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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.



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## letter from the publisher



It has been a few months since I have written a publisher's letter, and I appreciate the grace you've shown me during this time. The summer brought many changes for our family, including purchasing a home in the Twin Cities and putting our home in northern Minnesota on the market. This has kept us busy with many projects, including packing and purging, remodeling and repairing. It's quite the exciting time, and we are looking forward to starting a new chapter and being closer to all of the friends we've made through *Natural Awakenings*.

Our transition will be complete this fall, and I am so grateful for the more pleasant weather as the heavy lifting begins.

September brings us sunny days of comfort and nights of cool relief—a much needed reprieve from the humidity of Minnesota summers! The thing I love most about Minnesota is the ability to experience each season in all its glory—though my favorite seasons of spring and fall seem to be getting shorter each year. The impact of climate change is evident to those of us who remember the lingering days of these transitional times.

This month, the health of the planet and its inhabitants is at the core of writer Yvette Hammett's article "The Re-Use Revolution: Plastics Peril Drives New Strategies." The growing plastics crisis has some people yearning for the days when soft drinks and beer all came in reusable containers that required a deposit, or when milk and cream were delivered to the front porch in quaint glass bottles. Learn how some states, municipalities and private companies are taking us back to the future in innovative ways.

As we breeze into fall, vitality is the watchword for recharging batteries. Writer Marlaina Donato offers a comprehensive guide to ward off inflammation and premature cell death in "Age-Defying Bodywork: How to Turn Back the Clock." She explains how fortifying the nervous system through massage, acupuncture and reflexology is critical to combating age-accelerating stress hormones like cortisol—and has now been embraced by the medical mainstream.

I hope you will join me this month in turning back the clock and slowing the speed of life. There is much to do, but nothing more important than taking care of ourselves.

Wishing you wellness!

*Candi*

Candi Broeffle, Publisher



Candi Broeffle





Bruno Groening

## Bruno Groening Teachings Reveal a Path to Health

**B**rigitte Schneider, a licensed healing practitioner from Germany, will give a series of talks about a natural, cost-free way of attaining healing and help through the teachings of Bruno Groening, from September 23 through October 2, in the Twin Cities.

Groening taught about a natural power—"the healing stream"—which can heal the body and soul, help with life issues and bring peace, happiness and inner freedom. *The Phenomenon Bruno Groening* documentary is available for viewing on YouTube.

Schneider has been working in her own practice for more than 30 years; for 15 years she has been a member of the Medical Scientific Group of the worldwide nonprofit organization, the Bruno Groening Circle of Friends. Medical doctors and psychologists in this group document healings which occur in the Circle of Friends today as they did during Groening's lifetime.

Schneider will present some of these medically documented healings and offer simple instructions on how to absorb this natural healing power available to everyone, regardless of nationality, faith or religion. Many experience this healing power during the lecture.

Lectures will be held from 7 to 8:30 p.m. as follows: September 23-Carondelet Center, Rm. 101, 1890 Randolph Avenue, St. Paul; September 24-Plymouth Creek Center, Meeting Rm. 1, 14800 34<sup>th</sup> Avenue North, Plymouth; October 2-SpringHouse Ministry Center, 610 West 28<sup>th</sup> Street, Minneapolis.

*Cost: Free; donations appreciated. For more information and to register, call 651-206-0276 or visit [Bruno-Groening.org](http://Bruno-Groening.org).*

## Body and Brain Yoga Tai Chi Opens Second Location

**M**aster Hong Kim proudly announces the opening of his second Body and Brain Yoga Tai Chi center, 11012 Cedar Lake Road, in Minnetonka. The studio provides body and brain yoga, tai chi, qigong, meditation and breathwork classes to its participants, enabling them to connect their body and mind while increasing strength, balance and stamina.

"Before I opened my first center in Maple Grove, I had a vision to open a total of three centers to heal Minnesotans," shares Kim. "In order to heal society, we must first heal ourselves. Since humans are the only ones who can heal the problems, it is up to us to raise our consciousness."

The public is welcome to experience a class for free every Saturday at 2 p.m. Mention this article and receive a private introductory session for just \$15. During this session, Kim will evaluate your flexibility, balance, breathing and stress levels, and create a customized plan tailored to your specific needs.

Kim explains, "Most problems are not first physical issues, but rather stem from our emotions and thoughts."

*Location: Original, 9672 63rd Ave N, Maple Grove and new location, 11012 Cedar Lake Rd., Minnetonka. For more information, call 952-513-7285 or visit [BodyNBrain.com/minnetonka](http://BodyNBrain.com/minnetonka). See resource listing, page 37.*



## Registration Opens for Fall Wisdom Gathering

**A**my Vasterling, of Intuitive Pathfinder, resumes the Wisdom Gathering this fall, from 9 to 11:30 a.m., beginning September 22, at Art Works, in Eagan, and registration is now open. The monthly event will also be held on October 20 and November 17.

Participants will gain intuitive insights for what's coming into their life and support for their curiosity through self-exploration and group conversation. A group intuitive reading by Vasterling will be provided at each event.

"I love attending Amy's Wisdom Gatherings. She has a gift of sharing what the energy is for the group. I look forward to this time as a sacred space for me away from family and responsibilities," shares Heather Nardi. "What is shared is always exactly what I need."

*Cost: \$30. Location: 3795 Pilot Knob Rd., Eagan. For more information or to register, call 612-405-0916 or visit [IntuitivePathfinder.com/wisdom-gathering](http://IntuitivePathfinder.com/wisdom-gathering). See ad, page 29.*

It's very important that children learn to use technology—it's part of life—but also that they learn when to put it down.  
~Anne Wojcicki



## BHVC 2019 Fundraiser in October

Brett Hack Vasculitis Charities (BHVC) is holding its annual fundraiser from 6 to 10 p.m., on October 24, at the Chart House, in Lakeville. The event includes hors d'oeuvres, live entertainment and a silent auction. BHVC is a volunteer organization and all proceeds go to fund their mission of patient advocacy, vasculitis awareness and research.

Vasculitis is an autoimmune disease that affects the blood vessels. Inflammation of the blood vessels can cause the vessels to narrow and restrict blood flow to vital organs or the blood vessels can rupture resulting in internal bleeding. For most types of vasculitis there is no known cause and no known cure.

Symptoms include severe headaches, extreme fatigue, joint pain, ongoing sinus infections, upper respiratory infections, body rash, skin ulcers, distorted and blurred vision, seizures, numbness and weakness in the legs, feet, arms and hands. These are often common symptoms of other diseases, making vasculitis difficult to diagnose. Recurring symptoms may be a sign of something more serious. One thing is known for sure: early diagnosis saves lives.

*Cost: \$30/person. Location: 11287 Klamath Trail, Lakeville. For more information and to register, visit [BHVCharities.org](http://BHVCharities.org).*

Never go to a doctor whose office plants have died.  
~Erma Bombeck

## Soul Stories

Discover the meaning of your life experiences and view your life from your soul's perspective. Learn how to let pain and suffering show you its meaning and purpose, making way for growth and wisdom.

Determine the type of information that is available, who can access it, how it is accessed, and how it can help you create a more passionate, purpose-filled life. Soul Stories seminars will be presented in Eden Prairie on October 2, Bloomington on October 3, Rosemount on October 29 and Burnsville on October 30.

We are living in an exciting time in human history as we recognize that within us lies information that can guide us on our path to wholeness. Receive spiritual guidance to live your purpose and thrive utilizing your soul's Akashic Record. With the assistance of this ancient spiritual resource, we tap into wisdom to help us make wise decisions personally and professionally.

Barbara Brodsho will be presenting and facilitating this conversation through community education programs throughout October. Brodsho has a master's degree in Theology and certifications in spiritual direction, energy medicine and soul-level healing. As a Soul Purpose Coach and Holistic Healer, she empowers highly conscious spiritual seekers, creators and leaders to express their soul's innate gifts and understand their life experiences from their soul's perspective.

*Cost: \$25 to \$29/person. For more information including on event times and locations, visit [BarbaraBrodsho.com/events/2019-10](http://BarbaraBrodsho.com/events/2019-10). See ad, page 23.*



## IntraAwareness Offers Personal Growth and Development as Lifestyle

If you are looking to incorporate physical fitness, yoga, spiritual connection and wealth development into your life, you will want to check out the newly opened IntraAwareness Lifestyle Studio, located at 104 West Franklin Avenue, in Uptown Minneapolis. This space is the culmination of 20 years of perseverance and dedication from IntraAwareness founders Jeremiah and Amanda Rangel.

"IntraAwareness was created as a way to help people connect with their resources to live their best life possible," shares Jeremiah. "Since 2011 we have been providing clients and community with classes and courses to elevate their lives in all four pyramids of life: physical, psychological, spiritual and financial."

After creating a high-vibration community and tribe by word of mouth experiences and referrals, IntraAwareness is launching a variety of courses, classes, coaching programs and bodywork in one central studio.

The high vibration intention from the studio can be felt from the moment you walk in the door. "I highly recommend trying a drop-in class to test the waters," says Amanda. "If you are interested in an early bird membership, check out our Indiegogo Community Campaign through September 17 to get in on special membership pricing which includes unlimited monthly classes."

*For more information, visit [IntraAwareness.com/lifestylestudio](http://IntraAwareness.com/lifestylestudio). See ad, page 2.*



## Children 18 and Under Offered Youth MediMorphosis

Mas Sajady announces the official launch of a free event for children called Youth MediMorphosis, to be held from 2 to 6 p.m., on September 22, at the Lake Harriett Spiritual Community, in Minneapolis.

Sajady is gifted with unprecedented abilities that help activate high-performance consciousness. These highly developed abilities coupled with the capacity to access a timeless body of knowledge, which he calls Exponential Intelligence (EI), allow him to lead individuals in achieving significant life changes by transcending their limitations.

A father of six children, Sajady held a soft launch of the Youth MediMorphosis in July where he had the honor to work one-on-one with young individuals ranging from unborn children and infants to 18-year-olds. The event was intimate, informative and powerful. Hundreds of individuals gathered online to listen, gain wisdom and contribute to the collective energy of the event. At the front of the room, the young people stood with Sajady as he tapped into EI wisdom to identify their gifts or target obstacles and burdens the child was experiencing. Sajady was able to identify those with intuitive abilities and work with them to hone and enhance their skills. For other participants who struggled with anxiety or depression, EI offered unprecedented insight as to why they felt this way and provided guidance towards personal transformation.

Sajady recognizes the paramount role that youth play in the elevation of human consciousness. He feels it is imperative that our young people begin to break free from old paradigms in order to develop a population of aware, awakened, intentional beings prepared and determined to reach the full potential that humans were meant to attain.

Children 18 and under are invited to experience this work of EI reprogramming to unleash the potential aching to spring forth from within. At the upcoming official launch of the Youth MediMorphosis, the young participants, accompanied by a parent, will work one-on-one or in small groups with Sajady to co-create a framework for high performance mastery to amplify their intuitive abilities and talents and ultimately chaperone our world into a state of higher existence.

*Cost: Free. Location: 4401 Upton Ave., Minneapolis. For more information, other workshops (including adult) and registration, visit [Mas-Sajady.com/events](http://Mas-Sajady.com/events). For media inquiries and bookings, email [mrrra@MasSajady.com](mailto:mrrra@MasSajady.com). See ad, page 21.*



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## Silver Fillings: Just ugly? Or harmful too?

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## health briefs

### Eat Vegan Without Compromising Stamina

For runners, food is fuel, and a new study lays to rest debates about which diet is best. Researchers at Leibniz University, in Hannover, Germany, recruited 76 men and women runners, divided equally between vegans, vegetarians and omnivores. They had an average age of 27 and ran recreationally two to five times a week. The runners were asked to pedal to exhaustion on a stationary bike, and researchers found that all three groups had similar exercise capacity and power output, and similar lactate production during exercise. The researchers concluded that vegan diets were “a suitable alternative for ambitious recreational runners.”

### Be a ‘Warm’ Parent to Extend Kids’ Lives



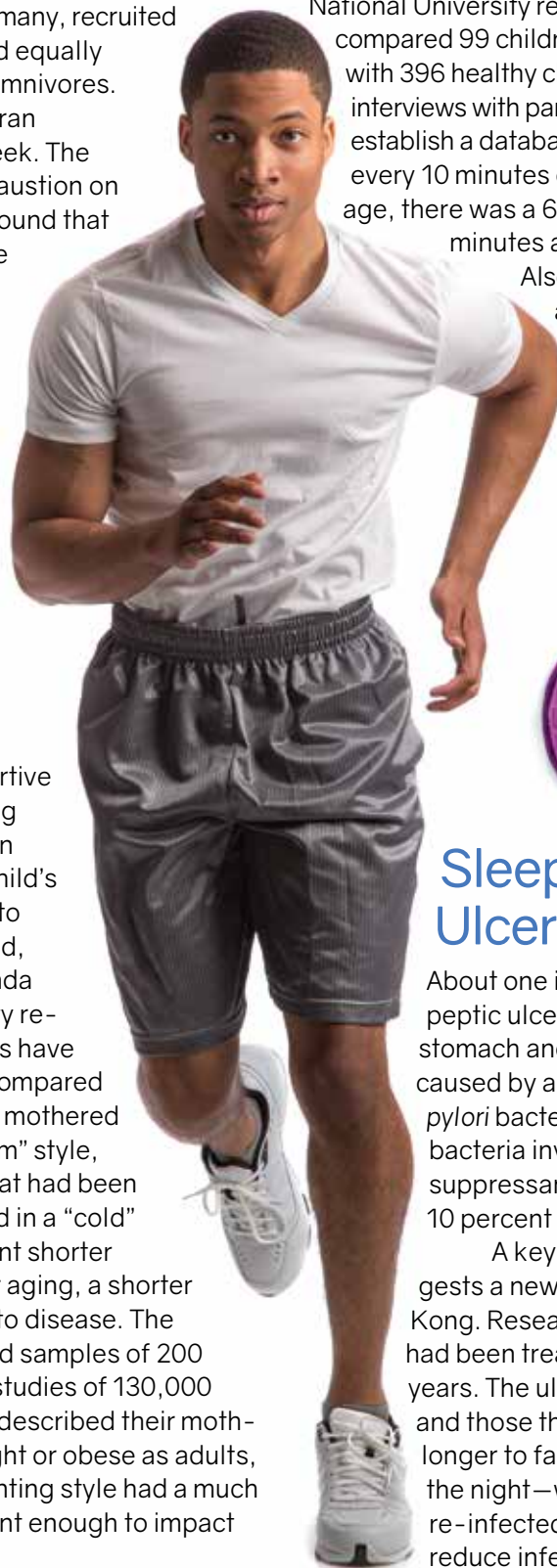
Cold or unsupportive mothering styles can harm a child's health into adulthood, Loma Linda University researchers have found. Compared to adults mothered in a “warm” style, adults that had been mothered in a “cold”

manner had an average of 25 percent shorter telomeres, indicating faster cellular aging, a shorter life span and greater susceptibility to disease. The study was based on follow-up blood samples of 200 adults originally enrolled in cohort studies of 130,000 people starting in 1976. Those that described their mothering as cold tended to be overweight or obese as adults, with less education. A father's parenting style had a much smaller effect and was not significant enough to impact telomere length, the authors found.

### Soak Up Rays for a Healthier Bowel

Regular exposure to sunlight decreases the incidence of irritable bowel disease (IBD) in children, researchers from the Australian National University report. They compared 99 children with IBD with 396 healthy children using interviews with parents to establish a database. For every 10 minutes of sunlight exposure a day on average, there was a 6 percent reduction in risk, and 30 minutes a day reduced the risk by 20 percent.

Also, children with deeper tans were at lower risk. IBD, which includes Crohn's disease and ulcerative colitis, has been shown in previous studies to be less common among people that live in sunnier places and closer to the Equator.



### Sleep Tight to Keep Ulcers at Bay

About one in 10 Americans develops painful peptic ulcers, open sores in the lining of the stomach and duodenum, that are sometimes caused by an overgrowth of the *Helicobacter pylori* bacteria. Drug therapy to eradicate the bacteria involving two antibiotics and one acid suppressant is usually successful, but about 10 percent of cases recur.

A key factor may be sleep quality, suggests a new study from the University of Hong Kong. Researchers followed 1,420 people that had been treated for peptic ulcers for three years. The ulcers recurred in 8.3 percent of them, and those that had poor sleep—including taking longer to fall asleep and waking more during the night—were significantly more likely to be re-infected. Longer total sleep times helped reduce infection recurrence.



## Try Maqui Berry for Dry Eyes



Maqui, tiny black berries that grow wild in the rain forests of Chile and Argentina, are beloved by small birds. Now they are showing promise for computer-weary humans with dry eyes. In a recent study, Japanese researchers tested a stan-

dardized maqui berry extract on 74 people that suffered from dry eyes and eye fatigue that used computers, smartphones or video games for more than four hours a day. Half took 60 milligrams of the maqui berry extract and half took a placebo for four weeks. The maqui berry group showed significantly greater production of lacrimal fluid in both eyes compared to the placebo group, and also reported less eye fatigue and more relaxed shoulders.

## Lower Anxiety to Ease Allergies

People with generalized anxiety disorders affecting all aspects of life are more likely to have seasonal allergies triggered by grass or tree pollen and people with depression are more likely to suffer from chronic allergies triggered by such irritants as animal hair and dust mites, report German researchers at the Technical University of Munich. In the study of 1,782 people, they also found that food and drug allergies were unaffected by psychosocial disorders.

## Be Wary of Dental Antibiotics

Preventive antibiotics are frequently prescribed by dentists for older patients with certain heart conditions, but Oregon State University researchers recently found that those antibiotics, which can expose patients to unwelcome side effects, are unnecessary 81 percent of the time. Using four years of a healthcare claims database of almost 170,000 prescriptions involving more than 90,000 patients with an average age of 63, the research found that fewer than 21 percent should have been given antibiotics based on heart conditions. The findings are important because dentists are responsible for 10 percent of all antibiotic prescriptions written in the U.S., and overuse of antibiotics contributes to bacteria evolving to make the drugs ineffective.



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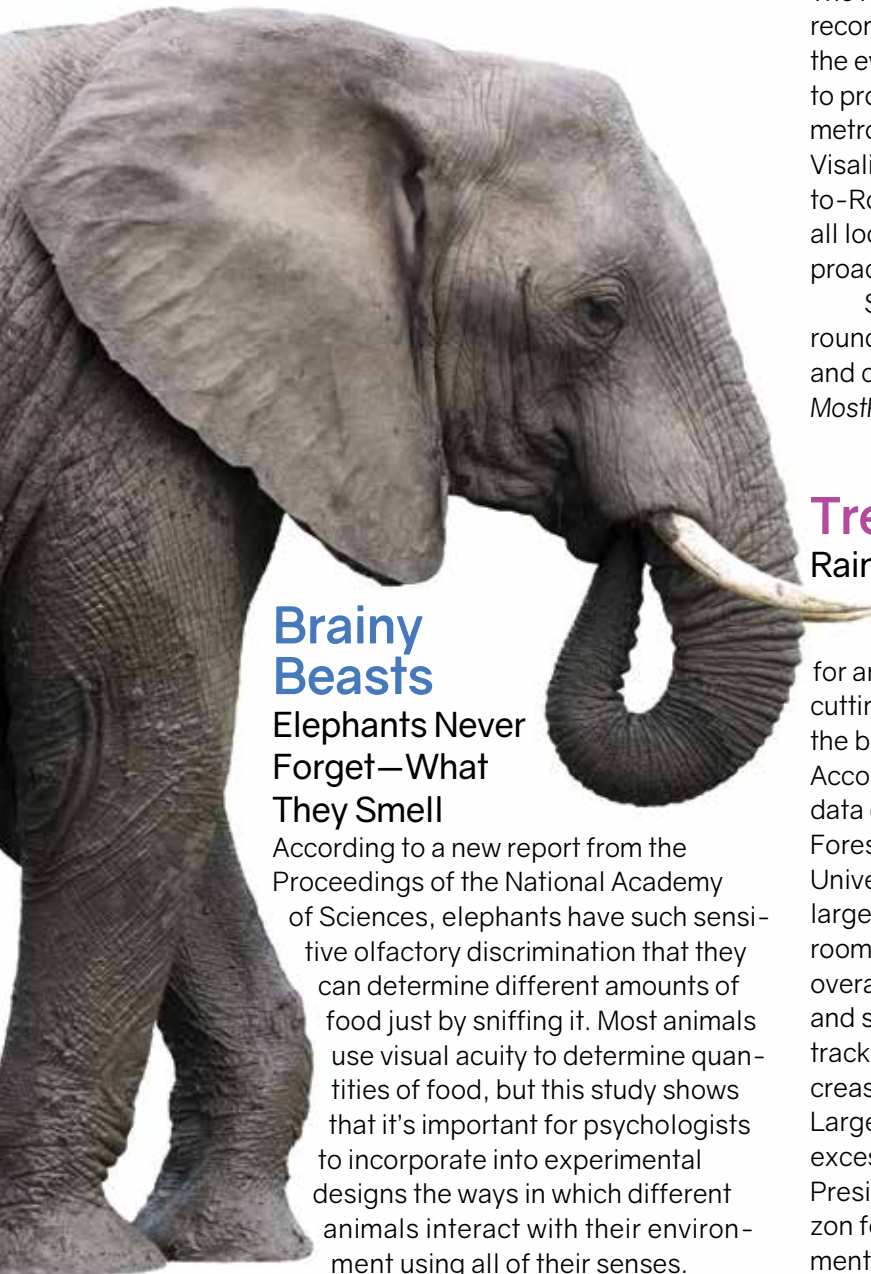
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## Deathly Air

### Pollution More Deadly Than Cigarettes

Toxic air is killing more people in Europe than tobacco smoking, according to new research published in the *European Heart Journal*. The number of early deaths caused by air pollution is double previous estimates and the lives of 800,000 people worldwide are cut short by an average of more than two years, the scientists calculated. Although air pollution enters through the lungs, its impact via the bloodstream on heart disease and strokes is responsible for twice as many deaths as respiratory diseases. Penny Woods, chief executive of the British Lung Foundation, says, "Toxic air doesn't just cut lives short. It also seriously affects the health and quality of life of millions of people."



## Brainy Beasts

### Elephants Never Forget—What They Smell

According to a new report from the Proceedings of the National Academy of Sciences, elephants have such sensitive olfactory discrimination that they can determine different amounts of food just by sniffing it. Most animals use visual acuity to determine quantities of food, but this study shows that it's important for psychologists to incorporate into experimental designs the ways in which different animals interact with their environment using all of their senses.

## Breathing Risk

### Pollution Rises Across the U.S.



In the U.S., air pollution in general worsened markedly across the country between 2015 and 2017, probably due to rising temperatures, according to the American Lung Association's *State of the Air 2019* report. Based on federal, state and local data, it found that many cities nationwide increased the number of days when particle pollution, often called "soot", soared to record-breaking levels. More cities suffered from higher numbers of days when ground-level ozone, also known as "smog", reached unhealthy levels. The report's three-year span covered the hottest years on record globally, and as the report noted, the data "adds to the evidence that a changing climate is making it harder to protect human health." Case in point: The top six cities or metro areas in ozone pollution—Los Angeles-Long Beach, Visalia, Bakersfield, Fresno-Madera-Hanford, Sacramento-Roseville and San Diego-Chula Vista-Carlsbad—were all located in California, one of the most environmentally proactive states.

See a map of the 25 worst offenders by ozone, year-round particle pollution and short-term particle pollution and check out other locations by zip code at [Tinyurl.com/MostPollutedCities](http://Tinyurl.com/MostPollutedCities).

## Trees Please

### Rain Forest Dwindling

The Amazon Rain Forest continues to lose habitat for animals and plants by clear cutting practices that add to the burden of climate change. According to satellite imaging data compiled in 2018 by Global Forest Watch and analysts at the University of Maryland, removing large patches of forest to make room for ranching caused the highest loss of forest cover overall, along with other commercial activities like mining and soy production. The World Resources Institute, which tracks global forest cover, reports deforestation is increasing in Brazil, Indonesia, Colombia, Peru and Bolivia. Large swaths of forest serve as carbon sinks, helping suck excess carbon emissions from the atmosphere. Brazilian President Jair Bolsonaro has promised to open the Amazon for industry and recently slashed funding to environmental and science research groups.





## Whale Wipe-Out

### Record Numbers Starving to Death



More than 160 dead gray whales have washed up on the Pacific Coast this year, including onto beaches in Canada, Mexico and Alaska, and scientists estimate that they represent

just 10 percent of the total number of the dead, with the rest sinking into the sea. In Washington, officials have run out of public beaches for the huge carcasses to rot, and have asked for owners of private beaches to volunteer space.

This could end up being the deadliest year for gray whales since 2000, when 131 were found on U.S. shores. Many of this year's victims have been malnourished, according to David Weller, a research wildlife biologist with the National Oceanic and Atmospheric Administration Southwest Fisheries Science Center, in La Jolla, California. That could be because of unusually warm temperatures in the northern Bering Sea last year, says Sue Moore, a biological oceanographer at the University of Washington, in Seattle. This results in less of the type of algae that amphipods (shrimplike crustaceans) eat, which in turn lowers the food supply for the whales.

## Cola Quandary

### Companies Urge Vietnam Recycling Plans

Vietnam is among the biggest contributors to plastic waste in the ocean, and Suntory Holdings, a giant Japanese beverage company, has joined its rivals Coca-Cola and Nestlé to encourage new recycling strategies to fend off such actions as the European Union's move toward outlawing single-use plastic items. A report by Greenpeace last year found Coca-Cola, PepsiCo and Nestlé to be the world's biggest producers of plastic trash, although all three companies have made recycling pledges. Suntory, a maker of whisky and soft drinks, says it plans to switch out pure, petroleum-based plastic bottles in all markets by 2030, using only recycled or plant-based materials, at a cost of approximately \$467 million, but also says it sees no viable alternative yet to polyethylene terephthalate (PET) bottles.



## Growing Pains

### Climate Changes Upend Farming

Cultivation throughout the U.S. is becoming more difficult because of unpredictable weather patterns, leading to higher prices and lowered productivity. Farmers are finding that a shift of two or three weeks in a growing season can upset supply chains, labor schedules and other agricultural variables, like the routes that honeybees travel to pollinate fields.

Also, climate change is driving a rise in pest infestations that will keep growers scrambling to keep up with rapidly changing conditions. "Decades-long patterns of frost, heat and rain, never entirely predictable, but once reliable enough, have broken down. In regions where the term climate change still meets with skepticism, some simply call the weather extreme or erratic. But most agree that something unusual is happening," reports *The New York Times*.



## Cetacean Liberation

### Canada Bans Captive Sea Mammals

Canada's Parliament recently passed legislation banning the practice of breeding and keeping whales, dolphins and porpoises in captivity. Violations are punishable by fines of up to \$150,000. While celebrated by animal rights activists, the bill doesn't free marine mammals currently in captivity, those being rescued and rehabilitated, or those being kept for the purposes of licensed scientific research. The Canadian Broadcasting Corporation reported that the measure would especially impact Marineland, the Niagara Falls, Ontario, amusement park and zoo that has 55 beluga whales, five bottlenose dolphins and one orca, according to Fisheries and Oceans Canada. Marineland said it will comply with the legislation.



## Sustainable Scrubbing

Tips for Toxin-Free House Cleaning



Cleaning the house shouldn't be a health hazard, yet studies have linked many popular cleaning products to asthma and other respiratory ills, developmental problems in young children and breast cancer. The nonprofit Environmental Working Group (EWG.org) warns in its *Guide to Healthy Cleaning* that both toilet and oven cleaners and heavy-duty degreasers that contain hydrochloric acid, phosphoric acid, sodium hydroxide, potassium hydroxide or ethanalamine can cause skin burns, blindness and lung irritation.

Products containing ammonia or chlorine bleach produce dangerous fumes when accidentally combined. Even air fresheners and scented cleaning or laundry products can trigger allergies, and often contain suspected endocrine disruptors such as phthalates and synthetic musk.

EWG scientists have evaluated 2,500 cleaning products and posted the results online: Out of 507 all-purpose cleaners, only 59 earned an A for safety and 151 got an F. Other indicators of high eco-standards are a Green Seal or an EcoLogo certification symbol on the product's container.

There are many good, safe and effective cleaning strategies that use natural ingredients. *ChasingGreen.org* lists 23 ways to use baking soda in the kitchen, including cleaning grease stains, iron pots and baby bottles. For example, to clean both wooden and plastic cutting boards, use a paste made of one tablespoon each of baking soda, salt and warm water.

Vinegar, which is nontoxic and antibacterial, is another natural go-to cleaner. An equal mix of distilled white vinegar and water in a spray bottle can clean windows, stovetops, countertops, porcelain and ceramic tile. *TheSpruce.com* lists ways to use vinegar to clean everything from crayon stains to mold and mildew, and suggests adding a drop of lavender or citrus essential oil if the smell is unpleasant.

*Treehugger.com* cautions not to discard old, toxic products down the drain or in the trash, where they'll end up poisoning the water supply or landfill soil. Instead, keep an eye out for local toxic and electronic recycling events.



## Join in a Climate Strike Event

People have been conducting strikes as a method of demanding change for many years. With our climate on the brink of collapse and our communities already suffering from its impacts and the potential for effective action so uncertain, such a worldwide event to try to effect climate change action is paramount.

On September 20, millions of people worldwide will walk out of their classes, jobs and homes as part of a Global Climate Strike, with many organized events taking place nationwide.

"One day of striking won't solve everything, but it will show those in power that we refuse to stand by in the face of climate crisis," says Tamara Toles O'Laughlin, North American director of 350.org, a renewable-energy action nonprofit that is working to organize weeklong events. "It'll show the world who the real villains of the story are. And if we're numerous and loud enough, it will be the spark that helps turn the tide. And that's all we really need."

Visit [350.org](http://350.org) to find the nearest event or to create one.

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During stress, the body is primed to resist or escape a threat, and ... it's not going to prioritize restorative activities.

~Margaret Connolly

understood that prolonged daily stress weakens DNA structures by shortening chromosome-protecting telomeres, a major component in premature cell death and the trigger of genetic, predisposed markers for disease.

Studies by Dr. Owen Wolkowitz, of the University of California, San Francisco, demonstrate the link between shortened telomeres and insufficient response to free radicals, resulting in chronic inflammation, now believed to be the catalyst of most degenerative diseases. Psychological stress, according

# Age-Defying Bodywork

## How to Turn Back the Clock

by Marlaina Donato

It has been said that stress kills, and it often can be a slow and premature process, leading to common but avoidable symptoms of decline: impaired memory, loss of mobility, fatigue and decreased libido. Good nutrition, getting enough sleep and staying active contribute to vitality; however, fortifying the nervous system is critical to combating age-accelerating stress hormones like cortisol.

The key to keeping body and mind young may lie in the therapeutic modalities of bodywork, an umbrella term for up to 350 methods that include massage, energy work and meridian-based therapies like acupuncture, shiatsu and reflexology, which can improve quality of life and promote cellular integrity. Once considered a luxury confined to spas and private home sessions, bodywork is moving into the medical mainstream with reputable hospitals like the Memorial Sloan Ket-

tering Cancer Center, in New York City, which offers reiki sessions and instruction for patients and caregivers.

According to a survey by the American Hospital Association, reiki and its close cousin Therapeutic Touch comprise one of three top complementary therapies in American hospitals, along with massage therapy and music. The Arthritis Foundation recommends massage for all types of arthritis and pain syndromes like fibromyalgia, as it can reduce discomfort and stress.

### The Chemistry of Premature Aging

Busy lives without enough downtime can set up the body to be in a chronic state of “fight-or-flight”, which compromises cardiovascular health, nutrient absorption, waste elimination and immunity. Thanks to groundbreaking researchers like Nobel laureate Elizabeth Blackburn, it is now

to research published in *Proceedings of the National Academy of Sciences* by Sheldon Cohen of Carnegie Mellon University, in Pittsburgh, changes how the body regulates inflammatory response.

“Stress and inflammation cause pain and disease,” says Certified Reflexologist and holistic practitioner Martha Garland, of CreativeSpirit Healing Arts, in Baltimore. “All of this that we carry in our bodies will make us feel much older than our years.”

Through application of pressure on specific reflex zones on the feet, hands and ears, reflexologists like Garland can help promote the natural flow of bodily functions. “Reflexology, a modality that is separate from massage therapy, reduces the tension, stress and pain that we hold in our feet and in the rest of our body, which can promote longevity and better quality of life,” she says.

Certified craniosacral therapist Margaret Connolly, of Narberth, Pennsylvania, agrees that mental or emotional strain plays a key role in the



aging process. “During stress, the body is primed to resist or escape a threat, and in that situation, it’s not going to prioritize restorative activities,” she says. Craniosacral therapy (CST) focuses on the cerebrospinal fluid and the meninges surrounding the brain, spinal cord and related connective tissue, and helps the body drop out of excessive fight-or-flight mode.

## Pain, Serotonin and Substance P

Bodywork and its ability to impact the chemistry of stress has far-reaching effects on most bodily systems. Studies in 2016 from the Touch Research Institute at the University of Miami School of Medicine have shown that massage therapy helps to regulate hormones, boost immunity, improve attentiveness and ease the symptoms of depression.

Licensed Massage Therapist Michele Duncan King, of Sea Spell Massage, in Cannon Beach, Oregon, knows firsthand how her work can assist in counteracting the energy-sapping effects of stress. “When the digestive system doesn’t go into the ‘rest-and-digest’ state via activation of the parasympathetic nervous system, it can affect muscles, joints, organs and hormones. This, along with elevated cortisol, can certainly make us function less optimally, making us feel older and less vibrant.”

Traditional massage modalities such as Swedish, deep tissue, Thai and Lomi Lomi help reduce blood pressure, boost immunity by augmenting natural killer cells, decrease symptoms of depression and support the cardiovascular system. It can also assist lymphatic movement, which can prevent cold hands and feet and achiness. Massage also raises serotonin and dopamine levels, neurotransmitters that play vital roles in memory, mood regulation and immunity.

Most significantly, higher serotonin levels are linked to lower levels of substance P, a neuropeptide that is central in pain perception. It soars during times of stress, anxiety and insufficient sleep, and has also been linked to tumor growth and inflammatory conditions.

As human beings,  
touch is so important.

~Anita Bondi

## Multidimensional Well-Being

Bodywork can assist the physical body, but it can also be a restorative balm for the emotions and psyche. “As human beings, touch is so important. Massage modalities invite safe, healing touch,” says Anita Bondi, licensed massage therapist and a founder of the Wellspring Holistic Center, in East Stroudsburg, Pennsylvania. “A good therapist will also educate a client about other benefits of a more holistic lifestyle. I believe any time we give ourselves permission to listen to the body’s wisdom and follow its lead, we reduce stress and increase well-being.”

While women are more apt to include

bodywork sessions in their health care, men can be hesitant. Connolly encourages both women and men to experience CST and other modalities. “Sometimes men are a bit nervous about being touched, whether the practitioner is male or female. Even when open to hands-on therapy, some men believe extremely deep pressure is needed in order to be effective.” Not so, says Connolly, who cites the experience of Mark Bertolini, CEO of the Aetna health insurance company, who credits CST with saving his life when he was contemplating suicide and suffering severe neuropathic pain from a skiing accident.

## Menopause and Cognitive Function

CST can also have an impact on women’s hormonal changes. “Very slight movement of tissues near the pituitary gland can exert a subtle pumping motion on the

# Highlighting Bodywork Benefits



### For Her:

- Shiatsu and acupuncture for hormonal imbalance, insomnia, migraine headaches, irritable bowel syndrome
- Swedish, deep tissue and aromatherapy massage for stress reduction, premenstrual syndrome, pain, food cravings
- Craniosacral therapy for headaches, back and joint pain, morning sickness, postpartum wellness
- Maya Abdominal Massage (Arvigo techniques) for reproductive health, fertility, bladder health, constipation
- Reflexology for healthier skin, food sensitivities, seasonal allergies, overactive bladder



### For Him:

- Shiatsu and acupuncture for back pain, office-related pain syndromes, gout and inflammatory bowel disease
- Swedish, deep tissue and aromatherapy massage for cardiovascular and lymphatic circulation, blood pressure, depression, anxiety, better sleep
- Neuromuscular therapy, myofascial release, trigger point release and cross-fiber friction massage for supporting muscles of the male pelvic floor integral to the prostate, bladder and sexual health
- Craniosacral therapy for pain reduction, headaches, asthma
- Rolfing, structural integration and the Feldenkrais Method for changing structural patterns, pain reduction, body awareness
- Reflexology for kidney stones



master gland in a way that will facilitate its ability to produce and release hormones,” explains Connolly.

The therapy is sometimes used in conjunction with acupuncture, which also impacts hormones and works on the brain. A 2018 study by Chinese researchers published in the journal *Evidence-Based Complementary and Alternative Medicine* shows neuronal improvement through acupuncture in both cognitively impaired patients and healthy individuals.

### Tools for Life

Most practitioners believe that deriving benefits from bodywork requires consistency, which can support longevity in unexpected ways. Garland says, “What really makes a difference in reducing

chronic stress is consistent stress reduction. One session occasionally will feel good and reduce tension temporarily, but will not make a major difference in reducing stress in the long term.” King agrees: “A massage once a month is my recommendation for ideal overall maintenance, and more frequent sessions for specific conditions or goals.”

Research and results confirm that well-being is not a luxury, but a necessity, and puts to rest the idea that bodywork is a guilty pleasure. “The more we do to help ourselves, the better our lives will be as we age,” says Bondi.

*Marlaina Donato is certified in massage and bodywork, and is the author of several books. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*



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# WISDOM UNFOLDING



## Approaching Pain, Hunger and Self-Awareness Through Yoga

by Sudha Allitt

If your diet is wrong, medicine is of no use. If your diet is correct, medicine is of no need.

~Ayurveda Proverb

In contrast, the human condition is ripe with suffering, mentally, emotionally and physically. Simply put, people suffer because they are living in a world, and in a body, that constantly changes. It is often an intense journey from suffering to healing. Yoga offers many techniques to reduce or balance the impact of those changes.

Pawanmuktasana, the wind relieving postures organized and introduced by Mukunda Stiles (*Structural Yoga Therapy*, 2001), is a series of simple movements focused on warming and nourishing the joints of the body. ([iaiyt.org/page/DRL\\_JointFreeingSeri](http://iaiyt.org/page/DRL_JointFreeingSeri)) These movements warm the fluids of the joint and invite greater circulation. Circulation is a key component to reducing certain kinds of pain in the body.

Finger and toe curls, wrist and ankle rotations, shoulder and hip rotations, when coupled with breath awareness, become a powerful healing practice. Simple techniques, like Pawanmuktasana, when practiced two or three times a day, over a period of time, are said to have an anti-rheumatic effect, thereby reducing the experience of pain. Reduction in physical pain can also lead to a reduction in mental and emotional pain.


The benefits of yoga are heightened by attention to what and how we eat. In Ayurveda, yoga's sister science, there is a

Many people like the idea of yoga, but few are aware of its scope or its benefits. From the body to the mind, from digestion to creativity, from spirituality to love, yoga offers wisdom and guidelines for everything that has to do with being human, being alive and being happy.

To perform every action artfully is yoga.


~Swami Kripalvananda

Yoga is thousands of years old and originates in India. Its history is rich with spirituality, self-discovery and healing.

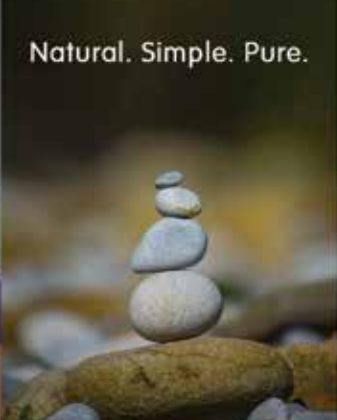





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great emphasis put on food as being the first medicine or the first poison. In order for food to be medicine, Ayurveda suggests eating according to constitution, which is based on a person's elemental makeup.

Three primary constitutions, Pitta, governed by fire and water; Kapha, by earth and water; and Vata, by air and space; express qualities that are balanced or unbalanced. "Like increases like and



opposites decrease" is an Ayurveda proverb suggesting that fiery Pitta should not eat too much

spicy food; Kapha, weighted by the earth element, should not indulge in comfort foods; and Vata, governed by air and space, should avoid raw, dry, crunchy foods. All constitutions benefit from eating whole, fresh foods. The following page offers a few examples of tea and recipes appropriate for each constitution.

**Yoga is the perfect opportunity to be curious about who you are.**

~Jason Crandell

Just as a seed sprouts when met with the proper conditions, the yoga practitioner blossoms into self-knowledge when met with the right conditions. Right conditions include skillful and appropriate practice, a sense of physical ease, mental clarity, compassion, equanimity, control of the senses and connection to Self and God/Goddess.

While yoga speaks very clearly on the essence of God and Goddess, yoga is not religion. Yoga is spirituality and relationship. When life, and the relationships held within that experience, is based on the practice of yoga, a more complete feeling of happiness, wholeness and wellness are experienced. Mantra, sacred chanting, is a practice that nourishes relationship. The mantra *Om Shanti Swaroopaha Aham* means "I

take the form of peace". When cultivating right relationship, inner peace is a necessity. Only through peace is self-awareness possible.

The experience of a more uninhibited life-force, a sense of ultimate freedom and even God/Goddess Consciousness become possible for the student interested in having those experiences. For others, a yoga practice will bring more strength, flexibility, resiliency and calm. It is true that yoga encompasses all aspects of life. Therefore, yoga has something purposeful

and healing to offer everyone.

*Dr. Sudha Allitt, Ph.D., C-IAYT, E-RYT, is the co-founder and director of Kula Kamala Foundation & Yoga Ashram, located in Reading. She is also a Spiritual Chaplain at Albright University. Connect at [KulaKamalaFoundation.org](http://KulaKamalaFoundation.org).*



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# Ayurvedic Dosha Recipes

## PITTA

Not too hot or spicy  
Luke warm drinks  
Sweet, bitter & astringent tastes



## Quinoa Patties

1 Tbsp ghee  
1 Tbsp Pitta Spice Mix  
½ cup zucchini, finely chopped  
1 stalk celery, finely chopped  
½ cup quinoa, washed  
1 cup water

½ tsp salt  
6 oz grated cooked sweet potato  
½ cup minced fresh parsley  
2 Tbsps arrowroot  
1-2 Tbsps water  
Ghee or vegan butter for frying  
Heat the ghee in a skillet. Add Pitta Spice Mix, zucchini and celery. Sauté on medium heat for 8-10 minutes.

Add quinoa, water and salt. Bring to a boil. Cover and simmer on low for 20 minutes. When cooked allow to cool to room temperature.

Add sweet potato, parsley and arrowroot. Mix well with a spoon. Add additional water if too dry.

Melt ghee or vegan butter in skillet. Shape mix into patties and fry on both sides until brown.

## Pitta Spice Blend

5 tsp fennel powder  
2 tsp coriander powder  
1 tsp turmeric powder  
1 tsp cumin powder  
½ tsp cinnamon powder

## Pitta Tea

Combine cumin seeds, coriander, fennel, cilantro and rose petals.

Add boiled water. Let steep 10 minutes.

## Rose Lassi (Yogurt Drink)

1½ cups water  
½ cup fresh plain yogurt (coconut yogurt)  
1 Tbsp turbinado sugar  
2 tsp rose water  
¼ tsp ground cardamom

Use whisk to hand blend until smooth.



## KAPHA

Not too sweet or cold  
Warm drinks  
Pungent, bitter, astringent tastes

## Kapha Spice Mix

3 tsp coriander powder  
3 tsp cumin powder  
1 ½ tsp turmeric powder  
1 tsp fenugreek powder  
1 tsp ginger powder  
½ tsp cinnamon powder  
¼ tsp ground black pepper

## Kapha Tea

Using a tea bag, combine powders of turmeric, ginger and cardamom.

Add boiled water. Let steep 5 minutes.

## Kapha Lassi

¼ cup fresh, plain yogurt (coconut yogurt)  
¾ cup water  
1 pinch salt  
1 pinch pepper  
1 pinch cumin  
1 pinch ginger

Use whisk to hand blend until smooth.

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# Timeless Benefits of Dance

by Robin Gast

The benefits of dance are well documented. As the population is aging, the age-defying benefits of dance are becoming even more well documented. The physical advantages dancing provides in terms of sustained strength, mobility and balance are relatively obvious. However, new research indicates how dancing is having an impact on physically debilitating diseases like Parkinson's and cognitive age-related issues such as dementia and Alzheimer's. Another not so obvious benefit is the effect dance has in curing loneliness and unhappiness, prevalent fears among aging adults.

## Physical Benefits

A research article in the *Frontiers in Aging Neuroscience* journal followed 130 participants, ages 65 and older, doing Greek traditional dances for 75 minutes, twice a week, for 32 weeks. Each participant completed the Fullerton Senior Fitness Test (a comprehensive battery of tests assessing physical fitness in adults 60-plus) before the 32 weeks and again, after that period, if they completed 80 percent of the dance sessions.

A significant increase was observed in participants' leg strength which increases the ability to climb stairs and reduces the risk of falls. The flexibility of the participants was shown to have increased as well, as measured by the Sit and Reach Test and the Back-Scratch Test, both important, as scoring higher on these tests foretells less low back pain and a wider range of shoulder motion in the future.

A more recent study published in the *Scandinavian Journal of Medicine and Science in Sports* followed over 1,000 older Japanese women for eight years. Those participating in frequent dancing had the least incidents of disability. Less disability means increased capability to be a vital participant in life which leads to increased mental and emotional benefits.

## Mental Benefits

The cognitive and physical leisure activities of more than 400 per-

sons, age 75-plus, were tracked for a span of 21 years. A study looking at these activities and their effects on the risk of dementia in the elderly was published in *The New England Journal of Medicine*. The cognitive leisure activities included pastimes such as reading, crossword puzzles or playing an instrument. Physical leisure activities included swimming, walking and dancing, among others. The results of the study indicated that no physical activity offered any protection against dementia, including Alzheimer's, except for dancing.

The reason for this is dancing, and more so freestyle dancing, requires rapid decision making versus following a predetermined set of steps. If a situation is automatic, intelligence is not as needed, but rapid decision making requires intelligence and creates more neural pathways. In the words of Richard Powers, a dance professor at Stanford University, "Intelligence—use it or lose it."

## Emotional Benefits

Jan Garde, the founder of the Embassies of Good Living, a global co-living/co-retiring concept, states that "Loneliness kills more people than smoking and drunk driving combined... and ranks as the biggest fear of people age 70 and older."

One of the overlooked benefits of dancing is the impact it has on our emotional and social well-being. Dancing, like other physical activity, releases endorphins—the feel-good hormones. These endorphins help reduce stress and feelings of depression. Powers also stated that "Those who fully utilize their intelligence in dancing, at all levels, love the way it feels."


Most dancing is also done in a social setting—a class, club or party. This has the added advantage of getting isolated seniors into a more social atmosphere and making connections.

## Age-Defying Benefits

The studies clearly show: to confront the debilitating physical effects of aging—dance. To head off cognitive degeneration—dance. To ward off loneliness and depression often associated with senior citizens—dance. To defy age, above all else—dance.

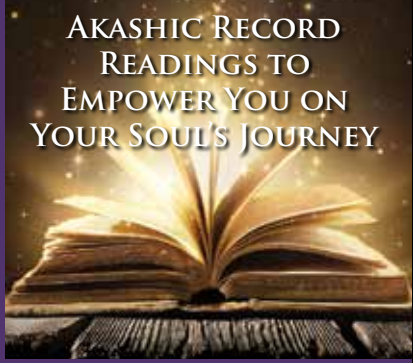


Robin Gast is a certified GROOVE facilitator. She left her corporate job of 23 years to share her passion for dance and to introduce Minnesota to The World GROOVE Movement. To learn more, call 612-276-5625 or visit [AeroDanceFitness.com](http://AeroDanceFitness.com). See ad, page 25.

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We had one bottle of Nestlé Pure Life with over 10,000 pieces of plastic. ~Sherri Mason, Ph.D.

# The Re-Use Revolution Plastics Peril Drives New Strategies

by Yvette C. Hammett

Daily news footage and photos capture the damage plastic is doing to the planet's oceans: turtles ensnared in plastic nets, whales with guts full of plastics and aerial views of the burgeoning island of floating detritus known as the Pacific Garbage Patch. Tiny pieces of plastic are even showing up in our food and drinking water.

The growing plastics crisis has some

people yearning for the days when soft drinks and beer all came in reusable containers that required a deposit, or when milk and cream were delivered to the front porch in quaint, glass bottles. Sherri Mason, Ph.D., sustainability coordinator at Penn State Behrend, in Erie, Pennsylvania, believes this is exactly the direction this issue may take. "I do think some of it will be a return to glass," she says.

Mason conducted a study in 2018 and

discovered that bottled water contained tiny bits of microplastic. An earlier tap water study she conducted showed there were about five particles of plastic in a liter of tap water, if averaged across the globe. "We thought that would shock people into demanding change. Instead, a lot of the comments were to drink more bottled water."

In the 2018 study, Mason and her team, then at the State University of New York at Fredonia, tested 259 bottles of water from nine countries that included all the top brands in the U.S.—Dasani, Aquafina and Nestlé Pure Life, among them. "On average, for every liter of bottled water in total, you would be ingesting 325 pieces of plastic. We had one bottle of Nestlé Pure Life with over 10,000 pieces of plastic. These are the particles that can make their way across the gastrointestinal tract and be carried to your blood, liver, kidneys and brain," Mason says.

Analysis of the particles indicates that the plastics found in bottled water leach from the container itself, while the source in tap water may be PVC pipes and fittings. However, plastics are also ubiquitous in surface and groundwater, and may make their way into drinking supplies via air, wind, rain and industrial activity, according to an assessment published earlier this year in the journal *Current Opinion in Environmental Science & Health*.

After Mason's findings were released, the World Health Organization announced a review into the potential risks of plastic in drinking water. Meantime, the impact of plastic pollution on marine life—zooplankton, seabirds, marine mammals and reptiles throughout the food chain—is well documented, according to a 2014 study published in the online journal *PLOS ONE*. The study estimates more than 5 trillion pieces of plastic, weighing somewhere near 269,000 tons, are floating in the Earth's oceans.

People are loudly calling for change, and innovators are responding. In the United Kingdom, there is the Plastics Pact, which brings together businesses from across the plastic industry to eliminate problematic or single-use plastics through redesign, innovation and alternative delivery models. A UK startup,

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Ooho, has created an edible water container made of seaweed to provide the convenience of plastic bottles while limiting the environmental impact.

Tom Szaky, the CEO and founder of TerraCycle, a Trenton, New Jersey, recycling company, is among those pioneering a re-birth of reusing with a pilot project launched in May called Loop. The company has partnered with Proctor & Gamble, Nestlé, Clorox and other major brands to deliver and retrieve products in durable, reusable containers, just like the milk man.

Consumers can order everyday items from the online Loop store—paying a deposit on the container—and UPS will deliver it to their doorstep, picking up empties to be washed, refilled and used again and again.

“Hundreds of products, from Tide to Häagen-Dazs to Tropicana, are being delivered,” says Szaky. “It’s growing very fast in New York, New Jersey, Pennsylvania, Maryland and Washington, D.C.; and we’ve just expanded to Connecticut, Vermont, Rhode Island, Massachusetts and Delaware—eventually nationwide.”

The re-use revolution is also taking shape in 10 states and a U.S. territory that have passed “bottle bills”: California, Connecticut, Hawaii, Iowa, Maine, Massachusetts, Michigan, New York, Oregon, Vermont and Guam. Typically, the laws require a deposit of 5 to 15 cents be placed on all glass, plastic and metal containers.


*Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at YvetteHammett28@hotmail.com.*



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# Energy Medicine for Enduring Health

by Christina Gregory

**W**hat a concept. To defy aging. Is it even possible? The process starts at birth, yet we only wake up to its effects on our lives as we pass 40 at least. Then we start to look for the lotions and potions, surgeries, injections, exercises and even lifestyle changes to halt the process as much as possible or at least cover it up.

It has been said that the concept of aging is in the mind. Most certainly it is a perspective as well as the way our body conceives it. If your mantra about aging is “getting old is not for sissies,” aging will feel like a battleground. If your mantra is “grateful to be able to get older and share my wisdom” even on an achy day, there will be an element of joy in the process.

As we age, self-image, especially body image, can feel threatened as things begin to sag and joints complain; it can create a feeling of “I’m going downhill.” How our parents perceived aging and certainly how our culture perceives it feed into our own self-image and concept of what aging looks like. No matter what is going on in our bodies, how we perceive our aging process is key to living fully in the midst of it.

**Energy therapy can help in our perspective about aging and in the process itself.** Because energy is vibration and goes where it needs to go and does what it needs to do, perspective often begins to change even on the first experience of energy therapy. It softens the weight of condemnation by self or culture. In time, over successive sessions, greater self-love comes into play, and self-love is the game changer whether you are healthy or ill.

Love is the highest energy and that’s what is used in all energy therapy. Love is part of

universal energy. It eases pain either real or perceived and heightens awareness of the beauty of life by changing the perception about the difficulties we may be going through. An angry, bitter patient with leukemia comes out of his energy nap to say, “My whole perspective has changed about what is happening!” Cured? No. Healed? Most definitely.

All energy therapy helps us to “let go” as it is the great releaser. The healing vibration goes to the source. Aging is not only a physical process but mental as well. If you are carrying baggage of regrets or self-hatred, it will age you quite quickly. Even current habits of anxiety about aging can contribute to our perception. It can take people down the rabbit hole of not feeling they deserve to be well.

Interestingly, indigenous healers understand very well the letting go process as part of healing. They use rituals with stones, eggs or lemons that sweep the accumulated energy effects off the outside of the body biofield while giving the mind space to release what no longer serves the self-image and concepts of aging. Holding on to the past can make aging very difficult and create aches and pains and disease that do not need to be there.

Lifestyle changes like clean eating, moving and connecting to community help a great deal, but also consider energy therapy to support and heal at all levels, making your journey one of joy rather than pain—aging gracefully, indeed.



*Christina Gregory is a Reiki master and healing touch practitioner at the Bhakti Wellness Center, in Edina. Try energy therapy yourself with a \$50 introductory session by calling 612-839-5255 to set an*

*appointment. For more information, visit [BhaktiClinic.com](http://BhaktiClinic.com). See ad, page 15.*



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# GET A MOVE ON!

## Easy Movements for Improving Your Health

by Joyce Sobotta

Our bodies are continually bombarded with environmental pollutants and chemicals. Movement is key to releasing and cleansing our bodies of accumulated toxins. Here are a few simple suggestions.

**Breathe:** Close your eyes, take a few deep breaths and visualize a bright white light of Source streaming down from above into your crown chakra. Allow this energy to move down your spine, down your legs and your feet into Mother Earth. Imagine this energy flowing out from you in all directions to everyone and everything in the world. Breathe from your diaphragm with deep inhaleds and longer exhaleds to stimulate the immune system. Deep breathing helps balance and detoxify your lymph system.

**Move Your Body:** Stagnation and congestion in the body create pain, inflammation and rigidity. Keep your body flexible and pain-free with a daily active lifestyle. Stretch, walk, bike, dance, run, play, climb, swing, jump, skip and explore all the different ways to move with enjoyment. Bounce on a rebounder or use the chi machine to move the lymph. Research shows 30 percent lower risk of cancer with regular exercise.

**Work or Play in the Sun and Dirt:** Go outside and get some sun to increase vitamin D. Breathe in the fresh air to take more oxygen into your lungs, blood and brain. Gardening is a healthy activity that nourishes the body, mind and soul by helping you experience peace and joy. Walking and hiking in nature is low-impact exercise that helps to balance your body and brain. Being barefoot on the earth has a grounding effect that balances electromagnetic energy and supports overall health.

**Dance:** Whether on the dance floor or in your kitchen, dancing increase feel-good hormones including endorphins and serotonin while decreasing stress hormones such as cortisol. Turn on your

favorite music and dance like no one is watching.

**Self-Massage the Lymphatic System:** A crucial function of the lymphatic system is to isolate infection and debris and transport it through filtration points called lymph nodes. Another important function of lymph tissue is generating and storing white blood cells which fight infection. Since our lymph fluid moves slowly without its own pump, inactivity can seriously restrict its flow. Muscle contraction, as in the diaphragm with deep breathing, and manual manipulation, as in massage, are the primary means for our lymph to circulate and drain from the body.

Start the self-massage with the lymph glands in the neck and gently stroke down to the top of the collar bone. Feel the hollow spot behind the collar bone and gently

stretch the skin from the shoulder down toward the center of the body. This opens the lymph passages before they empty into the circulatory system.

**Self-Massage Muscles and Nerves:** This can be as simple as pinching the skin between your fingers where the muscles feel knotted, generally at the shoulder, neck and back. Apply essential oils and press pressure points. Breathe out with a sound to release more pain. This also helps release stress feelings and emotions.

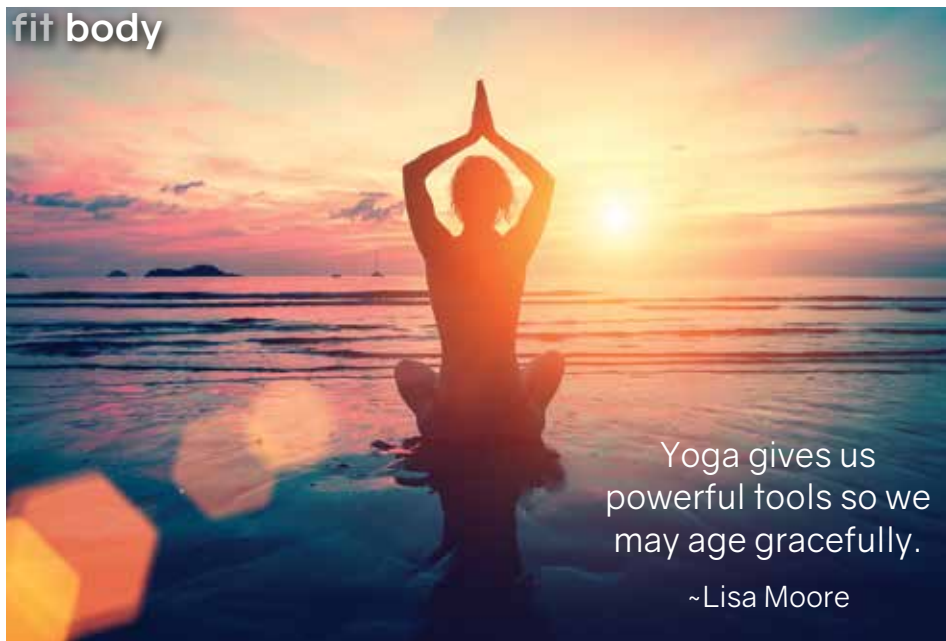
Reflexology points (nerve endings) on the feet and hands can be easily accessed when you are in an Epsom salt bubble bath or anytime you take your socks off. The points to focus on are the spine reflex along the inside of each foot, the toes, the soft pad under the toes, and especially under the little toe which is the shoulder reflex. A foot massage is a great practice to perform before going to bed to balance and relax the body for a good night's sleep.

Using your thumb and forefinger, massage as deep as you comfortably can to release soreness and tenderness on feet or hands. Stretching the fingers each morning upon waking also helps to remove congestion. Cross your hands and fingers and turn them inside out and give a good stretch.

Move toward using quality pure essential oils as an adjunct to any movement you implement, giving you multiple benefits simultaneously. These suggestions can easily become a natural tendency for practical lifelong self-care. The next move is up to you.

*Joyce Sobotta is the founder/owner of Healthy Girls Breast Oil and is available for presentations, consultations and essential oil classes. To learn more, visit [AromatherapyNaturesWay.com](http://AromatherapyNaturesWay.com). See ad, page 25.*





Yoga gives us  
powerful tools so we  
may age gracefully.

~Lisa Moore

# The Power of Yoga Tapping Into the Life Force

by Marlaina Donato

**L**ongevity is something most of us strive for, and increasingly, research shows that implementing a consistent yoga practice can be a fruitful investment toward that goal. Yoga is an eight-branch system of well-being that encompasses exercise, meditation, conscious breathing, diet and other elements, but how it effects mind-body fitness alone is proving to be a reliable defense against age-related loss of mobility, cardiovascular disease and depression.

Its stress-busting capabilities help to support challenged adrenal glands and

lower elevated blood pressure. Getting on the mat can improve insulin sensitivity in diabetics and also help balance immune responses in individuals with autoimmune conditions or insufficient natural killer cells.

Combined research from 22 studies by the University of Edinburgh reveals that yoga, compared to both sedentary lifestyles and other forms of exercise such as walking or chair aerobics, improved the lower-body strength and flexibility in individuals age 60 and older. The findings published earlier this year in the *International Journal of Behavioral Nutrition and Physical Activity*

also showed improved quality of sleep and fewer symptoms of depression.

## Fewer Health Risks, Stronger Bones

Yoga's inverted poses increase blood circulation to vital organs, including the intestines, which facilitates assimilation of nutrients and waste elimination. Asanas like shoulder stand, bridge and downward-facing dog stimulate blood flow from the lower extremities to the heart and fortify red blood cells by increasing hemoglobin, guarding against blood clots, stroke and heart attack. Yoga can also strengthen the bones. A 2016 study published in the *International Journal of Yoga* shows improved bone mineral density in women with postmenopausal osteoporosis.

"Much like a house that sits empty or a car left to sit unused in a garage, our human parts can age and rot without movement. Movement creates more energy," explains Nancy Poole, a teacher at Clarksburg Yoga and Wellness, in Clarksburg, Maryland.

Joints lose flexibility as we age, but yoga movement provides them with essential oxygen, blood and nutrients. Lisa Moore, owner of Free to Be Yoga, in Great Falls, Montana, underscores, "A joint needs to move through its full range of motion to function well. Movement helps lubricate and cushion joints, provides nutrition and removes wastes."

## Stretching Into Joy

A 2014 hatha yoga study published in the *Journals of Gerontology* revealed increased cognitive function in older adults after eight weeks of yoga three times a week. Yoga's super power lies in its capacity to reset the autonomic nervous system and ramp up mood-boosting serotonin while decreasing monoamine oxidase, an enzyme that disarms the effects of stress hormones like cortisol. Under the influence of yoga, the brain is bathed in calming neurotransmitters, combatting depression and anxiety, and instilling a sense of optimism.

"Yoga also helps us to embrace the hard times and ride the waves. With the tools that yoga provides, we can swim toward the light. It also helps us to experience a more intimate relationship with



body and soul, and in turn make better choices in all aspects of life,” notes Carmen Ferreira, owner of the Sunshine Barre Studio, in Rocky Point, New York.

Moore concurs, advising, “Yoga gives us powerful tools so we may age gracefully. One of them is to manage stress with equanimity.”

## The Breath of Life

Conscious breathing is at the core of a dedicated yoga practice, and a lowered risk of cardiovascular and respiratory disease gives us another reason to inhale and exhale deeply. Poole observes, “Our general population does not breathe correctly, and many of us even hold our breath unconsciously. For my students, the hardest part of yoga is learning to take deep, full breaths. Old breathing habits must be unlearned. Once attention is given to the breath, tensions can be released.”

“Yoga improves lung capacity and brings more energy to the cells, which in turn creates more energy and life force in our bodies,” says Ferreira. “It helps us to live from the heart’s center and foster a better quality of life,” she adds. “Each time we show up on our mats, we show up for ourselves, an opportunity to nourish the body, our one and only temple.”

*Marlaina Donato is an author of several books and a composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

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## calendar of events

### WEDNESDAY, SEPTEMBER 4

**Community Coaching** – 7:15-8:15pm. 1st Wed. monthly. Bring the obstacles that are stopping you from moving forward in life (even if you are unaware of them). Team up with one of our coaches and see if your obstacles can survive through class. Healing is a team sport and this monthly gathering is one of a kind! Drop-In \$30 or included with membership. 104 W. Franklin Ave, Minneapolis. IntraAwareness.com/LifestyleStudio.

### SATURDAY, SEPTEMBER 7

**An Evening with the Archangels & Ascended Masters** – 6:45-9pm. Nea is called to create sacred space for these guides to share their messages of divine love and peace with you. \$30 pre-register/\$35 at the door. The Metamorphosis Center, 8646 Eagle Creek Pkwy #101, Savage. NeaClare.com.

### WEDNESDAY, SEPTEMBER 11 & 25

**Wealth Mentoring** – 7:15-8:15pm. 2nd & 4th Wed. Monthly. Has anyone ever told you that money is included in wealth, but wealth is not limited to money? Learn what the education system, your parents and the people in your life don't know and learn what it takes to get the personal & measurable financial results you want. IntraAwareness Lifestyle Studio Membership exclusive. 104 W. Franklin Ave, Minneapolis. IntraAwareness.com/LifestyleStudio.

### SATURDAY, SEPTEMBER 12

**Total Health Workshop** – 6:30-8pm. In this workshop you will have a relaxed experience. You will be able to ask questions, receive answers and experience incredible demonstrations of life-changing techniques. Free. Hope Clinic, 9220 Bass Lake Rd #245, New Hope. DrEthanSkog.com.

**Pain, Prevention and Protocol** – 6:30-8:30pm. Physical, mental, and emotional pain are all entwined. Join us for an informational session about prevention treating it in the moment and how to find your particular healing path. Free. Awakened, Minnesota Dr, Ste 825, Bloomington. AwakenedLivingInfusion.com.

### FRIDAY, SEPTEMBER 13

**Mid-Autumn Festival Open House** – 5-8pm. This event will include 30-minute meditation sessions (on the hour) and an opportunity to meet and connect with others in the sangha. Free. Upper Midwest Hanmi

Buddhist Association, 80 County Rd C West, #804, Little Canada. MN-Hanmi-Buddhism.org.

### FRIDAY-SUNDAY, SEPTEMBER 13-15

**Earth Medicine Women's Gathering** – This year's gathering is a call for connection to our deepest values and truths, to the earth, to the moment and our connection to one another. There is power when we gather as a collective. \$375. Afton State Park, 6959 Peller Ave S, Hastings. TheSchoolOfEarthMedicine.com/fall-2019-gathering.

### SATURDAY, SEPTEMBER 14

**Embracing the Mother** – 9:30am-4:30pm. On this day of a full moon, we will gather to create a conscious connection with our mother. You will learn a guided meditation that will consciously connect you with the Heart of Mother Earth and experience a group healing to release any karmic energy that created separation. \$98. Minnesota Landscape Arboretum, 3675 Arboretum Dr., Chaska. AnnetteRugolo.com/calendar.

### WEDNESDAY, SEPTEMBER 18

**Group Hypnotherapy Healing** – 7:15-8:15pm. 3rd Wed. monthly. Quiet your mind and connect to higher-consciousness through guided meditation. In this relaxing group setting you will have a personal experience of healing, insights and rejuvenation. Drop-In \$30 or included with membership. 104 W. Franklin Ave, Minneapolis. IntraAwareness.com/LifestyleStudio.

### THURSDAY-MONDAY, SEPTEMBER 19-23

**Boundary Waters Canoe + Water** – This 4-night/5-day trip offers an ideal introduction to paddling, backcountry camping, team building, and unwinding from our responsibilities. The journey is designed to balance activity and challenge with connection and rejuvenation. Nature itself reduces stress, balances emotions and makes us more creative. \$1,000. Ely. WholeLifeElevation.com/fall-bwca.

### FRIDAY, SEPTEMBER 20

**Mas Sajady Industrial Strength Group Healings (IGH)** – 10am-2pm. Book an IGH during which a group of individuals are worked on by Mas for 30-40 minutes, including approximately 5 minutes or so of one-on-one time. \$150. Lake Harriet Spiritual Community, 4401 South Upton Ave., Minneapolis. MasSajady.com.

**Mas Sajady: Children of the New Paradigm** – 7-10pm. Join Mas Sajady for a night discussing the children who will help bring forth the new paradigm of our world. He will also lead the group into a deep meditative state with a custom Medihealing. \$20. Lake Harriet Spiritual Community, 4401 South Upton Ave., Minneapolis. MasSajady.com.

### SATURDAY, SEPTEMBER 21

**Holistic Healing and Psychic Expo** – 10am-5pm. You'll find psychic readers, energy healers, natural skin care products, crystals and stones, jewelry and more. \$5. Hibbing Park Hotel & Suites, 1402 E Howard St, Hibbing. HeartAndSoul.pb.gallery.

### SUNDAY, SEPTEMBER 22

**Sunday Wisdom Gathering** – 9am-11:30pm. Amy will tap into Universal Energy to bring you a reading just for the group. During your time together you will explore questions derived from the intuitive reading and use personal journaling time to do some self-discovery. \$30. Art Works, 3795 Pilot Knob Rd, Eagan. IntuitivePathfinder.com/Wisdom-Gathering.

**Mas Sajady: Free Youth MediMorphosis** – 2-6pm. Mas invites youth 18 and under to a one-on-one event where he works with individuals on a one-on-one basis in a group setting to connect to their highest level of consciousness to realize their fullest potential and maintain their purity as the new wave of consciousness graces our universe. Free. Lake Harriet Spiritual Community, 4401 South Upton Ave., Minneapolis. MasSajady.com.

**Adventures in Consciousness** – 5-8pm. This is an 8-week class series exploring altered states of consciousness, lucid dreaming, running energy, trance work and more. We will explore altered states to help realize more of our own inherent potential, wisdom and compassion. \$300. Bhakti Wellness Center, 7550 France Ave S #220, Edina. BhaktiClinic.com.

### SUNDAY & MONDAY, SEPTEMBER 22 & 23

**Women and Spirituality Conference** – 5:30-8:30pm (Fri)/8:30am-5pm (Sat & Sun). Join us for an amazing weekend of renewal, healing and wholeness, for nurturing and growth. The weekend events include a keynote presentation, 44 workshops, 70 exhibitors, and a Maker's Space with opportunities to create art. \$28-\$38. Mayo Civic Center, 30 Civic Center Drive Southeast, Rochester. WomenAndSpirituality.org.

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## TUESDAY, SEPTEMBER 24

**Abundant Living Series (3 Classes)** – 6:30-9pm. Third of three workshops. Nea Clare will share simple and effective tools and resources to help you co-create your life, your way. Three workshops: 1. Divine Alignment; 2. Divine Accountability; 3. Divine Action. \$150 for series or \$66 each class. The Metamorphosis Center, 8646 Eagle Creek Pkwy, Ste 101, Savage. NeaClare.com.

## FRIDAY, SEPTEMBER 27

**The Power of Homeopathy** – 7-8:30pm. A free public talk with world renowned homeopath, author and teacher, Dr. Rajan Sankaran. Whether you are new to homeopathy or want to gain a deeper understanding of this system of homeopathy, this event is a rare opportunity to learn and be inspired by one of our living masters. Free. Hennepin Ave, United Methodist Church, 511 Groveland Ave, Minneapolis. HomeopathicTraining.org.

## FRIDAY-SUNDAY, SEPTEMBER 27-29

**3rd Annual Women's Mushroom Conference: Mycelium Mysteries** – Sept 27-29. Workshops for every level of experience on wild mushroom gathering and identification, fungal ecology, mushroom medicine and nutrition, ethnomycology, women's roles in the herstory of fungi, mushroom arts and crafts, herbal wisdom and more. A place to share knowledge and get comfortable with using our mycological skills in a supportive community. 2 preconference intensive workshops Sept 26, 6-9pm, or Sept 27, from 9am-12pm. Camp Helen Brachman, Almond, WI. MidwestWomensHerbal.com/mushrooms.

## SATURDAY, SEPTEMBER 28

**2nd Annual Holistic Healing and Psychic Expo** – 10am-5pm. This will be a day of enlightenment, learning and fun. You will find psychic readers, energy healers, natural skin care products, crystals and stones, jewelry and more. \$5-\$50. VFW, 420 E Washington Ave, Fergus Falls. HeartAndSoul.pb.gallery.

## SUNDAY, SEPTEMBER 29

**Chinese Mystery School's Foundations III & IV - Diamond Wisdom & Dhyana Yoga** – 12:30-6:30pm. Awaken your wisdom, live in a state of equilibrium and peace, find your center. RSVP today. \$60 each/\$120 for both; includes full transmission, guidebooks and more. Upper



Midwest Hanmi Buddhist Association, 80 County Rd C W #804, Little Canada. Vajracharya MN-Hanmi-Buddhism.org.

## looking ahead

### WEDNESDAY, OCTOBER 2

**Soul Stories** – 6:30-8:30pm. Within each of us lies information that may guide us to the path of a more meaningful life. With the assistance of an ancient spiritual resource, we can tap into this wisdom to help us make decisions personally or professionally. Presentation and facilitated conversation will help you discover what type of information is available, who can access it, how it is accessed, and why it is helpful. Eden Prairie Community Ed., 8040 Mitchel Road, Eden Prairie. BarbaraBrodsho.com/events.

### THURSDAY, OCTOBER 3

**Soul Stories** – 7-9pm. Within each of us lies information that may guide us to the path of a more meaningful life. With the assistance of an ancient spiritual resource, we can tap into this wisdom to help us make decisions personally or professionally. Presentation and facilitated conversation will help you discover what type of information is available, who can access it, how it is accessed, and why it is helpful. Bloomington Community Ed., 2575 West 88th Street, Bloomington. BarbaraBrodsho.com/events.

### SATURDAY, OCTOBER 5

**2nd Annual Holistic Healing and Psychic Expo** – 10am-5pm. This will be a day of enlightenment, learning and fun. You will find psychic readers, energy healers, natural skin care products, crystals and stones, jewelry and more. \$5-\$30. Hudson House Grand Hotel, 1616 Crestview Dr, Hudson. HeartAndSoul.pb.gallery.

## OCTOBER 6-MAY 3

**Flower Essence Therapy Training Course** – 9am-6pm. This event occurs monthly, on the first and fourth Sunday. For professionals and/or self-development. This is an in-depth foundations course in advanced, clinical Flower Essence Therapy. \$1,950. Mind Is Body Therapies + Adagio Holistic. MindIsBodyTherapies.com.

## SATURDAY, OCTOBER 12

**2nd Annual Holistic Healing and Psychic Expo** – 10am-5pm. This will be a day of enlightenment, learning and fun. You will find psychic readers, energy healers, natural skin care products, crystals and stones, jewelry and more. \$5. Willmar Conference Center, 240 23rd St SE, Willmar. HeartAndSoul.pb.gallery.

## MONDAY, OCTOBER 21

**ADHD / Autism New Treatments** – 6:30-8pm. Free presentation and light meal with David Siever, clinician, researcher and developer. He will discuss QEEG brain mapping and Audio Visual Entrainment for the treatment of ADHD/Autism. You must register online to attend. Free. Bhakti Wellness Center, 7550 France Ave S, #220, Edina. BhaktiClinic.com/adhd.

## OCTOBER 25-26

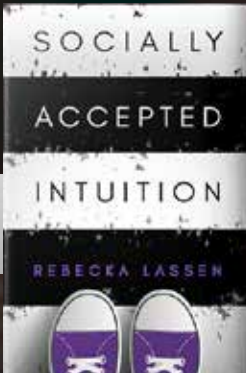
**Diamond Dowsing Basic** – 9am-6pm. Registration includes a manual, professional pair of dowsing rods and starter package of dowsing cures. In this two-day seminar, you will learn how to consistently connect with the quantum field in order to detect the various negative energy lines in your home and office and how to cure them. \$398. Unity Church, 4000 Golden Valley Rd, Golden Valley. AnnetteRugolo.com/calendar.

## NOVEMBER 9

**Your Shining Life Expo** – 9:30am-4pm. Join us for the third annual expo to find the tools and resources needed to create the life you want to live. Includes vendors, workshops, samples demonstrations, and hourly giveaways. Free. 2540 N. Cleveland Avenue, Roseville. YourShiningLifeExpo.com.

## NOVEMBER 23-24

**Healthy Life Expo** – 10am-5pm (Sat & Sun). Annual healthy living event with vendors, samples, demonstrations, speakers and much more. Minneapolis Convention Center, 1301 2nd Ave St, Minneapolis. \$6 entry (or free with ad found in *Natural Awakenings*). MediaMaxEvents.com.




**NEW BOOK**

# SOCIALLY ACCEPTED INTUITION

Learn how using your intuition can help you find your true purpose. No tie-dye or incense needed.

Visit [RebeckaLassen.com](http://RebeckaLassen.com) to learn more!

Available May 7th, 2019  
eBook and paperback at Amazon.com



Author: Rebecka Lassen



# Nature's Virus Killer

## Copper in new device stops cold and flu

By Doug Cornell

**M**ore and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university

studies demonstrate repeatedly that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

So some hospitals tried copper touch surfaces like faucets and doorknobs.

This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every time.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Now tens of thousands of people



**New research: Copper stops colds if used early.**

have tried it. Nearly 100% of feedback said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with

sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds or lesions to combat infections.



**Dr. Bill Keevil: Copper quickly kills cold viruses.**

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away from you and your loved ones. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

Get \$10 off each CopperZap with code **NATA12**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.

ADVERTORIAL

## ongoing events

Please call or check the websites to ensure the classes or events are still scheduled for that week.

### ongoing

**Free Online Classes** – The University of Minnesota is among the largest public research universities in the country, offering undergraduate, graduate, and professional students a multitude of opportunities for study and research. [Class-Central.com/University/Minnesota](http://Class-Central.com/University/Minnesota).

**GROOVE Movement Class** – Various days, times and locations. A fun, simple and exciting way to experience dance that nurtures body, mind, heart, and soul. No dance experience required. All fitness levels welcome. Classes use all genres of music and include a warmup, dance, stretching, and a brief meditation. [AeroDanceFitness.com/Schedule](http://AeroDanceFitness.com/Schedule).

**Midtown Global Market** – Mon-Sat 10am-8pm. & Sun 10am-6pm. If you're looking for a more unique shopping experience, head to the Midtown Global Market, where more than 50 vendors sell food and trinkets ranging from local produce to Somalian Pastries, Middle Eastern olives and Asian spices. There are also cultural events - from musical performances to Irish step-dancing lessons. Free. 920 East Lake St, Minneapolis. [MidtownGlobalMarket.org/visit](http://MidtownGlobalMarket.org/visit).

### sunday

**Chinese Mystery School's Sunday Services** – 9:15am-12pm. Introductory Dharma talk and meditation teaching. Spiritual healing services for your body, mind and spirit. Buddhist prayer services. Donation. Upper Midwest Hanmi Buddhist A, 80 County Rd C West #804, Little Canada. [MN-Hanmi-Buddhism.org](http://MN-Hanmi-Buddhism.org).

**Restorative Flow Yoga** – 9:30-10:30am. In restorative yoga, props are used to support the body so students can hold poses for a longer period of time, allowing the body to open through passive stretching. The focus is slowing down and calming the mind and body. \$18. Healing

Elements, 2290 Como Ave, St. Paul. 651-348-6216. [HealingElementsWellness.com](http://HealingElementsWellness.com).

**Sunday Salsa Dancing** – 10:30-11:30am. Join Rene Dennis Thompson for Sunday Salsa Dancing. Free. Midtown Global Market, 920 East Lake St., Minneapolis. [MidtownGlobalMarket.org/events](http://MidtownGlobalMarket.org/events).

### monday

**Loving Kindness Meditation Practice** – 6-7pm. Through ancient, gentle and gradual practices, we learn to let go of fear and ill will and to open our hearts to ourselves and to others, known and unknown. Our time together will include instruction, guided meditation and discussion. Donation based. River Garden, 455 7th St W, St Paul. [RiverGardenYoga.com](http://RiverGardenYoga.com).

### tuesday

**Weekly Guided & Silent Meditation** – 11-11:30am. Led by a Prayer Chaplain in the Meditation Room, this meditation is the same one going on concurrently at Unity Village. It alternates affirmative prayer and silence. Donation based. Unity of the Valley Spiritual Center, 4011 W Hwy 13, Savage. [UnityOfTheValleyMN.org](http://UnityOfTheValleyMN.org).

**Stress Busters Meditation** – Noon-1pm. Join us when you can for a free meditation at the University of MN. Mayo Building, Third Fl. Meditation Space, Minneapolis. [CSH.umn.edu](http://CSH.umn.edu).

**Pain: Moving Beyond Suffering** – 6:30-8pm. We will discuss the root of pain, options at each stage, tools to deal with symptoms, and elements of healing. Topics include nutrition, sleep, mindfulness, guided imagery, and much more. \$50/Session. Awakened Living, 3601 Minnesota Dr #825, Bloomington. [AwakenedLivingInfusion.com](http://AwakenedLivingInfusion.com).

**20 Wishes** – 6:30-8pm. This event occurs monthly on the 3<sup>rd</sup> Tuesday. This gathering aims to create a community to support every wish, dream, passion, and desire we have for ourselves over the next year and beyond. Free. 3601 Minnesota Dr, Ste 825, Bloomington. Free. [AwakenedLivingInfusion.com](http://AwakenedLivingInfusion.com).

### wednesday

**Light Being Tribe Gathering | Online** – 6-7am. These events occur monthly and are live and Interactive. Come with your questions & curiosity and

continue your journey of expansion in a like-hearted worldwide community. Complimentary. Zoom Online. [IntraAwareness.com](http://IntraAwareness.com).

**Max Meditation Technique** – 6:30-7:30pm. Experience a guided meditation, combining ancient meditation techniques with modern Neuro-Linguistic Programming to help both beginning and experienced meditators quiet the mind and connect for a relaxing and meaningful meditation. \$15. Healing Elements, 2290 Como Ave, St. Paul. 651-348-6216. [HealingElementsWellness.com](http://HealingElementsWellness.com).

**Chinese Mystery School's Healing Meditation Series** – 6:30-8pm. A different Hanmi Buddhist meditation teaching each week: June 5: Wisdom Dew Beauty Yoga; June 12: Balance Weight; June 19: Diabetes Self-Healing; June 26: Self-Healing for Various Illnesses. Upper Midwest Hanmi Buddhist Association, 80 Co Rd C West, #804, Little Canada. [MN-Hanmi-Buddhism.org](http://MN-Hanmi-Buddhism.org).

**Total Health Workshop January 9, 2019 - December 2020** – 6:30-8pm. This monthly workshop is designed as an opportunity to expand your understanding of the most current natural health solutions available. Complimentary. Hope Clinic, 9220 Bass Lake Rd #245, New Hope. [Drethanskog.com](http://Drethanskog.com).

### thursday

**Hatha for Everyone** – 6-7pm. Everyone is welcome to this weekly drop-in class. All levels. Relieve stress, achy joints, improve balance at all levels and increase your sense of well-being. \$10. Meditation Center, 631 University Ave NE, Minneapolis. [TheMeditationCenter.org](http://TheMeditationCenter.org).

**Free Meditation** – 7-8:30pm. Join us for a free weekly meditation. Sahaja Yoga Meditation, Eden Prairie City Hall, 8080 Mitchell Rd, Eden Prairie. Contact: [JPatpatia@gmail.com](mailto:JPatpatia@gmail.com) or 651-730-2078. [FreeMeditation.com](http://FreeMeditation.com).

### friday

**Gentle Yoga for Every Body** – 10:30-noon. A welcoming environment for students of all shapes and sizes. \$15 drop-in. River Garden Yoga, 455 W 7th St, St. Paul. [RiverGardenYoga.com](http://RiverGardenYoga.com).

**Drop-in Meditation** – 5:15-6pm. A guided meditation presented through the lens of a Wisdom Practice (gratitude, compassion, and inquiry). \$20 (or donation). Aslan Institute, 4141 Old Sibley Memorial Hwy, Eagan. [AslanInst.com](http://AslanInst.com).

**Friday Chat & Play Social** – 7-9pm. Let's get to know each other and talk about energy, holistic health, psychic abilities, spirituality and much more. Free. J & S Bean Factory, 1518 Randolph Ave, St Paul. Hosted by SchaOn at Psinergy. [Meetup.com/TC-Energy](http://Meetup.com/TC-Energy).

### saturday

**Cardio Fitness Drumming** – 8-8:30am. Burn calories in a fun way with this full-body workout that doesn't feel like a workout. Free. Nutrition Hub, 7880 University Ave NE, Fridley. Text or call to reserve your spot. 612-787-2582. [Facebook.com/TheNutritionHub.Fridley](http://Facebook.com/TheNutritionHub.Fridley).



Coming Next Month  
**OCTOBER**  
**Oral Health**  
plus: Chiropractic Care  
natural awakenings



## community resource guide

Connecting you to the leaders in natural health care and green living in our community. To find out how you can be included in the Community Resource Guide, email [Publisher@NATwincities.com](mailto:Publisher@NATwincities.com). to request our media kit.

### ACUPUNCTURE

#### AWAKENED LIVING

Michelle Kitsmiller  
3601 Minnesota Dr. Suite 825, Bloomington  
[Michelle@AwakenedLivingInfusion.com](mailto:Michelle@AwakenedLivingInfusion.com)  
952-452-8583 • [AwakenedLivingInfusion.com](http://AwakenedLivingInfusion.com)

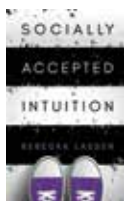


Michelle assists you in healing on a physical, mental, emotional and spiritual level via acupuncture and herbal medicine in conjunction with other therapies at Awakened Living. The clinic offers over 36 therapies and services to give clients the most beneficial healing protocol possible. *See ad, page 4.*

### AUTHOR

#### REBECKA LASSEN

[RebeckaLassen.com](http://RebeckaLassen.com)



In the book, *Socially Accepted Intuition*, Lassen shares her personal journey to teach you how using your intuition can help find your true self. She approaches it all with fun, logic and reason—No tie-dye or incense needed. *See ad, page 32.*

### BODY WORK

#### MYOFASCIAL RELEASE & CRANIOSACRAL THERAPY

Barb Ryan, LMT • 612-922-2389  
Bhakti Wellness Center  
7550 France Avenue S, #220, Edina



Specializing in persistent, chronic pain relief and mysteries of the body. Serving clients covered by auto insurance and worker's compensation with a doctor's referral. Also serving clients seeking the experience of deep relaxation and more self-connection. Skilled and compassionate care. *See ad, page 15.*

### BOOKKEEPING

#### CP BOOKKEEPING

Chelsea Paurus  
Hopkins • 612-598-0035  
[ChelseaPaurus@gmail.com](mailto:ChelseaPaurus@gmail.com)  
[BookkeepingCP.com](http://BookkeepingCP.com)



CP Bookkeeping and Accounting takes care of the mess! Let us help guide you and your business through the intimidating world of accounting. We offer as much or as little support as you need. We are very flexible and don't judge your messy (or not so messy) accounts. We look forward to working with you! *See ad, page 11.*

### BREAST HEALTH

#### AROMATHERAPY NATURE'S WAY

Healthy Girls' Breast Oil  
Joyce Sobotta • 715-878-4474  
[AromaTherapyNaturesWay.com](http://AromaTherapyNaturesWay.com)



Healthy Girls' Breast Oil when applied with a self-breast massage helps to balance, detoxify, soften breast tissue, improve lymphatic circulation and stimulate the immune system. Improved circulation helps your entire body! *See ad, page 25.*

### CHIROPRACTIC

#### GOLDEN SUN CHIROPRACTIC

Una Forde, DC • 952-922-1478  
International Village Arcade Building  
220 West 98th St, Suite 7, Bloomington



Quality chiropractic care. Experience holistic healing and gentle chiropractic adjustments that allow the nervous system to relieve such symptoms as headache, back, neck pain and numbness which allow your body to return to a state of balance and well-being. 25 years' experience.

### COACHING

#### APPLE A DAY WELLNESS

Patty Kelley • 651-492-1752  
[PKelley@AppleADayWellness.com](mailto:PKelley@AppleADayWellness.com)  
[AppleADayWellness.com](http://AppleADayWellness.com)



Together we'll create a plan to reach your nutritional goals, whether they are identifying food sensitivities, tackling weight control, or feeding a finicky family. I have been there. I provide personal coaching sessions, recipes & meal plans. First session free.

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[Nea@NeaClare.com](mailto:Nea@NeaClare.com) • 612-227-3854



You can have a personal audience with your guides and the Archangels and Ascended Masters. Get clarity. Take action. Feel connected. Book your session today and save 25%, using code: IAMWISE17. Or call Nea for a free consult. *See ad, page 28.*

#### COMPOSURE COACHING

Candi Broeffle, MBA, CPC  
[Candi@ComposureCoaching.com](mailto:Candi@ComposureCoaching.com)  
218-590-2539  
[ComposureCoaching.com](http://ComposureCoaching.com)



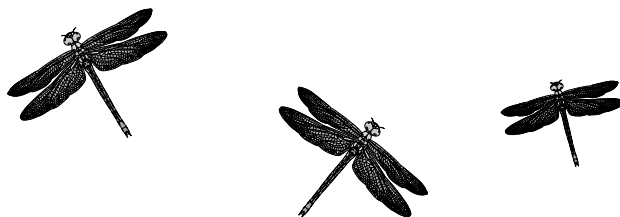
Master your business so you can practice your passion. Business coaching for purpose-driven entrepreneurs to clarify your vision, build your confidence and create a soul-centered strategy. Call today for a free Discovery Session and get on your path to business success.

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## COACHING

### MIND, BODY, SOUL LLC

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763-639-9133 • [BalancedDori.com](http://BalancedDori.com)



As Health Coach and holistic practitioner, Dori works with clients to reach their health goals. With the use of bioresonance and other complementary therapies, she guides clients in supporting their bodies through individualized plans that help on their healing journey. *See ad, page 25.*

### SOUL PURPOSE COACH & HOLISTIC HEALER

Barbara Brodsho, MA  
612-444-9751 • [BarbaraBrodsho.com](http://BarbaraBrodsho.com)



Providing spiritual guidance to help live your purpose and thrive utilizing your soul's Akashic Record. Discover your soul's innate gifts, create a vocation that aligns with your soul's passion, and gain new perspective, clarity and insight about your life's challenges by understanding the lessons your soul chose to

experience. Schedule a free discovery session to learn how to create a purpose-filled life. *See ad, page 23.*

## COLORPUNCTURE

### PSINERGY NATURAL HEALTH & HOLISTIC WELLNESS

SchaOn Blodgett, CCP, BTAT  
80 County Rd. C West - Ste. 802  
Little Canada/Roseville  
612-217-4325 • [PsinergyHealth.com](http://PsinergyHealth.com)



Offering empirical & science-based natural health therapies including Esoteric/Colorpuncture, basic Ayurvedic Medicine, as well as spiritual/energy-based therapies like Access Consciousness Bars, I-Ching, reiki and more. *See ad, page 29.*

## COMMUNITY SUSTAINABLE FISHERY

### SITKA SALMON SHARES

[SitkaSalmonShares.com](http://SitkaSalmonShares.com)  
[SalmonSupport@SitkaSalmonShares.com](mailto:SalmonSupport@SitkaSalmonShares.com)



We catch your fish, one at a time, with lots of love and care. The fish is then landed individually portioned, vacuum-sealed and blast-frozen to lock in

that just-caught taste. Every month during fishing season, you get a box of wild Alaskan seafood hand-delivered to your door by one of our Sitka Salmon Stewards. *See ad, page 19.*

## COMPUTER REPAIR

### PSINERGY TECH

André Thomas - A+ Certified  
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Little Canada/Roseville  
612-234-7237 • [PsinergyTech.com](http://PsinergyTech.com)



"Do you have a sick Computer?" We Keep Computer Repair Simple. Onsite/In-Home or Office, Bring-to-Us Computer Repair Services. 2011-17 Angie's List Super Service Award Winner. Local • Greener • Highly Rated.

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### INTUITIVE PATHFINDER

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Conscious Children  
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[Insight@IntuitivePathfinder.com](mailto:Insight@IntuitivePathfinder.com)



If your child is a sensitive, intuitive introvert, I can help you learn to support them in a life where they can truly flourish. Parenting these "Conscious" children can feel confusing, and at times lonely. I assure you that with this knowledge, your conscious child(ren) will become the easiest ones to parent. *See ad, page 29.*

## COUNSELING & COACHING

### VALERIE MARSH, M.S., L.M.F.T.

[PositivePowerPsychology.com](http://PositivePowerPsychology.com)  
600 Twelve Oaks Center, Suite 206,  
Wayzata • 612-772-2808  
[PositivePowerPsychology.com](http://PositivePowerPsychology.com)



Valerie integrates a compassionate, holistic and empathic counseling and coaching, specializing in helping people heal from the negative consequences of difficult life transitions, troubled relationships, anxiety, depression, trauma and/or loss. Utilizing complimentary modalities, such as energy psychology,

CBT and solution focused approaches, she shares her knowledge and skills that create more rapid results for a more joyful and happy life! Appointments held online or in the office. Call today for a complimentary phone consultation. *See ad, page 25.*

## CYRSTALS & ROCKS

### CRYSTAL ROCK HEALING

4399 Lake Ave, White Bear Lake  
651-426-4218 • [CrystalRockProducts.com](http://CrystalRockProducts.com)



Crystal Rock, LLC, is a full-line metaphysical store that manufactures its own products. Product lines include rocks/crystals, organic essential oil products, natural stone jewelry, sages/incense, teas, tapestries, and much

more. Featuring readers, healers and classes as well as spaces for rent by the hour.

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[HealthCenteredDentistry.com](http://HealthCenteredDentistry.com)



Whole Person Dentistry observes and deals with the mind, body and spirit, not just your teeth. This approach to dentistry encompasses both modern science and knowledge drawn from the world's great traditions in natural healing.

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[NaturalSmilesDental.com](http://NaturalSmilesDental.com)



We're an integrative practice committed to promoting dental wellness and overall assistance to the whole person. We desire to participate in the creation of healthier lives, while being sensitive to physical, philosophical, emotional and financial concerns. *See ad, page 9.*

### PURE DENTAL

Dr. Amy Ha Truong  
6230 10th St. N., Ste 520, Oakdale  
651-731-3064 • [PureDentalMN.com](http://PureDentalMN.com)



Pure Dental offers integrative, holistic, alternative and biological dentistry for your dental health. We take pride in providing quality, holistic dental care and service for our patients. *See ad, page 20.*

### SEDATION AND IMPLANT DENTISTRY

1815 Suburban Ave, St. Paul  
[ToothBuilder.com](http://ToothBuilder.com)  
651-735-4661



We are a holistic dental practice devoted to restoring and enhancing the natural beauty of your smile using conservative, state-of-the-art dental procedures that result in beautiful, long lasting smiles! We specialize in safe removal of infected teeth as well as placing ceramic implants and restorations. *See ad, page 31.*

### TOOTH BY THE LAKE

1401 Main St, Hopkins  
952-475-1101 • [ToothByTheLake.net](http://ToothByTheLake.net)



We build a foundation of trust by treating our patients as individuals. Understanding how uneasy some patients may feel about their dental visits, we make a difference by providing a relaxing and positive experience. *See ad, page 24.*



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### NORTHWESTERN HEALTH SCIENCES UNIVERSITY

Office of Admissions  
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Admit@NWHealth.edu • 952-885-5409



Discover a challenging curriculum that blends evidence-informed study with a foundation in philosophy. Study chiropractic, acupuncture and Chinese medicine, massage therapy, nutrition, post-bac pre-health/

pre-med or complete your B.S. in human biology. See ad, page 26.

## ENERGY HEALING

### EMOTION CODE HEALING

Master Hong  
Certified Emotion Code Practitioner  
9672 63rd Ave N, Maple Grove  
763-208-4246 or 914-708-9463



Chronic pain? Suffering from emotions? Relationship problems? Life not going as planned? The Emotion Code is a tool I use to help you break through any emotional and spiritual blocks so you can live your best life. Trial session only \$35.

### INNERKI ENERGY THERAPY

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BhaktiClinic.com



When the body or emotions are out of balance and pain is ever present, manifested as physical or mental health issues, energy therapy boosts the healing process. Alone or coupled with other therapies it becomes a powerful healing tool. See ad, page 15.

## ENVIRONMENTAL HEALING

### SOUL WHISPERER: RELEASING LOST SOULS

Annette Rugolo  
ReleasingLostSouls.com



Children and some adults have the ability to see the spirits that are living among us. Others will hear or see unexplained noises or movement. Read the first two chapters in my book for free at ReleasingLostSouls.com. I share many experiences that explain what's happening and what can be done. See ad, page 25.



## ESSENTIAL OILS

### AROMATHERAPY NATURE'S WAY

Essential Oils  
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AromaTherapyNaturesWay.com



100% pure, quality, essential oils, and ultrasonic diffusers available on my website. I offer essential oil classes online and in person. Sign up for an essential oil consultation and let me help you create a blend of essential oils that works synergistically for a

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## ESTHETICS

### MICROCURRENT FACIALS

Jessie Odishaw, Microcurrent Esthetics Technician • 612-859-7709  
Bhakti Wellness Center, 7550 France Ave S., #220, Edina • BhaktiClinic.com



Voted Best Esthetics Clinic in Edina, 2016 & 2017. Look great and feel great with Microcurrent Facial, your skin will feel so soft you won't believe it's yours. Often called a "non-surgical facelift" it reduces wrinkles, puffy eyes, lifts, tones, restores your youthful glow. See ad, page 15.

## FITNESS

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Robin Gast, GROOVE Facilitator  
612-276-5625 • AeroDanceFitness.com



GROOVE – a fun group dance experience that changes your body, mind, attitude and mood. Everyone's welcome on the Dancefloor – all shapes, sizes, ages and abilities. If you can move, you can GROOVE! No experience required. All fitness

levels welcome. See ad, page 25.

## GRAPHIC DESIGN

### CAMPFIRE STUDIO

Sara Shrode, Graphic Designer  
Minneapolis, MN  
612-554-6304 • CampfireStudio.net  
Sara@CampfireStudio.net



Ignite the possibilities of your next project by having Campfire Studio design it! Innovative, full-service graphic design studio that takes the essence of a campfire—warmth, stories, community—and infuses it into every design project we do.



## HEALTH FOOD STORES

### MASTEL'S HEALTH FOODS

1526 St Clair Ave, St Paul  
Mastels.com • 651-690-1692



Mastel's Health Foods is Minnesota's oldest health and wellness store. We carry a full line of vitamins, minerals, supplements, herbs and more. We emphasize organic, biodynamic, biodegradable, holistic and hypoallergenic products and pride ourselves on stocking hard-to-

find items. See ad, page 11.

## HOLISTIC THERAPY

### AWAKENED LIVING

Connie Bjerk  
3601 Minnesota Dr. Suite 825, Bloomington  
Connie@AwakenedLivingInfusion.com  
952-452-8583 • AwakenedLivingInfusion.com



Connie assists you in healing on a physical, mental, emotional, and spiritual level via Guided Imagery Therapy and spiritual and life coaching in conjunction with other therapies at Awakened Living. The clinic offers over 36 therapies and services to give clients the most beneficial healing protocol possible. See ad, page 4.

## HOMEOPATHY

### NORTHWESTERN ACADEMY OF HOMEOPATHY

7104 W. Lake Street,  
St. Louis Park  
763-746-9242 • HomeoVista.org



Homeopathy is a safe, effective path to healing. We offer low-cost homeopathic care for everyone. Clinic is staffed by advanced students and supervised by faculty.

## INTEGRATED HEALTH

### BHAKTI WELLNESS CENTER

7550 France Ave. S., #220, Edina  
612-859-7709 • BhaktiClinic.com



Bhakti provides a holistic environment where independent practitioners come together to offer an integrative path to wellness; mind, body and spirit. Our providers offer chiropractic, energy therapy, massage, microcurrent therapy, acupuncture, psychotherapy and much more so that you can feel your best, remain healthy & thrive. See ad, page 15.



## INTEGRATED HEALTH

### OPTIMAL WELLNESS SOLUTIONS

2565 N Hamline Ave., Suite A, Roseville  
651-340-1233 • RosevilleOptimalWellness.com



Optimal Wellness Solutions offers a holistic, multi-disciplinary approach to wellness designed to relieve stress & pain, transform trauma, detoxify the body & promote life-long health & vitality. Services include Massage &

CranioSacral Therapy, Network Spinal Analysis, Ionic Detox Footbaths, Nutritional Therapy, Infra-Red Therapies, yoga, and a variety of topical wellness classes. *See ad, page 5.*

## INTEGRATED MASSAGE

### MYSTICAL MASSAGE WITH IAN SOMERVILLE

IntraAwareness Energy Healing, Massage & Bodywork

Minneapolis, MN • Ian@IntraAwareness.com



Have your own Mystical Bodywork + Energy Work + Spiritual Coaching experience with Ian while lulling into a peaceful trance where clients have been known to communicate with ancestors, angels & guides, while honoring their body and detoxifying unwanted baggage.

*See ad, page 2.*

## LEGAL - ALTERNATIVE OPTION

### ATTORNEY DAVID PAURUS

Traveling Services based out of Hopkins, MN • 952-594-2804



Person-to-person meetings for all variety of issues. Meetings for all, to discuss legal and life related issues, and determining the best path forward. Utilizing a value-for-value model. *See ad, page 25.*

## MARKETING

### AM950 THE PROGRESSIVE VOICE OF MINNESOTA

AM950Radio.com



The only Progressive Talk Radio station in Minnesota. We strive to provide the best progressive programming available and feature national talkers Bill Press, Thom Hartmann, Stephanie Miller, Norman

Goldman, and more. We are also dedicated to local programming that creates a community forum for important Minnesota Progressive issues. *See ad, page 40.*

## MASSAGE/STRETCHING

### HEALING TAJ

Theodore Rick

Active Isolated Stretching (AIS)

International Village Arcade Building

220 West 98th St, Ste. 7, Bloomington

HealingTaj.com • 763-913-6722



"I love massage, but too often it feels good temporarily and then the pain and tightness comes back again. I have found with AIS that by stretching and lengthening the fibers, almost like a yoga/massage that the pain doesn't come back again," Warren King.

## MEDITATION

### UPPER MIDWEST HANMI BUDDHIST ASSOCIATION

Shifu Charlotte M. Steen

80 County Road C West, #804, Little

Canada, MN 55117 • 651-278-0697



Offering spiritual healing for body, mind and spirit; Teaching Chinese Mystery school (Hanmi Buddhist) meditations; and conducting dharma rites to support you and your loved ones. Be the peace, the joy, the radiant health that you seek-be your change. *See ad, page 11.*

## NUTRITION RESPONSE TESTING

### MY HEALTHY BEGINNINGS

Nichole Hirsch Kuechle

520 Tamarack Ave., Long Lake

612-418-3801 • MyHealthyBeginning.com



Nutrition Response Testing is a non-invasive protocol of analyzing the body to determine the underlying causes of less than optimal health by looking at how well each organ, gland or set of tissues is functioning. Within two visits, we'll discover what areas of your body are lacking support

and determine what it needs to heal itself at a cellular level. *See ad, page 9.*

## PETS

### CAT CARE CLINIC

Susan Swanson, D.V.M.

651-429-4153 • HolisticCatClinic.com

1524 Mahtomedi Ave, Mahtomedi



Offering a blend of Western and Eastern medicines including; nutritional counseling, behavior counseling, Chinese herbs, acupuncture, Western herbs, essential oils, homeopathy, flower essences, nutritional supplements, chiropractic, reiki and more.

*See ad, page 11.*

## PSYCHOTHERAPY

### FRAN BIEGANEK, MS, LP

Bhakti Wellness Center • 7550 France Ave. S.

Suite 220, Edina

612-564-9947 • FranBieganeKTherapy.com



As a Licensed Psychologist and holistic practitioner, Fran works with clients to identify areas of potential growth, obstacles to growth, and processes that facilitate healing and transcendence of those obstacles. She provides trauma-informed therapy that supports your goals of resiliency, healing

and feeling better. *See ad, page 15.*

## SOLAR

### ALL ENERGY SOLAR

1264 Energy Lane, St Paul

800-620-3370 • AllEnergySolar.com



All Energy Solar is a trusted leader in the solar energy industry. We provide clean, green, solar energy solutions for residential,

commercial, agricultural, and government clients.

Our team of industry professionals have been focused on providing long-term, trusted relationships since 2009. Our industry experience allows us to confidently handle every aspect of the solar process.

*See ad, page 3.*

## SPIRITUAL TEACHINGS

### ECKANKAR TEMPLE OF ECK

7450 Powers Blvd., Chanhassen

952-380-2200 • Eckankar.org



Are you looking for the personal experience of God? Eckankar can help you fulfill your dream. We offer ways to explore your own unique and natural relationship with the

Divine through personalized study to apply in your everyday life. *See ad, page 29.*



## Stay In Touch



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# NOVEMBER 23-24

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Minneapolis, MN 55403

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# AM950

THE PROGRESSIVE VOICE OF MINNESOTA

AM950 is the only Progressive Talk Radio station in Minnesota. We strive to provide the best progressive programming available. We feature national talkers Thom Hartmann, Stephanie Miller, Norman Goldman, Amy Goodman, and Brad Friedman. We are also dedicated to local programming that creates a community forum for important Minnesota Progressive issues.

As one of the few independently owned radio stations in the country, we are proud to cover news, issues, and stories that are not carried by the corporate media. The talk radio format allows us to air diverse voices and challenge conventional and establishment thinking, all with the goal of creating progressive change in our community.

## Weekend Lifestyle Shows



**SATURDAYS**  
8AM - 9AM



**SATURDAYS**  
9AM - 10AM



**SATURDAYS**  
10AM-11AM



**SATURDAYS**  
1PM-3PM



**SUNDAYS**  
10AM - 11AM



**SUNDAYS**  
11AM-12PM

[AM950Radio.com](http://AM950Radio.com)