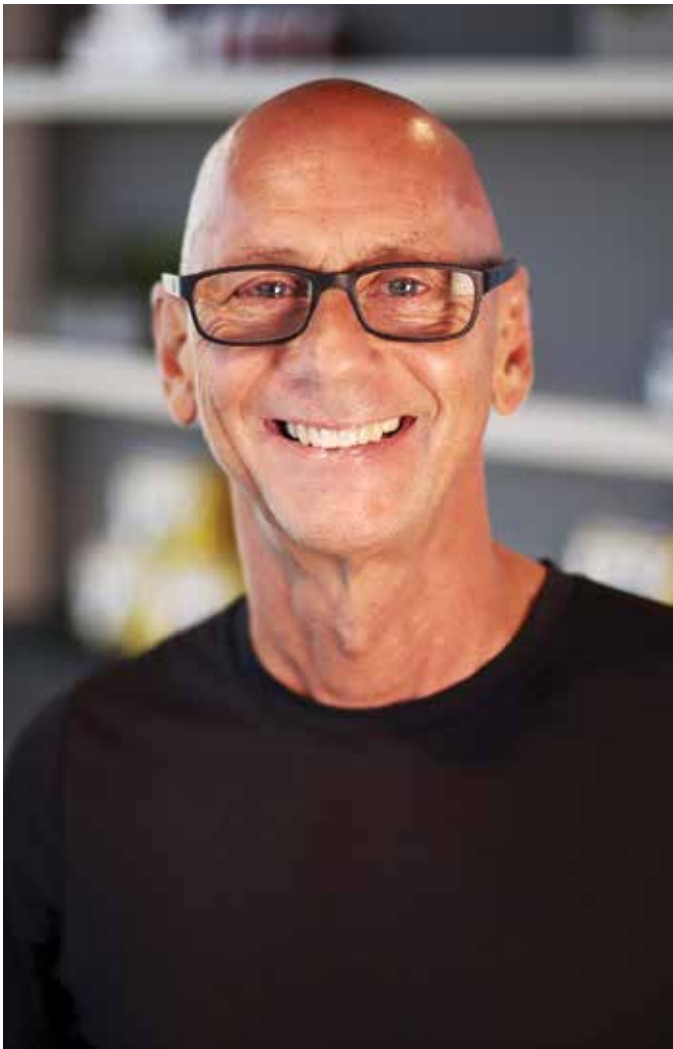
Is longevity medicine out of reach for people with limited resources?

When people first come to us to make them young again, we do extensive genetic testing and measure many biological ages for them. By knowing what cards they’re holding and where they are in the game, we know where to start. And then, many of the reversal-type interventions like stem cells, young plasma,

peptides or custom-made medications may be important but require a financial investment.

The flip side is that there are many things people can do that are not costly. If you’re smoking, drinking or eating excessive amounts of processed foods, stop doing that. If you’re not exercising, start exercising every day. The other thing that’s massively important and doesn’t cost much, if anything at all, is working on your mindset.

People stop asking the questions that drive progress, and they get married to their current answers. They think: I’m going to get older, retire at 65, take Social Security, play golf, visit my grandkids, travel and then wind down. This picture of the future is make-believe, quite honestly, even though society reinforces it. The beauty of being human is that you can create your own reality. What if you paint a different picture by asking, “What does it take to make my life better?” or “How can we make 100 the new 30?”



Courtesy of Dr. Jeffrey R. Gladden

What is the mental health impact on longevity?

So many of us have been plagued with anxiety and depression, and all of us have had traumatic experiences. Because of the way our brains are wired, we live in reaction to that trauma, either consciously or unconsciously. The problem is that if we are confronted with something again, it triggers a stress response or maybe a post-traumatic response that we’re carrying with us from the trauma that we incurred, and now our nervous system is on high alert. Our stress levels are on high alert. Our cortisol, insulin, adrenaline and dopamine and the whole sympathetic nervous system is activated in a way that is accelerating disease, aging and decline.

You can never live young for a lifetime if you’re carrying all that burden. When you solve the mental health piece, you crack the code of anxiety, depression, PTSD, addiction and all the self-sabotaging behaviors.

What is your personal goal in your longevity quest?

The target I’ve settled on right now is when I’m 100, I want to have a 30-year-old body and a 300-year-old mind, where I’ve solved, healed and transcended all of the mental health issues and past trauma, enabling me to have more wisdom and empathy, and freeing me to bring all of my gifts forward—my enthusiasm, artistry, intellect, compassion and my ability to help others and make the world a better place. If you have a clear target like that, all of a sudden you have a longevity mindset. You can never crack the code on aging if you don’t have a longevity mindset.

How do we stay the course and avoid falling back to old, unhealthy habits?

I think you have to be motivated by joy. If you’re motivated by fear you will definitely tap out. It has to come from this understanding that for me to bring all of my gifts to bear for the planet or for me to have my best life, I need to step into this concept of having a young body and a very mature, expanded, spiritual, intellectual, emotionally replete mind. That’s my target, and there’s so much joy in doing that, so every day I’m motivated by joy, not by obligation, and I think that’s what makes it sustainable. 🧘

Sandra Yeyati is national editor of Natural Awakenings.



To read a longer version of this conversation, visit naturalawakenings.com/2024/05/30/490204/jeffrey-r-gladden-on-cracking-the-code-of-longevity or scan the QR code.

A DOCUMENTARY FILM BY HIDEYUKI TOKIGAWA

MEMORIES FOR LIFE

REVERSING ALZHEIMER’S

NARRATED BY
MICHAEL BUBLÉ

"Like so many families, I have been deeply affected by Alzheimer's, so I was thrilled to become a part of this film when I realized that there's hope, and it's not just a death sentence."

- Michael Bublé





BONUS Q&A, ONLY ON [KNOWEWELL.COM](https://knowewell.com), WITH

Dr. Dale Bredesen
New York Times
Bestselling author of
The End of Alzheimer's



Now available on
KnoWEwell.com.

Green-Home Design Tips

Healthy Options for a Sustainable Sanctuary

by Brian Johnson, BBEC, EMRS, BBNC

Americans spend about 90 percent of their lives indoors, according to the U.S. Environmental Protection Agency. Building and remodeling our homes to be eco-friendly, non-toxic and environmentally safe is more important than ever. Here are a few considerations.

Eco-Safe Planning

Previous industrial activity, legal and illegal dumping of waste material, and even past farming that relied on pesticides, herbicides and fungicides need to be identified before selecting a building site. Developers also need to look at surrounding properties to evaluate the sources of groundwater and locate hazards like electric substations, high-tension power lines and cellular towers. Naturally occurring toxins such as radon should also be considered before developing a site.

Ambient Quality

Homes must be as airtight as possible to ensure efficient temperature regulation, prevent pests, keep out pollutants and withstand varying weather conditions, while also having breathable systems and allowing for proper ventilation. This is achieved by incorporating passive airflow through vents and windows, as well as active systems like air-handling systems that draw in filtered, fresh air and circulate it throughout the home.

Natural building materials such as wood, bamboo, clay, concrete and earth are breathable and produce negative ions that are found in outdoor environments like oceans, forests and waterfalls. A research review in *Environmental Science and Pollution Research* found that exposure to negative air ions may have a positive effect on amino acid metabolism, which manifests as reduced inflammation and anti-oxidation. Further, an *International Journal of Molecular Sciences* article noted that negative air ions are widely used in air cleaning and may relieve dust and mold spore allergies. Good ventilation assists in clearing out positively charged ions.



Boy Wirat from Getty Images/Fabian Montaño from Fabian Montaño/CanvaPro

Toxic mold is a common issue in homes. It is essential to inspect and test for mold during construction and before installing insulation and closing walls. To minimize the likelihood of mold growth, ensure adequate ventilation and properly install equipment, such as air conditioning units, which may contribute to condensation.

Acoustic protection from noise and vibration adds to the overall quality of living spaces. Thoughtful building practices incorporate materials that help block, absorb, mitigate or reduce noise and vibration. These include soundproofing, insulated walls, low emissivity (Low-E) dual-glazed windows, and plaster- and clay-based paint systems.

Environmental Responsibility

Locally sourced materials like clay, lime-based mortars and natural stone reduce a home's carbon footprint by minimizing the need for extensive transportation. Avoid engineered wood, plastic, spray foams, metal, glues and adhesives that contain polymers and formaldehyde, which off-gas toxic chemicals. Some concrete fly ash contains naturally occurring uranium and thorium that have the potential to release radiation.

Incorporate energy-smart technology and appliances, and utilize renewable energy sources like solar power and geothermal climate systems. Select sustainably harvested timber, recycled steel, and products and appliances certified by the Cradle to Cradle Products Innovation Institute. Choose materials and appliances with lower environmental life-cycle costs, prioritizing options that are

environmentally friendly in their production and have minimal negative effects when reaching the end of their useful life.

Green homes include water-saving technologies such as rainwater harvesting systems and low-flow toilets and showerheads. They also include water purification systems to reduce the occupant's exposure to lead, heavy metals, chlorine, and other chemicals and pollutants.

Electrical Systems

Electromagnetic fields (EMF) are invisible areas of energy associated with the use of electrical power, as well as natural and manmade types of light. EMF exposure can originate from electrical fields generated by wiring, radio frequencies from cellular and wireless devices, and micro-electrical surge pollution from transformers, motors, power supplies or solar equipment. The International Agency for Research on Cancer evaluated cancer risks from radiofrequency radiation (RFR) and classified it as a possible human carcinogen. A paper in *Environmental Research* concluded that "there is substantial scientific evidence that RFR causes cancer, endocrinological, neurological and other adverse health effects." Accounting for these factors in a green build identifies areas to address for mitigation.

Prioritizing natural light and using colors in harmony with nature not only promote sustainability, but also create aesthetically pleasing spaces. Low-E windows allow natural light to enter the home while deflecting harmful ultraviolet rays and infrared light, reducing energy bills and blocking radio frequencies.

Home lighting considerations include light spectrums and intensities, color frequencies and placement decisions, all of which can affect our circadian rhythm and reduce EMF exposure. Newer indoor fixtures mimic the sun by automatically changing color, intensity and frequency throughout the day and night to support our natural body clock.

In a green home, the electrical panel and high-EMF-emitting appliances like the refrigerator are not placed against bedroom walls. Wires are run in single, continuous circuits, without junctions and extensions, to reduce the system's EMF profile. Internet connections for computers, printers, televisions and game systems are hardwired, which also increase connectivity and speed. A green home's phone is a landline that improves call clarity and reduces RFR exposure. 🏡

Brian Johnson is the CEO of SENERGY360, where he is a certified building biologist and general contractor working to bring optimized living solutions and approaches to modern living, creating efficient and sustainable home environments. Check out his monthly "Healthy Homes Show" at KnoWEwell.com.



To read a longer version of this story, visit naturalawakenings.com/2024/05/30/490355/green-home-design-tips-healthy-options-for-a-sustainable-sanctuary or scan the QR code.



NATIONAL PRODUCT PICKS



Therasage is the gold standard for energy healing, naturally healing infrared, negative ions and eliminating EMFs.

Therasage.com
Scan to register for educational webcast to learn more.



A NEW fun and interactive series dedicated to the health and well-being of Preschoolers and their families. WORLD MUSIC, MOVEMENT, MINDFULNESS,



CREATIVE PLAY, TIME IN NATURE, & POWER OF THE HEART! SUBSCRIBE today!



Scan to learn more and subscribe.



Founded in 1932, Boiron, the world leader in homeopathic medicines, is best known for its popular Arnicare® line of pain relievers and Oscilloccinum® flu reliever.

BoironUSA.com
Save 20% with code NA20



the girl/friend doctor
DR. ANNA CABECA

OB/GYN-formulated
Rejuvenates vaginal tissue, restores natural moisture, and helps prevent bladder leaks.

DrAnnaCabeca.com/products/julva



Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$25 to attend — to list for free. Otherwise, basic listings are \$40 and enhanced listings are \$75. Submit free listings to calendar@naAtlanta.com and paid listings to ads@naAtlanta.com.

PHOENIX & DRAGON BOOKSTORE
5531 Roswell Rd NE, Atlanta
404-255-5207
PhoenixAndDragon.com

Sunday, June 2
Art of Breath Class – 12-1:30pm. 1st Sun. With Noel Plaughter. Covers breathing techniques used in many disciplines to provide relaxation, focus and better health. All welcome. Love offering.

Saturday, June 15
Aura Photography with The Auraweaver – 12-5pm. AuraWeaver is a specialty photography experience company. Clients receive an aura photo of themselves surrounded by their colorful energy and an interpretation of their photo by our readers. \$75/single photo; \$160/couples special (3 photos for 2 people). Register: Auraweaver.com.

Sunday, June 23
“The May Day Show” Art Gallery – 10am. Come see May Day-inspired pieces by artists from Kennesaw State University. A variety of art merch is available. Spread the love and take home some of this exquisite wearable, shareable art for yourself and your sweethearts. Exhibit on display May 5-June 23.

Saturday, June 1
Flying Colors Butterfly Festival – June 1-2. 9am-3pm, Sat; 12-5pm, Sun. Visit with live butterflies at the Butterfly Encounter. Meet with pollinator experts and educators. Take part in the Migration Game throughout the festival and learn about monarch migration. Enjoy tasty food and live entertainment. \$25, free/children 2 and under. CNC, 9135 Willeo Rd, Roswell. Registration required: ChattNatureCenter.org.

Peace of Mind: A Holistic Wellness & Gem Expo – June 1-2. 10am-6pm, Sat; 10am-5pm, Sun. Includes speakers/lecturers, workshops, 80+ vendors offering a wide variety of modalities, herbal products, crystals, metaphysical products, aura photos and more. \$10/adult, free/children & Military/Vets. Gwinnett County Fairground,

2405 Sugarloaf Pkwy, Lawrenceville. 404-343-5038. PeaceOfMindExpo.com.

Free First Saturday: Beautiful Bees – 1-2pm. Dive into the heart of nature with an interactivity, embark on a guided nature hike through the beautiful park, and unleash your creativity with arts and crafts. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Tuesday, June 4
Remote Reiki Healing – 10:30-11:15am. Jamie will invite Dr. Usui to come in with a supportive reiki team and work on physical, mental and emotional healing. The healing itself will take place for 33 mins and there will be a 15-min discussion and sharing afterward. Donation. Register: JamieButlerMedium.com.

Unlock the Secrets of Restful Sleep with Feng Shui – 7:30-8:30pm. Learn Feng Shui tips and other tools for creating your very own Sleep Well Routine. There is some gentle movement involved in the class, so space limited. \$20. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

Wednesday, June 5
Men's Health with Dr. Brandon Smith – 12-12:30pm. Join CentreSpringMD for an informative event focused on men's health. Dr. Brandon Smith will share valuable insights and tips on how to maintain a healthy lifestyle. Free. Online. Tinyurl.com/4w4s76u8.

Thursday, June 6
Intuition: A Journey Within – 6-7pm. Crissy Hester will guide us to explore the transformative power of creative activities in quieting the mind and sparking intuition. Guided meditations, interactive discussions and practical exercises tailored to ignite your intuitive journey. \$25. The Open Mind Center, 1425 Market Blvd, Ste 500, Roswell. 678-629-3630. TheOpenMindCenter.com.

Monday, June 10
Nature Lover's Book Club – 9:30am. *The Sound of the Sea* by Cynthia Barnett. All welcome. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

WORKSHOPS & RETREATS
A FOCUSED ADVERTISING SECTION

Do you have a workshop or retreat coming up and want to advertise it in this section?
Call us for special rates!
404-474-2423

You Have the Write to Heal
A life-changing retreat for women
Oct 17-21, 2024
Tucson, AZ

Join Kim Green, NYT bestselling author and writing coach, and Marcia Williams, LPC, as we Write to Heal. Discover how writing can be medicine.

- Luxury shared accommodations
- All Catered meals, snacks and beverages
- Writing, Learning and...Healing
- Yoga, Breathwork, Sound bath, Equine Therapy and much more!

Rooms start at \$2,250
Payment plans are available.
Register at
www.BlankPageConsult.com
Or call 678-938-2777

All Seasons, All Reasons
Georgia's Destination for Transformation

We host almost 100 retreats a year, designed to help you slow down, get inspired, connect to your Higher Self. *EVOLVE.*

Only 90 minutes from Atlanta, Elohee is truly another world. 220 acres of north Georgia beauty! Experience what thousands now know: Elohee is Georgia's place to retreat, renew and remember!

Find a Retreat for YOU!
elohee.org

REFLECTION
AWAKENING MIND, BODY & SPIRIT RETREAT

Come take the journey of uniting the mind, body, and spirit through the practice of yoga, mindful movement, meditation, sound healing and Ayurvedic practices.

Join us August 2-5, 2024
Register today!
Elohee Center
Santee Nacoochee, GA

Pricing Starting at \$1,110.83
Price includes the course fee, room, meals, and grounds fee, but does not include taxes.

For more info:
stacy.mathews@1solutionatatime.com
<https://1solutionatatime.com/>

THE ART OF LIVING Retreat Center

DISCOVER THE POWER OF THE BREATH

Experience the transformative practices of Sudarshan Kriya (SKY) and meditation—the Art of Living Premium Retreat.

GREATER PEACE • LESS STRESS • INCREASED ENERGY • MORE JOY
Boone, NC | aolrc.org/premium | 800.392.6870

To place a classified ad, email your listing to ads@naAtlanta.com. Cost is \$1/word; minimum \$25. Deadline: Fifth of each month for the next month's issue.

Books

A FULFILLED LIFE INTO OLD AGE – Free Excerpts Gabriele Publishing House www.gabriele-publishing-house.com 844-576-0937

For Rent/Lease

SPACE FOR RENT – Sacred, healing space for private sessions, classes, events, conferences. AV and kitchen options. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners, 770-441-0585, Pam@unityatl.org.

For Sale

METAPHYSICAL BUSINESS FOR SALE – Established retail metaphysical store in Douglasville with amazing growth potential. Large variety of products & services: crystals, candles, oils, sound bowls, & other products. Call Tangela 313-282-1759.

Now Hiring

MILLER FUNCTIONAL MEDICINE/WHOLE BODY DETOX MEDSPA is in need of an excellent front desk admin assistant/office manager! Send CV to info@millerfunctionalmedicine.com



Create your event listing at WWW.NAATLANTA.COM/CALENDAR
Basic online listings are free.



Monstera Production / Pexels.com

Editor's Choice
Educator Appreciation Evening – 4-9pm. Amazing metro-Atlanta teachers are invited to join us for a complimentary summer evening planned just for them. Educators with ID plus one guest receive free admission. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. AtlantaBG.org.

Friday, June 14

Coffee House: Karaoke & Game Night – 7-9:30pm. All are invited to this family-friendly night of singing and fun. Whether you're a first-time karaoke singer, a seasoned performer, a poet, or a storyteller, this open-mic event is the place to showcase your talent. No registration required. Bring your family and friends, favorite game and a dish to share for the pot-luck dinner. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Saturday, June 15

Family Night Hike – 8-10pm. Explore the sounds and sights of the forest. Includes an animal encounter and a relaxing campfire where you can roast a marshmallow. Limited space available. All ages. \$15/ general public, \$12/members. CNC, 9135 Willeo Rd, Roswell. Register: ChattNatureCenter.org.

Sunday, June 16

Atlanta Streets Alive – 1-5pm. Spaces for people to walk, bike, skate, dance and play. Join us to turn streets into park-like spaces that connect our city. Peachtree St, 99 10th St NE, Atlanta. AtlantaStreetsAlive.org.

Wednesday, June 19

Peds Meet & Greet: PANDAS/PANS – 12-12:30pm. Join CentreSpringMD for an informative session on Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) and Pediatric Acute-onset Neuropsychiatric Syndrome (PANS). Free. Online. Tinyurl.com/2a7kpc6e.

Remote Healing for Full Chakra Alignment – 2:30-3:15pm. During this 30-min remote healing session, Jamie will work with your spirit guides and a team of angelic energy to reinforce the connections between your main chakras and your secondary chakras. She will also be using crystal energy along with reiki. After the healing, she'll spend 15 mins discussing with the group. \$20. Register: JamieButlerMedium.com.

Thursday, June 20

Editor's Choice
Healing Sound Bath – 7-8pm. It's time to celebrate the summer solstice for its profound significance in marking the peak of light and the abundance of life. Join Raye Andrews, Vibrational Sound Therapist, as she guides us on a healing sound journey to find our own inner light. Love offering. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Transmission Meditation Online – 7:30pm. A meditation to help the world. Sponsored by Share International USA. Free. Via Eventbrite. Info: 770-302-2208 or Info-SE@Share-International.us. Register: Tinyurl.com/yc82hcew.

Thursday, June 27

The Nature Club Dine and Discover – 7-9pm. Join Kathryn Fidati, Certified Nature and Forest Therapy Guide, to learn all about forest bathing. \$10/general, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

Friday, June 28

Pollinator Party – 10am-12pm. Enjoy a family celebration of the bees, butterflies, birds and other animals that pollinate plants and are responsible for many fruits and vegetables. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. AtlantaBG.org.

2024 Ram Dass Legacy Summer Mountain Retreat

August 15-19

Art of Living Retreat Center, Boone, NC

Join Krishna Das, Spring Washam, Nina Rao, David Nichtern, The Human Experience (David Block), Rima Rabbath, Raghu Markus and Sharon Salzberg (via Zoom) for a connective and transformative community gathering in the gorgeous summer mountains of Boone, NC

For more information: bit.ly/ram-dass-2024.

Sundays

A Course in Miracles: Practicing the Presence – 8:45-10:30am. This virtual weekly study group aims at removing the blocks to the awareness of love's presence. Facilitator: Michael Wilkinson. An open and ongoing class. All welcome. Drop-in any time. New people are very welcome to join. Via Zoom. Unity Atlanta Church: 770-441-0585. Register: MWilkinson@leadstrat.com. UnityAtl.org.

Online & In-Person Sunday Experience – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: slc-atlanta.org.

Red Clay Sangha Sunday Morning Service – 9am, meditation; 10:30-11:30am, service & dharma discussion. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: RedClaySangha.org.

Grant Park Farmers Market – 9am-1pm. The Beacon ATL, 1030 Grant St SE, Atlanta. cfmatl.org/markets.

The Quest: A Journey of Spiritual Rediscovery – 9:30-10:45am. As Unity Atlanta Church celebrates its 100th year in 2024, we embark on a yearlong adventure with other like-minded seekers to revisit and apply the ancient Truths that are foundational to our beliefs and experiences. In-person and Zoom. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Online: NWUUC – 10am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or nwuuc.org.

SRF Atlanta Meditation Service – 10-10:45am. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Meditation Open House – 10-11:30am. Discussion at 11:30am and tea at 12pm. Meditation instruction available from 10-11am for those new to the practice. Atlanta Shambhala Center, 1447 Church St, Decatur. More info: Atlanta.Shambhala.org.

Second Sunday Sober Bike Ride – 10:30am. 2nd Sun. Brings together people from all walks of sober living who are seeking fun and active ways to connect with likeminded people. BTA Bicycle Tours of Atlanta will provide a bike at no charge if needed. Bicycle Tours of Atlanta, 659 Auburn Ave NE, Atlanta. Register: Tinyurl.com/yjzutjf4.

One World Spiritual Center Sunday Service – 11am. To watch: OneWorldSpiritualCenter.net.

Unity Atlanta Church Sunday Services – 11am. Attend in-person or watch via livestream. Youth Sunday School is also held in-person at 11am for ages 5-18. Nursery service is available, 10am-12:30pm. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Online: UUCA Service – 11am. Unitarian Universalist Congregation of Atlanta: uuca.org/live.

SRF Atlanta Reading and Inspirational Service – 11am-12pm. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Sunday Morning Talks and Discussion – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: VedantaAtlanta.org.

Unity North Online & In-Person Sunday Service – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Meditation Classes – 4-5pm, Level I; 5-6pm, Level II. All religions, all ages and all people. Learn how to meditate for spiritual enlightenment. \$15. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea: 404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Mondays

Online: Monday Night Meditation – 7-8pm. A live, instructor-led meditation and discussion. Develop a meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Register: TheOpenMindCenter.com.

Meditation & Modern Buddhism – 7:30-9pm. With Resident Teacher, Gen Kelsang Norden. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Tuesdays

Online Meditation Open House – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta. Shambhala.org.

Twin Hearts Meditation – 7-8:30pm. A short, guided meditation blessing the Earth with loving kindness, peace and good will. Donation. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Unit A, Atlanta. 404-417-0008. Meetup.com/TwinHearts-Meditation.

Metro Atlanta Sierra Club Meeting – 7:30pm. 2nd Tues. More info: SierraClub.org/georgia/atlanta.

Divine Connection Spanish Language Online Prayer & Study Group – 8-9pm. Unity Atlanta Church invites the Spanish-speaking community to "Conexión Divina," led by Rev. Xiomara Malagon. This weekly Zoom class features various topics for personal and spiritual development. Drop-in any time. New people are welcome to join. Register: xioma735@gmail.com. Unity Atlanta Church: 770-441-0585. UnityAtl.org.

Wednesdays

Online: Joy of Breathing Class – 1-1:30pm. Learn the Joy of Breathing technique, practice a deep Pranayama session and enjoy the benefits. Free. Register: Tinyurl.com/muwwanm9.

Decatur Farmers Market – Thru Nov. 4-7pm. Rain or shine. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. cfmatl.org/Decatur.

Weekly Wednesday Meditation Class – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro of the Georgia Meditation Center via Zoom. To register: MeditationCircle.org.

Thursdays

Tai Chi & Qigong – 9:30am. For beginners. \$7/at door. Meets in The Jefferson Parks and Recreation Dept, 2495 Old Pendergrass Rd, Jefferson. 678-510-9573. CarolOsborne.org. Dunwoody Beekeeping Club – 6:30-7:30pm. 1st Thurs. Meeting features a program, followed by a question and answer session with the ability to meet and learn from other local beekeepers. Free. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Twin Hearts Meditation – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranich Healing Center via Zoom. To watch: AtlPranicHealing.com.

Beyond Limits Weekly Conscious Dance – 7:45-9:45pm. With Marisa Skolky. An intentional dance activated by vocal toning and singing during an hour and a half dance through our emotions, lifecycle, archetypes and levels of consciousness. Followed by a singing bowl meditation, a closing circle and community tea time. \$20. Beyond Limits Expressive Arts Therapy LLC, 4528 King Springs Rd SE, Smyrna. 770-235-3183. MarisaSkolky.com.



Chiaroscuro / Pexels.com



Marcus Aurelius / Pexels.com

Community Directory



Discover the leaders in natural health care, sustainable living, and personal and spiritual development in our community! To list your product or service here, email us at: ads@naAtlanta.com

Acupuncture

J. CAMERON HOLISTER, MS (TCM), LAC
608 Moreland Ave
Atlanta, GA 30307
peachtreeacupuncture.com
hollisteracupuncture@gmail.com



With a masters degree in Traditional Chinese Medicine, and over 20 years of experience, Cameron provides quality acupuncture, herbal medicines, moxibustion, cupping and gua sha.

Animal Communication

ROSEMARY KIMBLE
Animal Communicator/ Pet Clairvoyant
www.visionsandreflections.com
info@visionsandreflections.com
WhatsApp: US 404-316-9141



Communicating intuitively with animals as a means for healing in order to offer them and your family the best life possible. Including help for: Behavioral issues, Missing Animals, Deceased Pets

Chiropractic

HANDS ON WELLNESS CHIROPRACTIC
3652 Chamblee Dunwoody Rd Suite 1
Chamblee, GA 30341
www.howchiropractic.com
770-452-2955



Healing takes time and specialized care. Restore your health balance with chiropractic at all stages of life, including pregnancy and infants. Also, enjoy the benefits of hyperbaric oxygen therapy!

Cleaning Services

WII-KLEEN: RECLAIM YOUR SPACE.
Discover the Difference. Call Today!
678-769-9745
deemjg@gmail.com
wii-kleen.com

When my father didn't have my hand, he had my back.

—Linda Poindexter

Concierge Medicine

WELLCOME MD
91 W Wieuca Rd NE Bldg A, Ste 1000
866-942-4522
WellcomeMD.com
infoAtlanta@WellcomeMD.com



Experience concierge medicine with a functional medicine approach. Comprehensive and proactive, limited number of patients, unhurried 30-minute consultations for a personal and effective relationship with your physician. Schedule a discovery call today.

Dance Therapy

HEAL THY ENERGY EXPRESSIVE THERAPY, LLC
Therapy for the Mind, Body & Spirit
Laurie Jones, LPC
www.hte.dance
678-743-1965



I help you express yourself through art. Your session could be a mix of different activities, or just one. I work with Art, Dance, Drama, Music and Play.

Eco-Friendly Living

GREEN QUEEN
Pest & Cleaning
404-846-0000
TheGreenQueen.com



Safe, eco home services. Organic/chemical-free cleaning, indoor/outdoor pest control, turf care. Support clients with chemical sensitivities, autoimmune issues, health conditions, children, pets. Call for \$50 off ongoing service, code AWAKENINGS.

Health Food Store

SEVANANDA NATURAL FOODS MARKET
467 Moreland Avenue NE
sevananda.coop
404-681-2831



Atlanta's only MEMBER-OWNED natural foods market. Featuring vegan hot bar, extensive herbs and supplements department, and a large selection of products from local vendors. Support local. Shop Sevananda!

Herbalist

SHANNON GOWLAND
Seeds of Wellness
SeedsOfWellnessCenter.com
bewell@seedsofwellnesscenter.com
404-895-1302



Empower yourself on your wellness journey. I look at your health history, genetics, epigenetics, and review your skin, nails, eyes and tongue to develop your bio-individual protocol.

Holistic Dentistry

ATLANTA DENTAL WELLNESS
Cale Jackson, D.M.D.
Piedmont Center, 3525 Piedmont Rd
Bldg Five, Ste 408, Atlanta
AtlDentalWellness.com • 404-233-1102



Mercury-free dentistry service for over 20 years. Special treatment for mercury removal. Discover which dental materials are optimal for you.

Hypnotherapy

BECKY ARRINGTON
The Well of Roswell
www.arringtonassoc.com
becky@arringtonassoc.com
770-778-2051



Stop Sabotaging; Start Succeeding! Clear emotional trauma resulting from childhood, prior experiences or past lives by accessing your "untapped wisdom" within, facilitated by Becky's intuitive abilities and Alchemical Hypnotherapy processes.

JIM COLTON HYPNOSIS
Braselton, Decatur & Sandy Springs
jimcoltonhypnosis.com
404-434-4847



Build a better YOU by learning to love yourself. Beat bad habits, depression, anxiety, fears, anger, and grief quickly, effectively, painlessly, permanently and naturally.

Intentions

UNITED INTENTIONS FOUNDATION, INC.
Discover the Power of Your Intentions!
11205 Alpharetta Hwy, Ste F5
Roswell • UnitedIntentions.org
678-495-4345



A nonprofit organization dedicated to sharing cutting-edge scientific research, tools and techniques that promote positive life changes. Offering education seminars, curriculum in the form of interactive videos and games, online resources, tools and applications. Join our online community to learn about the power of positive intentions, create your own, and share them with other members around the world! Membership is free.

Meditation

JESSICA LAKOS
Chopra Certified Meditation Instructor
WisteriaAndWillow.com
Jessica@wisteriaandwillow.com
404-287-8889



Meditation connects you with your True Self. Explore guided, mantra, walking, breath and primordial sound meditations. Personal sessions help you find the techniques that resonate with you. Free consultations for new clients.

Realtor

TORI MCGEE
Holistic Realtor / Building
Biology Advocate
www.atlantaholisticrealtor.com
HolisticHomeExpert@gmail.com
770-608-6777



Let me help you find your healthy home, free of radon, mold, EMF, dirty air and water, etc. After all, environment determines up to 80% to 90% of our health outcomes.

Spiritual Centers

SHARE INTERNATIONAL USA
share-international.us/
info-se@share-international.us
770-302-2208



A message of hope during this time of crisis: the Emergence of Maitreya, the World Teacher and the Masters of Wisdom.

UNITY ATLANTA CHURCH
3597 Parkway Lane, Peachtree Corners
www.UnityAtl.org • 770-441-0585
Celebrating 100 Years!



A Place for You to Belong. We believe that everyone is created in the divine image and likeness of God. We practice the teachings of Jesus while honoring all paths to God.

Therapy

MARCIA WILLIAMS, MS, LPC
Hidden Flames, LLC
Therapeutic Services
marcia@hiddenflamesllc.com
240-493-6041



I facilitate healing from narcissistic abuse. A licensed therapist rooted in empathy, I offer healing through therapy, workshops and retreats, and empower you to reclaim your narrative and restore your self-worth.

Wellness Centers

THE WELL OF ROSWELL
Hope, Healing & Happiness
900 Old Roswell Lakes Parkway #300
Roswell, Georgia 30076
www.thewellofroswell.com



A Holistic Healing and Event Center bringing the metaphysical to the mainstream. Offering many healing modalities and classes, workshops and events to assist your spiritual journey and transformation. Event rentals.

Wellness Coaching

ORR WELLNESS COACHING
A Balanced Life is Within Reach
Online coaching and mentoring to achieve holistic wellness for body, mind, and soul
www.orrwellness.com • 404-993-3914

*We have to be visible.
We should not be ashamed
of who we are.*

—Sylvia Rivera

“No, But...”

Musings on Saying Yes and Improv

by Tara Ochs



These days, when I say “Yes, and” in an improv class, everyone nods—even beginners. It’s become a phrase co-opted by entrepreneurs and therapists; it is reflected in design theory and on coffee mugs. These days, I don’t have to explain the first rule of Improvisation. Instead, I feel the urge to break it down or even take it back.

“Yes, and” has been attributed to Viola Spolin, a theater academic and educator, the improv troupe in 1950’s Chicago called Compass Players, and/or Keith Johnstone, a Canadian theater director—depending on which “church” you prefer to attend. Personally, I’m a Johnstone acolyte.

The idea of “Yes, and” is to start by accepting someone else’s contribution to a story and then add your own idea. If you were an improv teacher in the past 40+ years, you might have tried to encourage your students to say yes to anything their partner said. I have about a hundred different exercises that help students practice this skill.

At first blush, it's kind of revolutionary. There's nothing like seeing someone who feels shy or reluctant suddenly start to emerge from their bubble when their idea is enthusiastically supported. It feels good to contribute to someone's epiphany.

For years and years, I had total faith in this concept. And then, in 2020, things got a little shaken up. And, no, this isn't a pandemic story. Not directly, anyway. It was the summer of 2020, a time when

the Improv Theater world seemed to be going through a universal reckoning. Toxicity in all its forms was being exposed. Racism was called out, women spoke out about harassment, and we all took a hard look at the demographics of our performance groups and found serious inequity. Yet, at the same time, I was asking my students to always say yes—and it started to sound not so revolutionary after all. It started to sound like a mandate. Like a directive.

But I couldn't ignore the fact that, historically, marginalized groups are typically *expected* to say yes. Who have to *protest* for the right to say: "NO!"

So, I went back to the masters. In *Impro: Improvisation and the Theatre*, Johnstone writes, “There are people who prefer to say ‘Yes,’ and there are people who prefer to say ‘No.’ Those who say ‘Yes’ are rewarded by the adventures they have, and those who say ‘No’ are rewarded by the safety they attain.” At first glance, both yes and no provide ‘rewards’ and are therefore equal. Except that which would you rather have? Adventure or safety? (Hint: You’re supposed to say “adventure.”)

But what if you want to say no? What if you want to disagree? What if you are in a position of power, and everyone around you is always saying yes, even when your business is imploding? I wondered if I had been creating an atmosphere of shame and fear around saying no. How screwed up is that? *How was I supposed to teach “Yes, and” after that?*

Well, I got kinda lucky. About the time I was getting squeamish about Improv Assimilation techniques, I started to hear from women who knew a lot more than me about improv. Women such as actor and author Patti Stiles and theater educator, actor and consent coach Eve Kreuger.

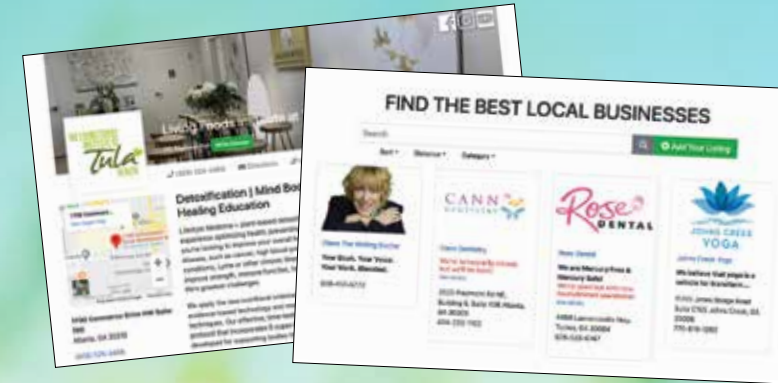
They suggested some adjustments. For example, instead of saying, “Yes, and”—which has sadly become a bit too misunderstood and worse, reductive, what about trying, as Patti suggests, saying “accept, use, value” as an improv technique? My friend Eve gave me another option, which I love to share at the very top of class: “No, but.” Here’s the new rule: You don’t *have* to agree wholeheartedly with what someone else wants, suggests or needs. Always and forever, you don’t only have the right to say no; you have the right not to be shamed or punished for it. Take *that*, toxic positivity!

Yes, I admire folks who take risks, endure in spite of discomfort and choose adventure over—well—*not*-adventure. And if you don't feel safe speaking up, diving in or contributing your voice, no one needs to know that but you. Really. Saying no is a privilege that everyone must have. Always. And in my classrooms, I say *yes* to choice. These days, that feels a lot better. 🍌



Tara Ochs is a writer, producer and performer in Atlanta's entertainment community. She produces content with Dagger, a creative agency, and can be seen on stage at Dad's Garage Theater in the Old Fourth Ward performing live comedy.

Get Your FREE Online Directory Listing!



This feature of our website is becoming the go-to resource for those seeking help with natural healing, conscious eating, personal development and more!

WE'RE OFFERING OUR BASIC LISTING FREE!

**Increase your visibility
in the metro area!**

natural
awakenings

1

Go to
naAtlanta.com

2

Click on
List Your Business
(at the bottom of the screen)

3

Click
Register



Work from
anywhere
and
love
what you do.

A LIFE-CHANGING OPPORTUNITY

Natural Awakenings is celebrating our 30th year anniversary and growing!

OWN YOUR OWN FRANCHISE

Call today: 239.206.2000

Scan code to learn more.





ATLANTA

DENTAL WELLNESS



Cale Jackson,
D.M.D., IAOMT

We have created a welcoming and respectful environment for your care, including:

- Mercury-free for more than 35 years
- Safe removal of mercury fillings: **SMART protocol**
- Dental Ozone treatment
- Biocompatible dental materials
- Very low-radiation digital x-rays

Atlanta Dental Wellness welcomes chemically and environmentally sensitive patients, as well as patients who simply want their dental care to be in harmony with their healthy lifestyle.

*Our focus is the total health, comfort
and well-being of our patients.*



Matthew Giordano,
D.M.D., IAOMT

Atlanta Dental Wellness

3525 Piedmont Road
Building 5, Suite 408
Atlanta, GA 30305



atldentalwellness.com
404-233-1102



Facebook.com/atlantadentalwellness