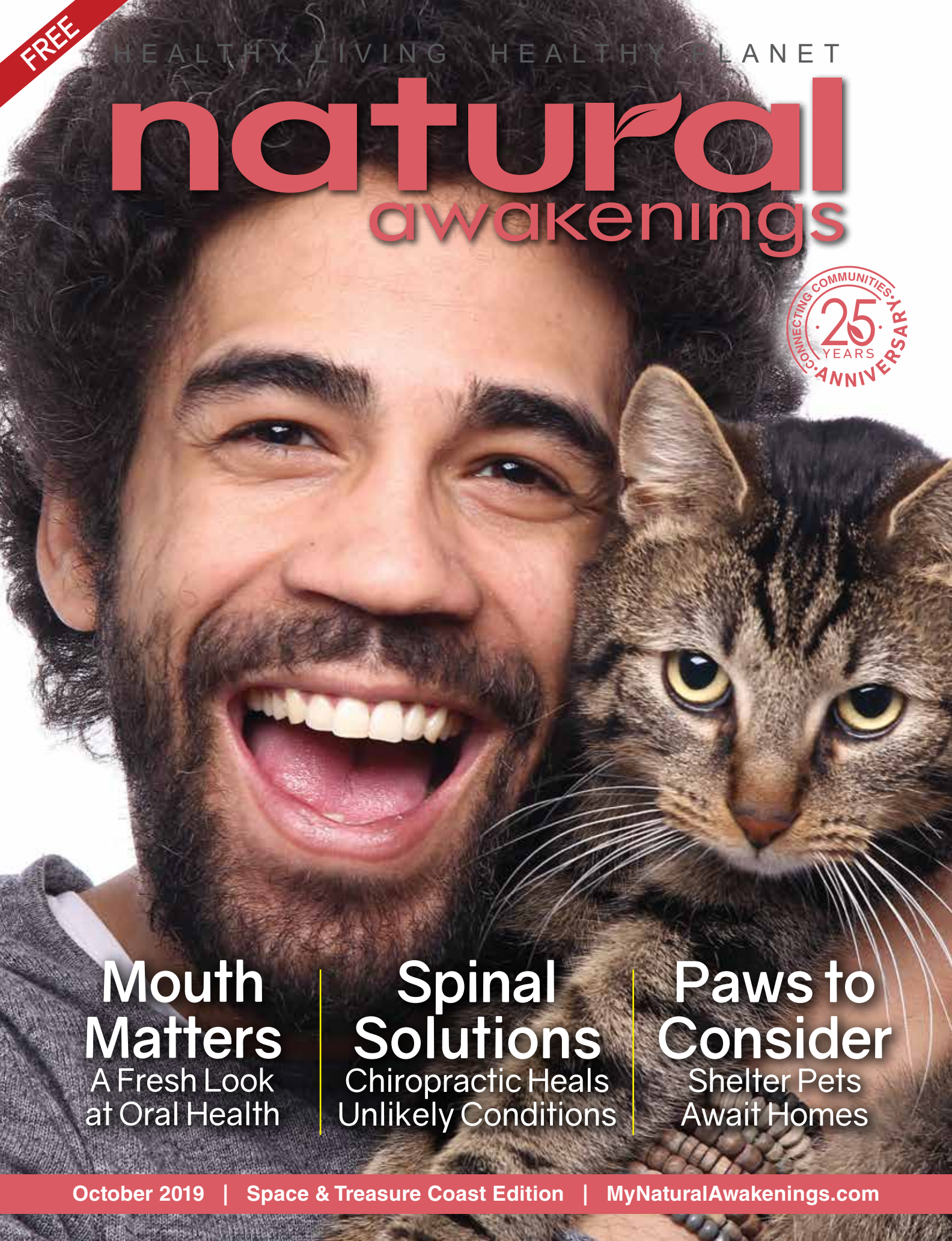


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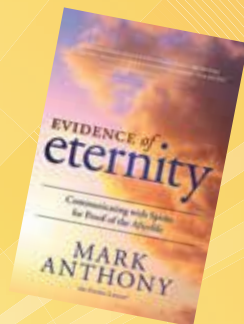
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Mark Anthony the Psychic Lawyer is a fourth generation psychic medium, best-selling author and media personality.



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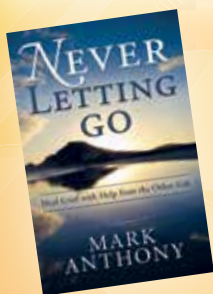
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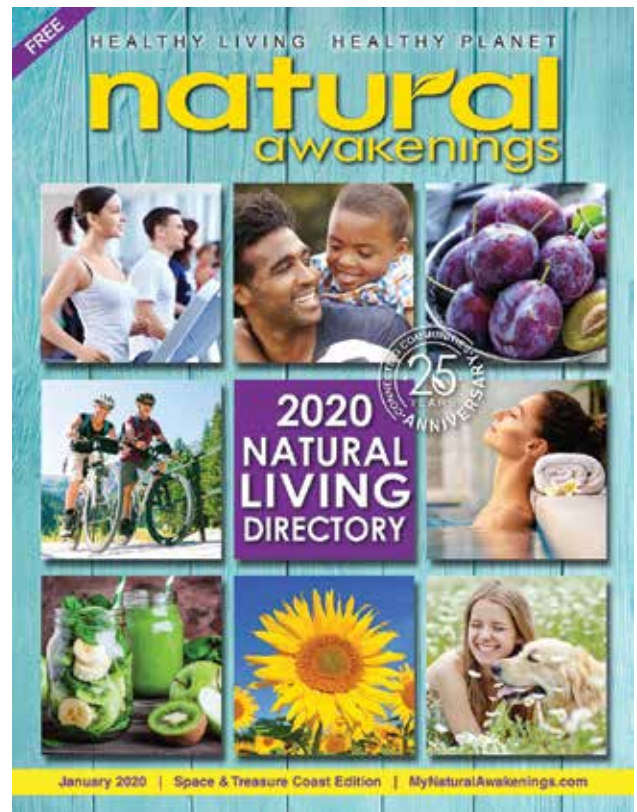
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Contents



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24

17 OVERCOMING BURNOUT AND ADRENAL FATIGUE

Identify Issues Using Thermography

18 CLEAR THE CLUTTER

The Feng Shui Way

22 DIY BREAST HEALTH TIPS

October is Breast Cancer Awareness Month

24 MOUTH MATTERS

A Holistic Approach to Oral Health

28 PAWS TO CONSIDER

Best Friends Waiting for Homes

30 DORIAN INCREASES NEED FOR ANIMAL RESCUES

How You Can Help

32 SLOW FOOD TAKES ROOT

Global Movement on Fast Track

34 RETHINKING OUR STUFF

Moving Toward a Circular Economy

36 SPINAL SOLUTIONS

Chiropractic Care Yields Unexpected Results



DEPARTMENTS

8 news briefs

17 health briefs

19 book review

28 natural pet

32 conscious eating

34 green living

36 healing ways

38 calendar

51 classifieds

52 natural directory

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letter from the publisher



“There’s a cat behind every door!” said my nephew Nick after poking his head in my office. During the hurricane Dorian evacuation, my sister Laurie and her family packed up the essentials and their animals to wait out the evacuation orders at my house. Combining the pets from three households made for

a fun logistical puzzle. Providing separate spaces for six cats and two dogs resulted in many closed doors with kitties tucked safely inside.

My office cat, Callie, was quite content in her office bed where she does most of her daily tasks (including snoring). “The benefits of the human/animal bond are manifold, supported by an army of studies that speak to pets’ ability to reduce stress, improve mood and even reduce the risk of cardiovascular disease,” says author Julie Peterson in our *Natural Pet* column, *Paws to Consider* [page 28]. I enjoy having an office cat to keep the stress of a looming deadline at bay, even if she does like to lounge in front of my monitor. “Anyone looking to lower blood pressure, ease anxiety or secure companionship can find it all at their local shelter, where homeless dogs and cats are eager to oblige,” says Peterson.

Our area is filled with wonderful shelters housing animals waiting for their special forever home. Read about how local shelters are helping displaced animals from the Bahamas in Dorian’s wake and how you can help [page 32]. Also in this issue, discover how a holistic approach to oral health impacts more than just your mouth [page 24]. Find out how a shared passion for delicious food and a moral conviction about the people and places that sustain it is driving a global movement [page 32]. Learn how companies are moving toward a circular economy in an effort to significantly cut the waste stream, reduce our carbon footprint and conserve resources [page 34]. And you may be surprised to discover how chiropractic care can transcend typical expectations by helping conditions such as digestion symptoms [page 36]. As we move into the fall season, I hope you find ways to stay stress-free with your four-legged family members.

Here’s to our furry friends!

Kris Urquhart, Publisher



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Combined Breast Screening Options Empower Women

Space Coast Thermography and Space Coast Ultrasound have teamed up to offer additional options for breast screening. There are several adjunct screening tools currently in use to help detect breast cancer including mammography, thermography, ultrasound, and MRI. “None of these imaging methods are “stand alone” tools for the detection of cancer,” says Kristen Barry owner of Space Coast Thermography. “The research shows that when a multimodal approach is used with clinical breast exam paired with both thermography (test of physiology) and ultrasound (test of anatomy), the accuracy of seeing the earliest warning signs associated with cancer development and finding the smallest tumors are increased to 95-98%. Both Breast Thermography and Breast Ultrasound use no radiation and are non-invasive.”

Space Coast Thermography and Space Coast Ultrasound are working together to empower women with a choice for their breast screening. No doctor referral is needed, and you will receive a thermography report from a Board-Certified Pathologist and an ultrasound report from a Board-Certified Radiologist. Thermography and Ultrasound have proven to be a great combination for younger women whom mammograms are not yet recommended, women with implants, women with dense breasts and women with fibrocystic breast tissue.

For more information and discounted pricing for the combined exams call 321-574-9014. Kristen Barry, Ph.D., CTT, is the owner of Space Coast Thermography (SpaceCoastThermography.com) located in the Suntree area. Rebekah Simmons, RDMS, is the owner of Space Coast Ultrasound (SpaceCoastUltrasound.com) located in Satellite Beach. See ad, page 41.

New Team Member Expands Services at Vitalifts

Vitalifts is pleased to add Tina Guarino, APRN-BC, to their team in their mission to spearhead a revolution of health living on the Space Coast. Guarino is board certified by the American Nurses Credentialing Center. She graduated from Goldfarb College of Nursing at Washington University with Honors then later completed a Master’s and Advanced Practice degree specializing in Adult Medicine. After earning a Master’s in Business Administration and Health Care Administration, she spent 15 years as a Hospital Administrator and later developed a large integrative practice in Illinois focusing on Pain Management, Stem Cell Therapy, Hormone Therapy and Pharmacogenomics. Guarino has earned the certifications in O-shot and P-shot, Vampire Facelift/facial, and Vampire hair restoration.



Guarino has focused the last 10 years on Bio Identical Hormone therapy integrating Peptide, Male and Female sexual health, Weight-Loss Management and Hair Restoration.

Guarino can provide customized treatments for patients to improve overall health and wellbeing that focus on erectile dysfunction and Peyronie’s disease, female sexual health improving dyspareunia and incontinence and hair regeneration utilizing PRP (platelet-rich plasma) technology.

For more information or to schedule an appointment, call 321-425-2111. Vitalifts is located at 4865 N Wickham Rd, Ste 109, Melbourne. Vitalifts.com.



Shakti Bliss Yoga Nidra Training in Indialantic

Nicole Georgi-Costello, MS, Licensed Mental Health Counselor, Experienced Registered Yoga Teacher (ERYT-200) and Rev. Karen Hedley, MFA, Registered Yoga Teacher (RYT-200) will offer Shakti Bliss Yoga Nidra Training October 18-20 and October 26-27 at Aquarian Dreams in Indialantic. This certification is open to anyone interested in leading others into a state of deep healing relaxation and profound peace. Yoga teachers, coaches, therapists, birthing coaches, health care professionals, and parents are all welcome as well as anyone that is interested in creating a powerful self-care practice.

“With chronic stress on the rise and its link to disease, insomnia, low energy, and depression, the need for Yoga Nidra meditation or “deep yogic sleep” is paramount,” says Hedley. “Research shows that 45 minutes of Yoga Nidra is as rejuvenating as three hours of sleep. Experience the transformational power of Shakti Bliss Yoga Nidra for yourself while learning to teach others.”

Location: Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Cost: \$495 includes all materials, Shakti Bliss Yoga Nidra manual, 2 DōTERRA Essential Oil rollerballs, and 30 CEU credits for Yoga Alliance Registered Yoga Teachers. To register and make your deposit, visit AquarianDreams.com or call 321-729-9495.

Rockledge Tai Chi Chuan Offers New Classes in Viera

Randy Sweany, instructor for Rockledge Tai Chi Chuan, is pleased to now offer Tai Chi classes in Viera in addition to Rockledge.

Tai Chi Chuan, sometimes called “meditation in motion,” is an ancient Chinese martial art that has been practiced for hundreds of years for both health and self-defense. In his classes, Sweany shows participants how to move using proper body mechanics in a relaxed and balanced way.

The benefits of Tai Chi include enhanced flexibility, balance, and agility; better mood, with lower levels of depression, stress, and anxiety; greater aerobic capacity and muscle strength; more energy and stamina; lower blood pressure and improved heart health; and fewer falls.

“Come in for a free introductory class on Wednesdays at 9:30 a.m. at the Viera Community Center or the Gus Hipp Location in Rockledge at 6:30 p.m.,” offers Sweany.

Locations: Viera Community Center, Room 5, 2300 Judge Fran Jamieson Way, Viera. Inside MAS Karate, 550 Gus Hipp Blvd., Rockledge.
Cost: \$15 per class or \$60 per month. No contract required. For more information, call 321-522-7620, visit RockledgeTaiChiChuan.com or email RandySweany@RockledgeTaiChiChuan.com.



Zen Yoga Studio offers Aerial Yoga and Workshops

Zen Yoga Studio of Satellite Beach proudly offers a variety of aerial yoga, traditional yoga, special events and workshops every week.

Aerial Yoga uses a hammock made of silk cloth to hold students up to achieve poses not possible on a traditional yoga mat. “Come fly with us in our beautiful aerial yoga silks,” says owner Sonia Negron. “Beginners to intermediate are always welcome!”

Traditional Yoga Classes include Vinyasa Yoga, Hatha Yoga, Yin Yoga and more. Special events and workshops include Yoga Nidra with Soundscape, Spiritual Intuition, Qigong Meditation and Breathing, Women’s Empowerment Group, Reiki Sound Bath, Reiki I, II, III and Master Teacher certification classes. In addition, children’s classes are held afterschool every Thursday for children ages 5-8 and 9-12. “This is a really fun class exploring yoga, meditation, art, mandalas, music and movement,” says Negron.

Zen Yoga Studio is located at 1024 Hwy A1A # 150, Satellite Beach. For more information, call 866-820-YOGA or view their schedule at ZenYoga321.com. Sign up as a prospect and your first yoga class is free. See ad, page 37.



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Smile Design & Wellness Center at Health and Wellness Expo

Meet the doctors and staff of Smile Design and Wellness Center (SDWC) at the 3rd Annual Homegrown Health & Wellness Expo. The event is sponsored by the Cocoa Beach Chamber of Commerce and is being held on Saturday, October 5 from 8 a.m. to 2 p.m. at Central Park at the Viera Avenues. In an effort to help more people, SDWC is launching a Share the Love Event where new patients can receive a \$50 voucher towards treatment. "If you ever were interested in learning more about Biological Dentistry and the many technologies that we use, come meet the doctors and team," says Dr. Chris Edwards.

The expo is free to attend. The day will feature yoga, demonstrations, healthy meals, local business vendors, prize drawings, health education and a healthy happy hour.

Smile Design and Wellness Center is located 5445 Village Drive, Suite 100 in Viera. For more information, call 321-751-7775 or visit SmileDesignCenter.us. See ad, page 25.

New Stylist at Purely Organic Salon for Hair

Purely Organic Salon for Hair introduces its newest stylist, Taylor Lewis. She has been training with Cathy Hammond, the owner, for nine months and is fully licensed and ready to take clients. Lewis graduated from the Eastern Florida State College (EFSC) Cosmetology course in July. She is excited to offer amazing manicures and pedicures and special hair treatments, such as color touch-ups, keratin services, blow outs, all add-on services, and hydro-dhara and conditioning treatments.



Call today to book an appointment with Taylor Lewis and receive her special pricing as a junior stylist. Purely Organic Salon for Hair is located at 195 Jackson Ave, #100, Satellite Beach. 321-243-0540. PurelyOrganicSalon. See ad, page 49.



Keri's Therapeutic Massage and Skincare Accepting New Patients

Keri Thompson, LMT offers a variety of pampering spa treatments as well as a full range of medical massage therapy designed to alleviate symptoms related to stress, injury, accidents and chronic pain. Conditions may include: sciatica, carpal tunnel, scoliosis, chronic headaches, neck/back pain as well as the effects of lifestyle stress and habits.

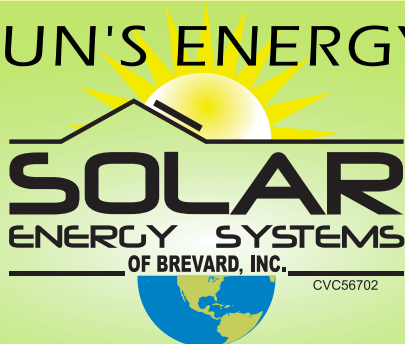
Each session is tailored to the preferences of the patient. Thompson uses a variety of techniques including: Postural Assessment/Alignment, Neuromuscular Therapy, Orthopedic Massage, Trigger Point Therapy, Myofascial Technique, Cupping and Swedish/Relaxation. "Our lives and circumstances are ever changing, so a patient's needs may differ from session to session," says Thompson. "I encourage open communication and a trusting relationship."

Keri's Therapeutic Massage and Skincare also offers Anti-Aging Facials, Acne Treatments, and Chemical Peels. All facial treatments are customized for your unique skin type and skin care concerns. "Whatever your goals, our services are intended to soothe, balance, nourish, and protect your face in the most pampering ways possible."

Keri's Therapeutic Massage and Skincare is offering \$10 off your first massage or skincare session through October 31, 2019. They are located in the Viera Business Center at 5595 Schenck Ave #7, Rockledge. Call 727-457-7462 for a free consultation and appointment or visit KerisTherapeuticMassage.com. (MA74361, MM17477)

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Aquarian Dreams Open House Celebrates 33 Years

On Saturday, October 5, Aquarian Dreams in Indialantic will celebrate its 33-year anniversary with an open house and gathering. Celebrate the growth and evolution of our local holistic and spiritual community, meet all the Aquarian Dreamers, Lightworkers, healers and teachers, along with live entertainment and demonstrations, vegetarian snacks and herbal tea, healings, gifts, prizes and more. Classes and demonstrations are scheduled from 1 to 5:30 p.m. and there will be free Reiki, Deeksha and Energy Healings all day.



Founder/owner of Aquarian Dreams, Cheri Hart, started when her children were just 5, 8 and 10. After going through various transformations, relocations, and growth, her business remains a family business. Her eldest son, Jamin, is an acupuncture physician. Daughter Shana helps run Aquarian Dreams and Hart's son Teren is a massage therapist and a yoga teacher at Aquarian Dreams.

"Aquarian Dreams remains dedicated to the service of our community," said Hart. "We continue to offer products and services for a healthy, conscious lifestyle."

Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. 321-729-9495, Cheri@AquarianDreams.com, AquarianDreams.com. See ad, page 3.

Serene Harbor Fundraiser Assists Women

Serene Harbor is excited to announce their Casino Night fundraiser on October 11 at The Grand Manor in Melbourne. Serene Harbor is a domestic violence shelter assisting women, their children and the family pet. The fundraiser benefits those affected by domestic violence in Brevard County. There will be something for everybody – Blackjack tables, TX Hold'em Poker, Roulette, Craps, and slot machines. Delicious food and drinks are included.



There will be prize packages for the attendees to bid on, such as, a 3-day, 2-night stay in Las Vegas with airfare. In addition, there will be a silent auction, DJ, photo booth, and more.

"Your attendance and support will help in our efforts to offer emergency shelter to victims of domestic violence, bring awareness to our cause, and help heal those families so they can start living a life free of abuse," states Beverly DeMeyer, Director of Marketing.


For assistance, please call the 24/7 hotline at 321-726-8282. For further information about Serene Harbor or to purchase your Casino Night tickets, go to SereneHarbor.org. The Grand Manor is located at 1450 Sarno Rd, Melbourne.

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space coast news briefs

Eccovision Now Available at Health Connections Dentistry

Dr. Claire Stagg is happy to announce the Eccovision system as part of her already extensive toolkit in screening her patients for optimal oral health. The Eccovision system is comprised of two tools, the pharyngometer and rhinometer which assess the airway using acoustic reflection. “The benefit this diagnostic tool offers our patients is a visual understanding of each patient’s nasal and pharyngeal airways,” says Dr. Stagg. “This allows for any obstructions, if there are any, to be seen therefore allowing the patient valuable and potentially life-changing information about their overall health.” This tool can also be used to test the effectiveness of treatment for airway issues.



“We are excited to be able to offer this valuable diagnostic tool to our patients as they journey toward optimal health,” says Dr. Stagg. *Health Connections Dentistry is located at 2120 Highway A1A in Indian Harbour Beach. For more information, call 321-777-2797 or visit SmileProfessionals.com. See ad, page 26.*

2019 Homeopathic Flu Remedy



“We are heading into flu season and if you are looking for a homeopathic solution, we have just that,” states Dr. Ananda Siddha, ND, co-owner of New Earth Clinic & Apothecary. “This remedy is different than

the over-the-counter, non-specific flu remedies, which contains several different classical homeopathic remedies that cover general symptoms. Our *Flu Remedy* is made from the actual flu virus.”

The homeopathic flu remedy is prepared according to standard homeopathic preparation methods using a sample from the previous year’s end season flu virus. “Homeopathic flu remedies are an important way to protect yourself. We have offered this solution since 2011 and people return every year because it works,” says Dr. Siddha. “Most people report that it did protect them from contracting the flu, however; for those rare cases that still came down with flu like symptoms, they were milder and much shorter in duration than without it. It is safe and effective for infants, seniors, and people of all ages. There are no interactions to worry about with prescription medications or supplements.”

For more information or to purchase, call The New Earth Clinic & Apothecary office at 321-848-4914. NewEarthNaturopathic.com.

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Helen Murray, LMHC, Expands Her Vero Beach Counseling Practice

Helen Murray, Licensed Mental Health Counselor and Life Coach of Creative Counseling Center, in Vero Beach,



is expanding her practice, she's now offering group therapy, workshops and day-long intensives for individuals, couples and family members and loved ones.

Having practiced since 1991, Murray has continually added new modalities to her clinical practice. A Certified Imago Relationship Therapist and Life Coach, Murray added Accelerated Resolution Therapy (ARTWorksNow.com) an eye-movement trauma elimination therapy in 2010. Murray most recently added Psychodrama to her practice. "I'm excited to offer Psychodrama to my clients. It's an action method of therapy that helps facilitate the healing of past trauma in the here-and-now. Developed by Jacob Moreno, it is one of the most powerful methods of healing, as it's so interactive that it becomes the experience," says Murray. "My belief is that it's never too late to have a happy childhood; Psychodrama can make it so."

In November Murray will also be offering day and nighttime groups sessions, and a soon-to-be finalized workshop: How to Make Friends with Your Inner Critic, which is intended to kick-off her new workshop series on WELL-BEING.

Keep apprised of Helen's event offerings in Natural Awakenings, or reach her at 772-913-1415, HappyJessup@gmail.com, or visit CreativeCounselingCenter.net. Creative Counseling Center, 1850 43rd Avenue, Suite C-11, Vero Beach.

Body-Mind-Spirit Event Comes to Port St Lucie

The long-running Awaken Wellness Fair, New York's best-loved body, mind, spirit, green expo, comes to the Port St. Lucie Civic Center on Sunday, January 26, 2020 from 10 a.m. to 5 p.m.

"The Awaken Fairs began in 2002 with just 42 holistic practitioners working on each other in a small office.

Today it has grown to well over 1000 guests and 150 exhibitors participating in this quarterly party," says event producer Paula Caracappa. "It has come to be called a party in recent years – it's not a trade show, it's a social event where like-minded people gather to support, educate and socialize with each other in an open, friendly atmosphere."

Exhibitor opportunities are available for individuals and companies who offer information, products and services that explore the many paths to healing, both ancient methods, as well as the newest cutting-edge methods. Exhibitors are sought in four categories: Speakers, Healers, Vendors and Readers. Sign up now for Early Bird pricing, as well as sponsorship opportunities.

Attendee appointments with intuitive readers and holistic healers are scheduled by the Awaken Fair and discount appointments can be pre-booked online. "The Awaken Fair is known for its caring support of its exhibitors, helping them to make the most of the day with tips about presentation and marketing," says Caracappa.

For more information, visiti AwakenFair.com or call 772-345-7218. Port St. Lucie Civic Center, 9221 SE Civic Center Pl, Port St. Lucie (located at US 1 and Walton Road). See ad, page 38.



Cosmetic Acupuncture Now Available at Stuart Acupuncture

Hillary Morris (formally Heidelberg) is excited to offer Cosmetic Acupuncture, a safe alternative to Botox and other injectables, at her Stuart location. Cosmetic Acupuncture is also referred to as "Acupuncture Facelifts."

"Cosmetic acupuncture involves the insertion of 30-50 very fine needles into acupuncture points in and around frown lines and wrinkles," says Morris. "At the same time, my patients receive a Traditional Chinese Medicine wellness treatment; this aspect of the session is geared towards resolving deeper skin issues and promoting the circulation of Qi (energy) in the body."

Morris further explains, "The needles are placed to cause "micro-trauma" to the facial tissue, which induces the production of collagen and elastin, smoothing lines and plumping-up facial tissue. Blood flow is also stimulated, reducing inflammation throughout the body. Not only used for a more youthful appearance, the needles stimulate Qi flow leaving the patient relaxed and energized. And unlike the short-term results of Botox, long-term changes in the patient's overall skin-health is the goal."

A series of 6 to 12 treatments is recommended, with sessions scheduled weekly. An additional session every 4 to 8 weeks for maintenance is suggested. Stuart Acupuncture is currently offering a series of 6 or 12 treatments at a discount. For more information, call 772-266-8165, visit StuartAcupuncture.com or email Hillary@StuartAcupuncture.com. See ad, page 29.

Life Coaching and Spiritual Counseling Available on the Treasure Coast

Rev Janice Cary is pleased to offer life coaching and spiritual counseling to help people to find their life and live it. She has been a Unity Minister, Life Coach and Spiritual Counselor for 16 years. Cary states that she has learned that people know what they want in life and that hesitation to follow one's desires comes from echoes of outdated stories and voices from their past.

"When clarity dawns, and our heart is heard, focus and ease follows," says Cary. "Coaching supports people to courageously show up for life, holding a vision and taking authentic action steps to live a life of intention."

According to Cary, life coaching is not endlessly peering into the psyche about *why* something is but rather supports you in *how* to live an intentionally purposeful and meaningful life with you in the lead role.

"One client released fears of intimacy and is now married to her soulmate. Another faced the discomfort of making amends with a friend; One changed their career while another was able to see their co-worker in a new light," says Cary.

For more information, visit UnityOfFortPierce.com. For appointments call 772-461-2272. See ad, page 46.



ThetaHealing Training in Stuart

Elizabeth Campbell, Certified ThetaHealing Practitioner and Instructor, is pleased to offer Basic Practitioner Training, Friday, November 1 through Sunday, November 3.

ThetaHealing Basic Practitioner Training teaches a simple technique for changing beliefs, feelings, and even physical health, rapidly and easily, through the energy of All That Is. It is not associated with any religion and works with students' own belief in a Creator/Higher Power. Changes occur at the subconscious level, even if they are brought forth into this lifetime through past lives or ancestral beliefs.

ThetaHealing has become popular not only with those who wish to perform healing changes for others, but also for immense personal development. Students learn to reach into deeply held subconscious beliefs, and to change them rapidly and easily for clients, one's self, loved ones and even animals.

"Remove ancient vows, oaths and commitments that are holding you back today," says Campbell. "Remove long-held resentments and regrets, to clear enormous space within to accept something better."

After completion of the 3-day class, participants will be certified as a ThetaHealing Practitioner through the ThetaHealing Institute of Knowledge.

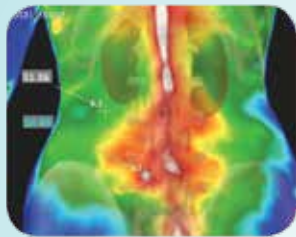
Location: 611 SW Federal Highway, Suite K-1, Stuart. Pre-registration is required by Thursday, October 31. All materials necessary for class are included, along with certification. For more information, call 772-291-7813 or email Elizabeth@TranceformU.com.



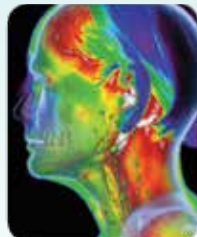
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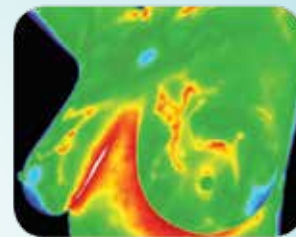
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Medical Marijuana Certification Available

Dr. Edwin Stroup, MD, offers medical marijuana certification at his practice, Alternative Medical Solutions, in Sebastian. He is an emergency medicine specialist and has been practicing for 37 years. Dr. Stroup's practice is dedicated solely to alternative options for chronic conditions and certifying patients for medical marijuana. Dr. Stroup shares that he offers many CBD products that can often help with chronic pain and inflammation without the euphoric effects of THC but notes that for many conditions THC is a better choice. "Many patients also use cannabis to treat their anxiety. This can help them get off anxiety medications that may have negative side effects," says Dr. Stroup.

The initial consultation includes a review of your medical records to determine if you qualify for certification and a completion of your application to the state. Dr. Stroup offers a no cost phone follow up in the first 30 days after a patient obtains their card to ensure they are doing well and to determine if adjustments need to be made.

"Cannabis has many medical indications including chronic pain, PTSD, fibromyalgia, Irritable Bowel Syndrome (IBS), migraines, and more," says Dr. Stroup. "We have been seeing amazing results for patients with multiple chronic pain related issues, and seeing patients getting off opiates and other prescription drugs after adding medical marijuana to their treatment regimen."

For more information or appointments, call 772-202-7976 or email AlternativeMedicalSolutionsFL@gmail.com. Alternative Medical Solutions, 1627 US 1, Suite 211, Sebastian.

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Overcoming Burnout and Adrenal Fatigue

Identify issues with Thermography

by Jessica Schneider

Society today has become an overstimulating, competitive, no sleep for the weary, hustle-minded culture which has resulted in most women overcome with burnout and adrenal fatigue; This leads to hormone imbalances, weight gain, chronic fatigue and low immune system function. It is important to remember that our bodies were not hardwired to deal with this constant chronic stress that most of us engage in on a daily basis. The result of this lifestyle is that it wreaks havoc on our adrenal glands which then disrupts our overall hormonal system.

The adrenals are two thumb sized organs that sit on the kidneys and are involved in the production of 50 hormones that drive almost every bodily function from balancing blood sugar, maintaining healthy blood pressure to producing sex hormones like estrogen and testosterone.

Common symptoms of adrenal fatigue are: hormonal imbalances, hot flashes, weight gain around

the abdomen, thyroid dysfunction, depression, insulin resistance, increased susceptibility to autoimmune conditions, chronic fatigue, decreased libido, hair loss, insomnia, irritability, low blood pressure and food cravings.

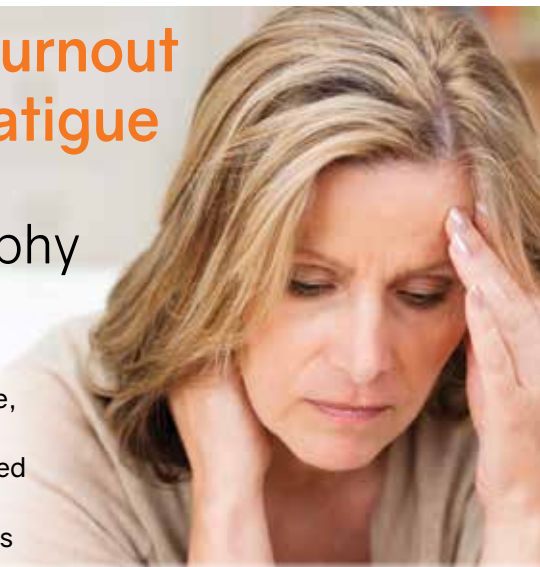
Thermography is a great tool that can identify if you may have adrenal gland, thyroid and/or ovarian dysfunction that could be contributing to hormonal imbalances and the pesky symptoms listed above. If your thermography report indicates adrenal/ovarian/thyroid dysfunction, it is imperative to take inventory of your stress levels. Do you go to bed before 10 p.m.? Do you get 8 hours of sleep a night? Do you engage in exercise for at least 20 minutes a day? Do you meditate or practice deep breathing

exercises throughout your day? Are you surrounded by negative, toxic draining people? Diet also plays a critical role in feeding the adrenal glands and balancing your hormones. If you start the day with sugar or simple carbohydrates, then you're starting your day by elevating your insulin which will negatively affect your hormones. It's important to avoid sugar and simple carbohydrates and focus on getting adequate organic healthy fats and protein at every meal. Eating healthy fats will balance your blood sugar and that has a positive effect on your overall hormonal picture.

Adrenal health requires a 50/50 balance between a healthy lifestyle and supplementation. Adaptogen herbs, fish oil, B-complex, sea vegetables and minerals are all necessary to regaining adrenal health and improving overall hormonal balance.

If you suspect that you may have adrenal gland dysfunction that may be causing your hormonal imbalances, a thermography scan and wellness coach may prove to be highly beneficial in helping to overcome this vicious cycle.

Jessica Schneider, CCT, Wellness Coach, is located at For Your Health Thermal, 6550 North Wickham Road, Ste 6, Melbourne. For more information, call 321-987-7893 or visit YourThermalHealth.com. See ad, page 31.



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health briefs

Clear the Clutter the Feng Shui Way

by Linda Adams

Feng Shui Design is a holistic lifestyle approach to maximize the “Chi” flow of your spaces. The first principle is creating a clutter-free environment. There are 3 types of clutter that keep us from moving forward, bogging us down and distracting us from our full potential: emotional clutter, dirty clutter, and stuff clutter.

Emotional Clutter: Hanging on to our past, thoughts, or ideas, or remembering events that were unpleasant, which we tend to relive in our minds like an old movie. This can be the most challenging clutter to eliminate and the one that takes the longest to resolve. It takes practice to build the habit of stopping negative thoughts when they accrue. To begin clearing emotional clutter, eliminate items from your space that trigger old wounds and negative emotions.

Dirty Clutter: The accumulation of dust, dirt and grime that settles into a home from normal everyday living. Light



switches, baseboards, and fans are areas that are overlooked yet easily taken care of. “Magic Erase” is a great product to have on hand for removing dirt and grime from your walls and baseboards. Keep your windows and screens cleaned to let as much natural lighting in as possible.

Stuff Clutter: The accumulation of too many things. Reduce junk drawers to just one making it easier to maintain. Sort your objects and organize with dividers to quickly find items. Sort and delete old emails often. If you haven’t read it in a month, you likely don’t need it. Old emails take up room in your

computer and on your mind. Go through your home or space and sell, donate, or give away books and magazines, clothes and trinkets that you no longer need, use or like. Clothes you are waiting to fit into cause stress and are a reminder of goals not yet reached.

Make a plan and set a goal for clearing the clutter. Start at the front entrance of your space. Pick up each item in question and ask: Is this a reflection of who I am at this moment, conveying my uniqueness and desires? Does this item make me happy or does it remind me of someone or something negative? Once you start this process of cleaning and clearing everything that no longer serves you, you will begin to enjoy the benefits. You will become more focused, and clear about your needs and desires. You will feel lighter, and more inspired to live a healthier lifestyle.

Linda C. Adams licensed Interior Designer and Feng Shui practitioner, with over 30 years’ experience she has created many beautiful spaces, reflecting her clients’ individuality and personal style. See ad, page 42.

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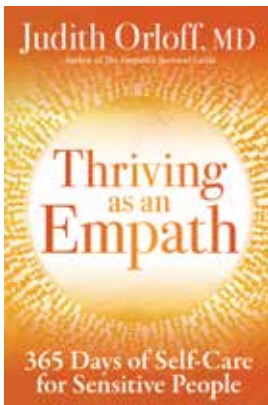
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book review

Thriving as an Empath: 365 Days of Self-Care for Sensitive People

Book Review by Bruce Lipton, PhD

In *Thriving as an Empath*, psychiatrist and empath Judith Orloff, MD, has created 365 days of informative insights that offer empaths and all sensitive people self-knowledge, self-assurance, and the resilience needed to live in health and harmony.



Empathy is a blessing, yet unfortunately it can also feel like a curse. Compassionate empaths may experience exhaustion, anxiety, and depression if they don't learn practical self-care to center and protect themselves.

Dr. Orloff's book will help you stop absorbing other people's stress and stay in your own power. It will inspire you to remove negative beliefs about yourself, while providing a path for empaths to take back control of their lives. The daily readings encourage sensitive people to pause for a few sacred moments every day to discover their true purpose, learn to connect more deeply with themselves and the creative force, while taking responsibility for their own self-care.

This book is a daily companion to nurture your inherent sensitivity. Read it every day. It is a valuable resource that should be kept nearby and referred to again and again.

*Bruce H. Lipton, Ph.D., Cell biologist and author of the bestselling *The Biology of Belief*, *Spontaneous Evolution* (with Steve Bhaerman) and *The Honeymoon Effect*. See ad page 35.*

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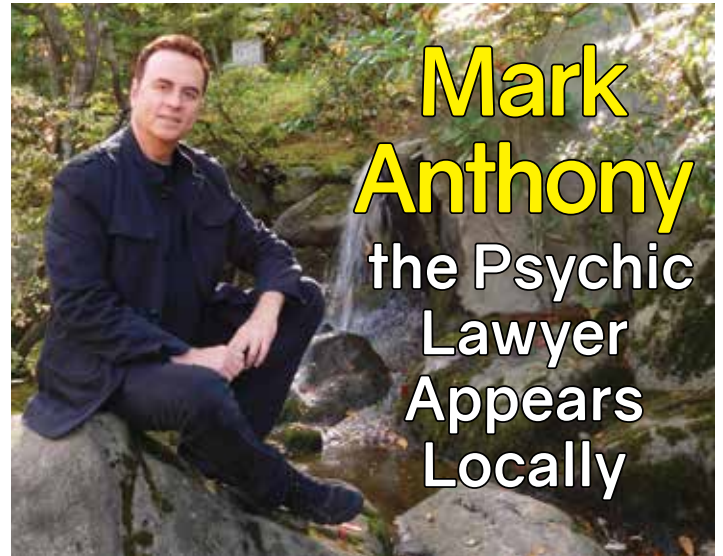
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event spotlight



Mark Anthony the Psychic Lawyer/Psychic Explorer will connect random audience members with their loved ones on the other side. Join him for an evening of spirit communication and “edu-tainment” for your soul on Friday, October 25 and Saturday, October 26 at 7:30 p.m. at Aquarian Dreams. In addition, the Light Circle with Mark Anthony will be held on Saturday October 19 from 7 to 8:30 p.m. at Universal Energy Massage. Every attendee will receive a reading connecting them with loved ones on the other side at this special up close experience limited to only 10 people.

Anthony is a world-renowned fourth generation psychic medium who communicates with spirits in addition to being an Oxford-educated attorney, licensed to practice law in Florida, Washington D.C. and before the United States Supreme Court. Dr. Gary Schwartz, Professor of Psychology, Medicine, Neurology, Psychiatry and Surgery at the University of Arizona and Director of the Laboratory for Advances in Consciousness and Health has ranked Mark as one of the top three mediums in the United States.

Mark Anthony has the reputation as the “Psychic Indiana Jones.” Also known internationally as “The Psychic Explorer.” In addition to his expertise as an attorney, he has an extensive background in science, quantum physics, survival of consciousness and near-death experiences, history, archaeology, philosophy and theology. One day Mark is lecturing at an Ivy League University about Quantum Physics and the next off to mystical locations in remote corners of the world to explore Ancient Ruins and Supernatural Phenomena.

Evening of Spirit Communication: Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Cost: \$40 prepaid /\$50 at door. For tickets, call 321-729-9495 or order online at AquarianDreams.com/special-events. **Light Circle with Mark Anthony:** Universal Energy Massage, 602 Brevard Avenue, Cocoa Village. Cost: \$200. Seating limited to 10 people. For tickets, call 321-480-2785. To learn more about Mark Anthony, visit EvidenceOfEternity.com. See ad, page 2.



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event spotlight

Unique Jewelry, Gems and Stones in One Place



The 43rd annual Handmade Jewelry, Rock and Gem Show will be held on Saturday, October 26, 9 a.m. - 5 p.m. and Sunday, October 27, 10 a.m. - 4 p.m., at the Port St. Lucie Civic Center. The event is fun for attendees searching for a special piece of jewelry for themselves or a loved one. For those who create unique jewelry, they can find special elements to make their piece sing. This event is perfect for those who love geology or gemology or just enjoy looking at beautiful things from nature.

Shop from and be inspired by over 35 artisans and vendors. Watch demonstrations ranging from bead weaving and wire wrapping to faceting gems and capping stones. Participate in hourly raffles and a silent auction of jewelry, beads, books and equipment. Bring the kids to learn about gemstone identification and watch them make their own jewelry.

Admission is \$5 online (etix.com) or \$6 at the door. The show is sponsored by the St. Lucie County Rock and Gem Club and co-sponsored by Scented Dragon, Treasure Coast Estate Buyers, and Jewelry Design Studio. Proceeds fund a scholarship for a student in the earth sciences or arts program at Indian River State College.

For more information, call 772-462-6597 or visit SLCRockAndGem.org. See ad, page 16.

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DIY Breast Health Tips

by Katie Ainsley



October is Breast Cancer Awareness Month and there are several things you can do in your everyday life to support your breast health and to reduce your risk of disease.

Wax it, don't shave it. Shaving the underarms daily can cause irritation and skin sensitivity and can contribute to congested lymph nodes. Waxing is a quick and easy alternative and it is usually only necessary to have it done once a month, as opposed to shaving daily.

Throw out the antiperspirant. Many antiperspirant deodorants contain harmful ingredients including aluminum, parabens, steareths (PEG), triclosan, propylene glycol and even artificial colors. These toxic ingredients are linked to cancer, endocrine issues, neurological issues and autoimmune disorders. When deodorant is applied to your freshly shaved underarms those chemicals will go straight into your skin and into your bloodstream. Switching to a natural deodorant will reduce your risk for breast disease, thyroid dysfunction and autoimmune disease. Look for deodorants that are free from: aluminum, parabens, PEG, triclosan and propylene glycol.

Watch what you put on your skin. The skin is the largest organ in the body and everything applied on the skin is absorbed into the blood. Many soaps and lotions contain harmful ingredients

that can disrupt the endocrine system, cause neurological damage and can even cause cancer. Use soaps and lotions that are free of fragrances, parabens, sodium laureth sulfate (SLES), sodium lauryl sulfate (SLS), methylisothiazolinone and methylchloroisothiazolinone, cocamidopropyl betaine, and triclosan butylated hydroxyanisole (BHA).

Ditch the underwire. Avoid underwire bras, as they constrict and inhibit the lymphatic system and also can damage the breast tissue. A better option is to wear bras without underwires and that do not push up or constrict the breasts.

Use essential oils. There are many essential oils that support the lymphatic system. The citrus oils such as orange, lemon and grapefruit help stimulate the lymph glands while peppermint, ginger and rosemary are helpful for circulation and help drain the lymph nodes. Frankincense, lemongrass and turmeric have properties that reduce tumors and are good for breast health. Using essential oils can help reduce the risk for breast disease by decreasing inflammation and supporting the immune system. When applied to the underarms and breast area, essential oils can be helpful to supporting overall breast health.

Try lymphatic draining massage. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. Congested lymph nodes can cause tenderness, lumps, irritation and can even increase the risk of breast disease. The

lymph nodes under the arms can become congested from shaving, wearing deodorant and from underarm rubbing. Lymphatic draining massage is an easy way to get the fluid moving and unclog the lymph nodes. Lymphatic draining massage is a light, gentle touch that you can do yourself – or for more concerning conditions see a licensed massage therapist.

Use dry skin brushing techniques.

Use a brush with stiff bristles against the skin to help exfoliate dead cells from the skin surface and enhance blood flow. Dry skin brushing the underarm and breast area can be beneficial in keeping the lymphatic system flowing and removing harmful toxins and waste.

Perform self-checks. This is such an easy yet important part of your breast health. Doing regular monthly self-checks will help you know your normal so that you can detect any small changes in your breast tissue at the earliest stages.

Monitor breast changes with technology. Mammograms have become the standard breast care in America and they can detect cancerous tumors – but they use radiation to do so. Breast ultrasounds are another option for looking at a specific area of concern. These are pain- and radiation-free. Thermograms are a radiation-free, pain-free, proactive way to monitor breast health. A breast thermography scan can detect inflammation, physiological changes and neovascularity in the breast tissue and show your risk for developing breast disease. Thermography can detect changes in the breast 8 to 10 years before the cells would form a tumor.

You can monitor breast health with these at-home techniques. Be sure to contact a healthcare professional if you notice any changes in your breasts. Early detection offers the best opportunity for beating breast cancer.

Katie Ainsley is a Certified Clinical Thermographer and owner of Thermography of Brevard LLC in Melbourne and Indian River Thermography in Vero Beach. As a breast cancer survivor, she has worked to help patients take preventive steps toward improved health through radiation-free thermography scans. 321-312-0363. Learn more at ThermographyofBrevard.com. See ad, page 11.

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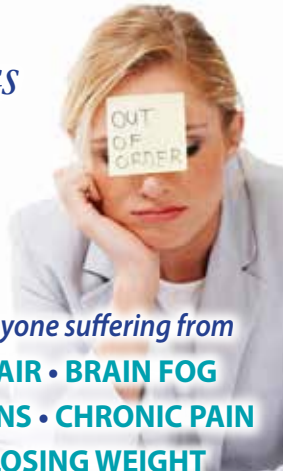
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We look at the underlying causes for gum disease and cavities: Is it your diet, or hormonal changes or acid reflux?

~Nammy Patel

from toxic materials, remove amalgam fillings, may be wary of root canals and focus on minimally invasive procedures—some of which may be high-tech and cutting-edge, such as lasers to clean teeth and gums, ozone therapy to slow the growth of infections and air abrasion to “sandblast” away small areas of tooth decay.

Holistic dentists work closely with a wide range of other complementary practitioners. “We look at the underlying causes for gum disease and cavities: Is it your diet, or hormonal changes or acid reflux?” Patel explains. That may mean prescribing a head massage, acupuncture session, meditation lessons or dietary counseling. They may run blood tests for biocompatibility of materials and incorporate approaches from Traditional Chinese Medicine, Ayurveda, herbology, homeopathy, iridology, craniosacral therapy and energy medicine. They will look for signs of sleep apnea and often treat it. However, with the added tests and consultations, they tend to be more expensive, with many procedures not covered by dental insurance. Their numbers are small: Only 391 of 199,000 American dentists belong to the HDA, or about one in 500.

Yet the natural health movement that drives holistic dentistry is having an effect on the profession at large. Many dentists nationwide, pressured by patients and aided by new technology, are abandoning toxic and invasive options for less harmful methods. Controversial mercury amalgam fillings are being edged out by less toxic options like resin composites that match teeth color; the amount of mercury sold in the U.S. for dental amalgams fell by half between 2001 and 2013.

Conventional dental X-rays, which in a Yale study published in the American Cancer Association journal *Cancer* were

Mouth Matters

A Holistic Approach to Oral Health

by Ronica O'Hara

“The mouth is the doorway to the body,” so the saying goes, and today we know just how true that is. Years ago, the biannual trip to the dentist was typically a simple “drill-and-fill” operation, with other health concerns not given a second glance. Now, emerging research shows that when we neglect basic oral care—even that annoying task of nightly or post-meal flossing—we endanger our heart, lungs, kidneys and even our brains by allowing the buildup of pernicious bacteria in our gums.

In April, University of Louisville School of Dentistry researchers reported that the bacteria *P. gingivalis*, which flourishes in gum disease, was found in brain samples of deceased Alzheimer’s patients—and that inflammation, swelling and bleeding in gums can transport the bacteria from the mouth into the bloodstream simply through chewing or teeth-brushing. The study also linked the bacteria to rheumatoid arthritis and aspiration pneumonia.

Advanced gum disease also increases the risk of cancer by 24 percent, especially lung and colorectal cancers; quadruples the rate of kidney disease; and increases the risk of strokes, coronary artery disease, diabetes and pre-term births, other studies show.

These findings have sobering implications for the nearly half of the American adults over age 30 and 70 percent of adults 65 and older with gum disease. “Science has proven that a healthy mouth is a healthy body,” says San Francisco holistic dentist Nammy Patel, author of *Age With Style: Your Guide to a Youthful Smile & Healthy Living*.

Body, Mind, Teeth

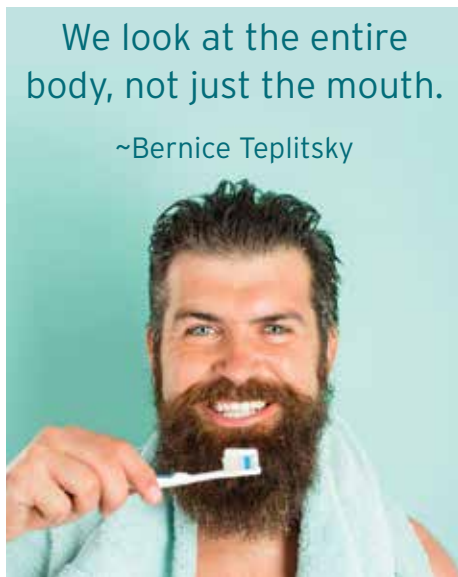
It’s part of the reason for the fresh interest in holistic dentistry, sometimes called biologic dentistry. “We look at the entire body, not just the mouth,” says Bernice Teplitsky, DDS, of Wrigleyville Dental, in Chicago, and president of the Holistic Dental Association (HDA), based in Coral Gables, Florida. Holistic dentists abstain

linked to non-cancerous brain tumors, are yielding to computerized digital X-rays with a fifth of the radiation: As many as two out of three dentists have switched over. And aided by computer imaging software and 3-D printers, dentists are fabricating new crowns, implants, bridges and dentures right in the office, instead of using what Austin, Texas, dentist David Frank calls “intrusive analog [gooey impressions] that left patients feeling claustrophobic, highly anxious and consistently worried about gagging.”

Dialogue With Dentists

When visiting a dentist, whether holistic or not, it’s wise to be prepared with a natural health mindset. Some questions to ask are:

What are you filling the cavity with? Just say no to amalgam, a mixture of heavy metals, of which about half is elemental mercury that slowly releases toxic vapors. Plus, “Heavy metals can leak into the enamel tubes of the teeth causing the teeth to appear gray or dark blue and making them brittle over time,” warns Los Angeles cosmetic dentist Rhonda Kalasho.




Instead, ask for relatively nontoxic options such as porcelain or composite resins, which can be made of materials such as silica, ceramic, plastics and zirconium oxide. Some composite resins contain the endocrine disrupters Bis-GMA or BPA; for extra protection, ask for one that doesn’t, or ask the dentist to use a rubber dam to prevent swallowing it.



Should I have my amalgam fillings removed? Holistic dentists like Patel give a strong yes. “The problem arises with mercury when you chew or brush your teeth. The abrasion creates heat and causes the mercury to off-gas. Those vapors get swallowed and go into your body, where they’re stored—and that creates significant health hazards—because we’re talking about a known poison,” she says. Other dentists disagree about removal, citing its risks: Holistic pioneer Dr. Andrew Weil, for example, writes that removing amalgam fillings is often unnecessary, costly and stressful, and recommends exchanging them for composite resin only when they break down.

Do I really need antibiotics? Oregon State University researchers found in a study this year of 90,000 patients that the antibiotics often prescribed by dentists as prevention against infection are unnecessary 81 percent of the time, and contribute to antibiotic resistance. Typically, patients didn’t have the precise cardiac conditions that warranted the extra caution.

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Is a root canal the best option? Some holistic dentists counsel against root canals, citing the risk of long-term health problems caused by lingering bacteria, and advocate the use of herbs, laser therapy or extractions instead. “If root canals were done 20 to 30 years ago, it is definitely a problem, because there were not enough technological advances to clean out all the bacteria which could cause chronic health complications,” says Patel. “Nowadays, depending on the tooth root, canals can be 99.9 percent cleaned by lasers.”

Back to the Basics

Considering the stakes, preventive care is all-important and there are many natural options to guarantee robust oral health. At the natural health store or drugstore, consider the following options:

Toothbrush: Electric toothbrushes reduced plaque 21 percent more and gingivitis 11 percent more after three months compared to manual toothbrushes, reported a review of 56 studies involving 5,068 participants. Those that rotate rather than brush back-and-forth clean slightly better.

Toothpaste: Study the labels and be wary of the following ingredients: fluoride, sodium lauryl sulfate, triclosan and sodium hydroxide. These ingredients are a plus: baking soda (sodium bicarbonate), green tea, Eucalyptol, menthol, tea tree oil and vitamin D.

Flossing: Some smooth, slippery flosses are coated with toxic, Teflon-like perfluorinated polymers linked to kidney and testicular cancer, ulcerative colitis and hormonal disruptions. A recent study found higher levels in women using those flosses. Instead, use the old-fashioned nylon kind or try out new flosses made of biodegradable silk or bamboo or those infused with antimicrobial tea tree oil. Or, consider a water flosser, which Canadian researchers found were 29 percent more effective at plaque removal than string floss.

Mouthwash: Mouthwashes containing alcohol significantly raise the risk of throat cancer, Australian researchers found. Instead, opt for super-healthy green tea as a mouthwash, as well as a drink. Studies

show that it protects teeth from erosion and promotes healthy gums. Another simple option is warm salt water, using one cup of water and one-half teaspoon of salt. A 2017 study by the Cochrane medical study organization found it is virtually as effective as the prescription antiseptic mouthwash chlorhexidine in reducing dental plaque and microbes.

Pulling: An ancient Ayurvedic remedy, this involves swishing a spoonful of organic coconut oil around the mouth and through the teeth for 10 to 20 minutes. The oil’s lauric acid, a natural antibacterial, has been found in studies to reduce plaque formation and fungal infections, as well as the strains of bacteria linked to bad breath and irritated gums.

Taking care of our teeth and gums is simply worth the daily time and trouble to facilitate long-term health. “Your oral care should be taken just as seriously as watching your diet,” advises Kalasho.

Ronica A. O’Hara is a Denver-based natural health writer. Connect at OHaraRonica@gmail.com.



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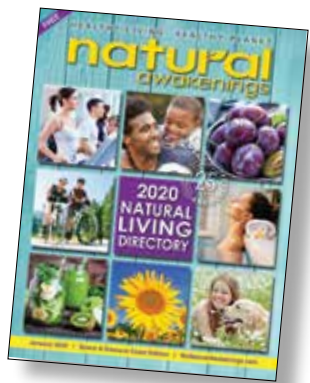
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They are often the most devoted pets because they know they've been rescued.

~Emily Bach

Paws to Consider Best Friends Waiting for Homes

by Julie Peterson

Wade Breunig, of Buckeye, Arizona, had lost his marriage, his job and his house. To combat depression, he went to the local animal shelter to adopt the first cat that “talked” to him. As if on cue, a 2-year-old black cat yowled persistently. During the adoption, Breunig learned that “Bubba” had been scheduled to be euthanized. He was saving a life.

Fourteen years later, Bubba died, and Breunig knew he would miss the mischievous, playful companion that loved car rides more than most dogs. Crying, but surrounded by his second wife and kids, he realized, “I didn’t save Bubba’s life. He saved mine.”

Devoted and Practical

The benefits of the human/animal bond are manifold, supported by an army of studies that speak to pets’ ability to reduce stress, improve mood and even reduce the risk of cardiovascular disease. Research into animal-assisted therapy compiled by the University of California, Los Angeles, details the positive mental, emotional and physical effects of this natural modality.

Anyone looking to lower blood pressure, ease anxiety or secure companionship can find it all at their local shelter, where homeless dogs and cats are eager to oblige. Emily Bach, public relations and event coordinator at Bishop Animal Shelter, in Bradenton, Florida, has many inspiring stories about adopted shelter animals. “They are often the most devoted pets because they know they’ve been rescued,” she says.



Meet Your Match

Best Friends Animal Society has a quiz called Paws Like Me ([BestFriends.PawsLikeMe.com](https://www.bestfriends.org/PawsLikeMe)) to match people with adoptable animals. Shelter workers can also help families select appropriate pets.

The outdated myth that shelter pets are incorrigible, unlovable animals with behavioral issues no longer holds. Family circumstances—a change of job or residence, death, divorce or illness—can land a confused and well-loved dog or cat in a shelter. Others become accidental strays or are unceremoniously dumped by uncaring owners. Bishop, a no-kill shelter, places about 100 pets every month, showcasing them on social media, news outlets and at outreach events.

No-Kill Initiative

Shelters share success stories of animals that get a “forever home”. Unfortunately, hundreds of thousands don’t and are euthanized. Best Friends Animal Society, in Kanab, Utah, is working to change this. By partnering with animal welfare organizations and shelters, Best Friends has a goal to “Save Them All” through an initiative to make all of the nation’s shelters “no-kill” by 2025—which means 90 percent of shelter animals might be saved. Euthanasia will be reserved for failed rehabilitation or when an animal has no chance of recovery from an illness or injury.

In 1984, when Best Friends was founded, about 17 million animals died in U.S. shelters annually. As of August 2019, that number is down to 733,000, a nationwide save rate of 76.6 percent.

Historically, no detailed data was kept on shelters. “For decades, we have worked in the dark to end shelter killing because we lacked accurate information about the problem we were trying to solve,” says Julie Castle, CEO of Best Friends. The organization recently launched the community lifesaving dashboard ([BestFriends.org/2025-goal](https://www.bestfriends.org/2025-goal)), a database that anyone can access to help save shelter pets. “With a better understanding of where the trouble spots are and the profile of animals being killed in a community, we can better deploy our collective resources for the greatest lifesaving impact.”

Part of the success of the no-kill movement involves increased awareness that kindness toward all species is important. Bach points out that shelter animals are also the lower-cost option for people that want pets; most are vaccinated

and neutered before they are adopted out and are often already trained.

Getting Ready to Adopt

Before jumping in to help save them all by adopting, potential pet parents should research breeds, crunch numbers and think ahead. The American Society for the Prevention of Cruelty to Animals (ASPCA) suggests considering several issues:

Lifestyle: Dogs live 10 to 15 years, cats up to 20. Pets should fit the family now and in the future.

Money: Pets require training, food, toys, equipment, medical exams and treatment.

Breeds: Not all dogs and cats will be a good match for every home. Personality is key.

Safety: Pet-proofing a home includes removing potential dangers and preventing accidental escape through windows, doors or fences.

Not everyone can adopt, but anyone can help. Shelters accept donations and most have a wish list of items. Volunteers are a core need at shelters, and it's work that can quench the thirst for spending time with animals without adopting any of them.

Julie Peterson writes from rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.

Pets Promote Health

Many studies document the positive influence of pets on our well-being.

Healthy Heart

Single people that live with a dog have a decreased risk of cardiovascular disease. (Tinyurl.com/DogsAndCardiovascular). Part of the reason for this is likely because dog owners tend to get more physical activity than those without dogs, which makes dog owners generally more fit (Tinyurl.com/NIH-PetsAndHealth).

Less Stress

The demands of life can take a toll on the body. Contact with animals is linked to lower heart rate, blood pressure, cholesterol, anxiety and fear levels, and increased feelings of calmness. Lower levels of stress hormones, such as cortisol, have been shown to help regulate inflammation, which helps the immune system fight off everything from colds to diseases (Tinyurl.com/AnimalVisitationProgram and Tinyurl.com/StressAndInflammation).

Social Bonding

In children with autism spectrum disorder, animals help them learn to connect better to others. One study using guinea pigs found that these kids talked and laughed more with peers. There are now therapy



programs using dogs, horses and chickens (Tinyurl.com/AnimalsAndAutism).

Mood Boost

Animals elicit smiles, which makes them great for deterring depression (Tinyurl.com/PetTherapyAndDepression).

Cancer Help

From lessening loneliness to lifting emotional well-being, children and adults undergoing cancer treatment seem to benefit from time with dogs (Tinyurl.com/CaninesAndChildhoodCancer and Tinyurl.com/AnimalsAssistChemo).

Pain Killer

Animals can soothe away some chronic pain and enable people to reduce use of pain medication (Tinyurl.com/AnimalsAndPainRelief).



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Dorian Increases Need for Animal Rescues



Photo from H.A.L.O.

There are many organizations that routinely help adoptable animals in our area. In the wake of Dorian, many more pets have arrived at shelters and humane societies and additional assistance from the public is needed more than ever to care for animals that have been displaced.

For those who can adopt, there are many options at this time. As always, it's important to research what type of pet will be a good match for your home and family. Shelter workers are typically able to give advice on how a new pet will fit in with existing pets or young children, but there are also best fits for people with different energy levels and mobility issues. If adopting isn't a good fit for your family right now, there are other ways to help.

Brevard Humane Society has allocated over 1,000 pounds of food to help agencies working on the front lines to rescue, relocate, feed and care for pets that have been left

homeless due to flooding from the hurricane.

"We're committed to supporting everyone we can, who has been impacted by this disaster, including pets and pet parents staying in evacuation centers and shelters who may not have access to the pet food and essentials they need," says Theresa Clifton, Executive Director of Brevard Humane Society.

Financial donations to assist Brevard Humane Society's efforts can be made online (BrevardHumaneSociety.org) and material goods (dog or cat food, treats, leashes/collars, litter/litter pans and puppy pads) can be sent or brought directly to their adoption center at 1020 Cox Road in Cocoa.

The H.A.L.O. Rescue No-Kill Shelter is full after partnering with GreaterGood.org to rescue 83 dogs from the Humane Society of Grand Bahama. The Grand Bahama site was hit hard by the hurricane and suffered staggering loss of life due to flooding. The dogs that survived had been standing in saltwater mixed with gasoline for more than a week. After arriving at HALO, the dogs were being treated for injuries and pampered.

"Those dogs went through more than most people go through in a lifetime, yet they were in great spirits and wagging tails when we greeted them," said Allyson Bootes, Director of Development at HALO.

HALO is in need donated blankets, sheets, towels and pillowcases, which can be dropped off at 710 Jackson Street in Sebastian. Monetary donations can be made by calling or online.

The Humane Society of the Treasure Coast also continues to do extra work thanks to Dorian. In addition to the nearly 250 shelter animals that remained at the Martin County shelter, the facility also boarded more than 100 pets from first responders and mandatory evacuees in the county for three days.

After the hurricane, 12 dogs and 12 cats from the Bahamas were taken in at the Treasure Coast facility, with more expected to arrive as the rescue efforts continue. Updates can be found on hstc1.org/hurricane-dorian and donations can also be made on the website.



Local Animal Shelters

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BrevardHumaneSociety.org

Dogs & Cats Forever

4600 Selvitz Road
Fort Pierce, 772-489-5454
DogsAndCatsForever.com

Halo Rescue No-Kill Shelter

710 Jackson Street
Sebastian, 772-589-7297
HaloRescueFL.org

Humane Society of the Treasure Coast

4100 SW Leighton Farm Avenue
Palm City, 772-223-8822
hstc1.org

South Brevard Humane Society

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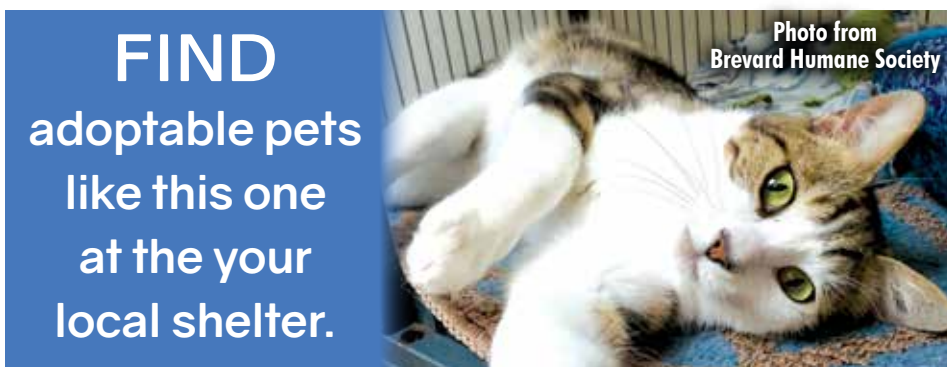


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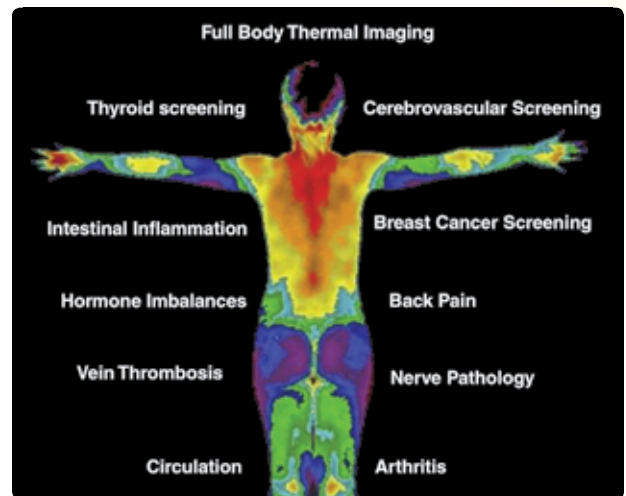
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conscious eating



Slow Food Takes Root

Global Movement on Fast Track

by April Thompson

The global Slow Food movement is fast gaining momentum, uniting more than 100,000 people in 150 countries with a shared passion for delicious food and a moral conviction about the people and places that sustain it. It satisfies foodies' hunger for a deeper appreciation and understanding of their meals' origins, from farm to fork.

"The key principles of Slow Food are good, clean and fair," says Laura Luciano, a board member for Slow Food USA and Slow Food Governor for New York State. "It's the opposite of fast food, where you are in and out with no idea where your food comes from or the stories behind it."

Fair, says Luciano, means fair to farmers, and paying a fair wage to workers picking and growing food. "Fair also incorporates principles of equity, inclusion and justice. Good means good for the climate, the Earth and us as individuals. Clean means not using GMOs and pesticides in the food," she explains.

Slow Food has its roots in Italy, where food and wine journalist Carlo Petrini took up the cause in 1986 to halt the homogenous fast food chains encroaching on the country's rich, diverse food culture. Slow Food USA has taken off since its founding in 2000

with 150 chapters boasting 6,000 members nationwide. Many convene annually at Slow Food Nations, a food festival for all in Denver, to swap stories, share strategies, celebrate victories and of course, break bread together.

The backbone of the movement is its local chapters. "Food has a regional identity, connected to history, culture and family," says Luciano, whose blog *Out East Foodie* shares the stories of her Long Island edibles.

For Bob Quinn, an organic wheat farmer in Big Sandy, Montana, and the founder of the heirloom grain company Kamut International, the Slow Food movement has been a kind of welcome homecoming and acknowledgment of his company's efforts to protect workers and nourish consumers.

"To me, Slow Food is a return to the roots of agriculture and the soul of organic, because it focuses on the food—the end purpose of agriculture—rather than profits and yields that are the focus of the industrial food system," says Quinn, author of *Grain by Grain: A Quest to Revive Ancient Wheat, Rural Jobs, and Healthy Food*. "Slow food offers an appreciation for farmers' efforts to improve the soil and the nutrition, flavor and aroma of the foods we grow."

We talk about joy and justice. There is the joy in food and the justice and stories behind it. Slow Food tries to marry both of those worlds.

~Laura Luciano

The Slow Food movement also connects producers like Quinn with chefs like Steven Satterfield, author of *Root to Leaf: A Southern Chef Cooks Through the Seasons* and board vice president of Slow Food's Atlanta chapter. "As a chef, Slow Food to me means honoring your ingredients and going out of your way to get the freshest, most sustainable, seasonal ingredients," says Satterfield, who came to Slow Food early in his career as a young line cook interested in the provenance of food and protecting its cultural heritage.

At Miller Union, Satterfield's award-winning Atlanta restaurant, all dishes are made from scratch, mainly from farms in the region, to support seasonal eating and local growing. Satterfield's dishes also feature traditional Southern varieties from Slow Food's *Ark of Taste*, a catalog of more than 200 culturally significant foods in danger of extinction. One Miller Union favorite is a hummus made from sea island red pea and benne seeds, an ancient variety of sesame originally brought by slaves from Africa to the South Carolina coast and cultivated in hidden gardens as a staple food.

Beyond engaging diners, chefs and producers, Slow Food also campaigns for big-picture policy changes, like farm-to-school programs to introduce fresh produce and get kids excited about healthy eating, says Luciano.

"Eating is a political act. The choices we make speak volumes about what we stand for," says Luciano. "We talk about joy and justice. There is the joy in food and the justice and stories behind it. Slow Food tries to marry both of those worlds."

Connect with Washington, D.C. freelance writer April Thompson at AprilWrites.com.

Savory Slow Food Recipes



photo by John Kernick

Glazed Bok Choy with Citrus and Star Anise

One of the qualities I love about bok choy is how easily the crisp rib absorbs the flavors of whatever it is cooked with. If it is not closely monitored, however, its tender leaves wilt quickly and the rib may turn mushy. I address this issue by quickly pulling the bok choy from the pan when it just begins to turn tender and succulent, allowing the sauce to reduce and intensify on its own. This recipe is perfect with a rice dish or with a delicate fish that could be poached in the cooking liquid for a full meal.

Yields: 4 servings

- 1 cup chicken or vegetable stock*
- 1 orange, quartered, seeds removed*
- 1 lemon, quartered, seeds removed*
- 2 Tbsp unsalted butter*
- 4 star anise pods*
- 12 black peppercorns*
- 1 tsp kosher salt*
- 4 small bok choy, halved and washed*

Simmer the stock in a large, wide skillet or shallow braising pan over medium heat. Squeeze the citrus into the pan, then drop in the peels.

Add the butter, star anise, peppercorns and salt, and bring back to a simmer. Place the halved bok choy cut-side-down in the pan in a single layer.

Continue to simmer over medium heat until the bok choy is tender, but still has texture and bright color, about 4 minutes. With a slotted spoon, remove the bok choy and set aside, but leave the citrus peels and spices in the pan.

Continue to simmer until the broth is reduced by half or more.

Taste the sauce for seasoning, then at the last minute, return the cooked bok choy to the glaze and reheat all the way through.

Mustard-Roasted Cauliflower

Cauliflower and mustard are both members of the genus *Brassica*, so it's not surprising that the seed of the mustard plant is compatible with its big-headed cousin. Try it for yourself in this incredibly simple vegetable roast, which makes a terrific side dish with fish or fowl and is also hard to stop eating straight out of the pan. If you come across the orange, green or purple cauliflower varieties, mix them together for a stunning presentation.

Yields: 4 to 6 servings

- 2 Tbsp whole-grain mustard*
- 1 small garlic clove, minced*
- 1 tsp kosher salt*
- ½ tsp freshly ground black pepper*
- 2 Tbsp extra-virgin olive oil*
- 1 medium head cauliflower, washed and trimmed into bite-size florets*

Heat the oven to 400° F.

In a large mixing bowl, stir together the mustard, garlic, salt and pepper.

Whisk in the olive oil.

Toss the cauliflower in the mustard mixture to coat.

Spread in a baking dish in a single layer and roast until it's just tender and lightly browned on the edges, 20 to 25 minutes.

Excerpted from the book Root to Leaf: A Southern Chef Cooks Through the Seasons, by Steven Satterfield.



Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

photo by John Kernick

green living



RETHINKING OUR STUFF

Moving Toward a Circular Economy

by Yvette Hammett

When Yale researcher Reid Lifset began working on waste issues on a life cycle basis—from “cradle to grave”—it was mostly the world’s geeks and nerds that paid attention, he says. “Today, it’s called the ‘circular economy’ and it’s sexy. It wasn’t sexy back then.”

While many still have never even heard the term, the “circular economy” is all

about rethinking the way we make stuff—designing products that can be reused and powering it all with renewable energy. It’s an alternative to the “make-use-and-dispose” mentality of the traditional linear economy.

“You are the circular economy when you buy pre-owned, second-hand objects, or rent or share the use of objects, or have broken objects repaired instead of

buying new ones,” says Walter Stahel, author of *The Circular Economy: A User’s Guide* and a member of the European Union’s Circular Economy Stakeholder Platform. In other words, everyone that buys sustainable goods or services, takes public transport or gets a lawnmower fixed instead of buying a new one is a participant.

There’s a global movement afoot to expand the circular economy in an effort to significantly cut the waste stream, reduce our carbon footprint and conserve resources. It began with the three R’s—reduce, recycle and reuse, says Lifset, a Research Scholar at the Yale School of Forestry & Environmental Studies who edits the *Journal of Industrial Ecology*, which focuses on the environmental consequences of production and consumption.

The emphasis has always been on recycling, but as that becomes more difficult due to saturation levels, the emphasis is shifting to the more comprehensive goals of a circular economy—or should be, says Stahel, an engineering professor at the University of Surrey.

Tinia Pina, a program leader at NY Cares, joined the movement after observing the poor food choices her Harlem, New York, students were making and the amount of waste attached to them. She founded Re-Nuble, a small manufacturing operation in New York City, to transform food waste into fertilizer pellets that can be used in hydroponic farming.

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“There is a strong need to try to reduce the volume of waste,” Pina says. “There is also a strong need to produce sustainable—and, ideally, chemical-free—food and make it affordable for all.” She hopes to eventually replicate her process for creating fertilizer in other large cities across the country.

Leasing is another classic example of how the circular economy might work, Lifset says. “If the entity that made [a product] ends up with it when it becomes waste, that company will handle it differently.” The company can instead design a product so that it remains in the economy instead of becoming part of the waste stream, he notes.

The Ellen MacArthur Foundation was established in the UK in 2010 to accelerate the transition to a circular economy. It offers numerous case studies, including a San Francisco effort called Cradle to Cradle Carpets for City Buildings.

Last year, the city passed legislation requiring all departments to use carpeting containing no antimicrobials, fluorinated compounds or flame retardants. Both the carpet fibers and backing materials “must contain minimum amounts of recycled materials and ultimately be recyclable at end-of-use.” Most important: It must be Cradle to Cradle Certified Silver or better. The certification is a globally recognized standard for safer, more sustainable products made for the circular economy.

Meantime, the European Union has embraced the circular economy as a boon to job creation and a way to significantly address climate change. By shifting to a circular economy, the European growth rate can be increased by an additional 0.6 percent a year and carbon dioxide emissions reduced by 48 percent by 2030, according to a 2017 report by McKinsey & Company. Just how much of the world’s industries must participate to meet these goals is yet to be determined.

“That,” Stahel says, “is the billion-dollar question.”

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

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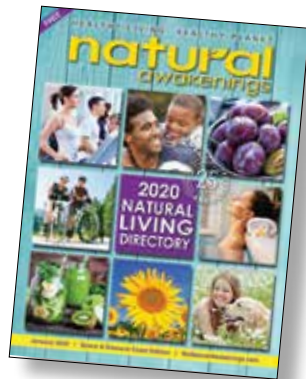
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Spinal Solutions

Chiropractic Care Yields Unexpected Results

by Marlaina Donato

Chiropractors are often perceived as back pain specialists, but optimal chiropractic care treats the whole person from the inside-out, starting with the nervous system. This means practitioners can address many conditions that transcend typical expectations.

The human spinal column sports 31 pairs of nerves, some corresponding directly to digestive, reproductive and respiratory organs, which might explain why regular spinal adjustments and other chiropractic techniques can be helpful for seemingly unrelated conditions like asthma, chronic headaches, hormonal imbalances and temporomandibular joint (TMJ) disorders.

A scientific review of 179 published papers focusing on various non-musculoskeletal conditions shows benefits of full-body chiropractic treatment for asthma, infantile colic and cervical vertigo. Results are also promising for middle ear infections in children and pneumonia in seniors.

Clinical evidence suggests the nervous system is a cohesive factor in achieving overall wellness. “In chiropractic

and holistic philosophy, the body is considered a self-healing organism,” explains chiropractic physician and applied kinesiologist Marc Terebelo, of the Chiropractic Wellness Center, in Southfield, Michigan. “The nervous system controls the body, so issues in the toes or fingers may be caused by spinal issues in the neck and low back. Likewise, bladder and menstrual cycle problems can be caused by injury to the low back or pelvic regions.”

William J. Lauretti, a New York Chiropractic College professor in Seneca Falls, concurs with the benefits of holistic treatment. “Chiropractors view the body as an integrated unit, and problems in one area might affect a seemingly unrelated area,” he says. “Most chiropractors have a wide variety of treatment approaches to offer, including advice on nutrition, lifestyle, stress management and exercise.”

Chiropractic and Digestion

It's worth noting that the nerves that innervate important digestive anatomy—from the salivary glands to the stomach down through the intestinal tract—branch

Chiropractors view the body as an integrated unit, and problems in one area might affect a seemingly unrelated area.

~William Lauretti

off the spinal cord at various levels of the cervical, thoracic and lumbar spine. “This means that chiropractic adjustments given to [the] neck, mid-back, lower back and sacrum are important to optimal digestive function,” says chiropractor Sean Cailteux, of Exodus Health, in Shawnee, Kansas.

In his practice, Lauretti has observed better digestion as a positive side effect to regular adjustments. “I’ve had a few patients over the years who reported improvement in digestive problems after chiropractic treatment of the mid- and low back. In some of those cases, the improvement was serendipitous, because the patient didn’t discuss their digestive symptoms initially, only after they noticed the improvement.”

Hope for Headaches and TMJ Dysfunction

Chronic tension headaches and migraines can become the norm for too many individuals, but chiropractic care—including spinal adjustments, nutrition advice and addressing emotional causes such as stress and anxiety—can be key in reducing pain and getting to the root of the problem.

“Technically, only headaches with a list of very particular characteristics can be properly diagnosed as migraines,” Lauretti explains. “The cause of many cases of chronic, long-term headaches is often from poor function of the muscles and joints in the neck.” These types of headaches often respond well to treatment focused on restoring normal function to the neck, he says.

TMJ disorders can cause painful and sometimes debilitating symptoms, including facial and tooth pain and locking of the jaw. Chiropractic treatments often provide reliable relief. “The TMJ is a very important joint in the body, with thousands of neuroreceptors. TMJ involvements can cause headaches, particularly around the ear or side of the head, vertigo, tinnitus and other hearing issues,” says Terebelo.

Cailteux notes that aside from experiencing jaw pain and headaches, someone suffering from TMJ disorder may have difficulty chewing, and may experience an audible clicking of the jaw with movement. “Chiropractic adjustments can be particularly helpful, especially when delivered to the TM joint and the neck. Gentle, soft-tissue manipulation of the muscles and tendons of the jaw, specifically the masseter, temporalis and pterygoid muscles, is also a highly effective treatment.”

For a true holistic approach and lasting success, Lauretti offers this advice: “Look for a doctor who is willing to work as part of your healthcare team and who’s willing to refer you for specialty care when appropriate.”

Marlaina Donato is the author of several books, including Multidimensional Aromatherapy. She is also a composer. Connect at AutumnEmbersMusic.com.



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calendar of events

NEW CALENDAR FORMAT
SPACE COAST EVENT LISTINGS: PAGE 38
TREASURE COAST EVENT LISTINGS: PAGE 42

DEADLINE: All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: MyNaturalAwakenings.com.

SPACE COAST EVENTS

THURSDAY OCTOBER 3

Holy Fire; Love Experience I – 5:45-6:45pm. Holy Fire Love Experience with Maria Banas delivers the ultimate sensation of divine love and peace. Through guided meditation and Sound Bath therapy, participants will be attuned to a higher frequency of healing. Crystal Singing Bowls provide intense healing through frequencies that activate divine love and self-empowerment through higher consciousness. \$25. Zen Yoga Studio 1024 Hwy A1A # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

SATURDAY OCTOBER 5

Aquarian Dreams Anniversary Open House & Gathering – 1pm. Meet and connect with all the Aquarian Dreamers, Lightworkers, healers & teachers here. Live entertainment and demonstrations, vegetarian snacks & herbal tea, healings, gifts and prizes and more. Join us in celebration of 33 years of the growth and evolution of our local holistic and spiritual community. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. 321-729-9495. AquarianDreams.com.

Good Vibes Only – 4-5pm. This is a specialized trauma-sensitive yoga class for First Responders, military veterans, and others who face extreme trauma on a regular basis experiencing PTSD, Trauma, depression, anxiety or addiction. Find peace in the proven teachings of yoga using breath and asanas so you can create a calm mind. Inverted Elephant Yoga Studio 2855 S. Hopkins Ave. Titusville. 321-749-9642. InvertedElephant.com/events

Drumming Circle – 7-8:30pm. Join Fred Goodnight. Bring Your own noisemakers, Drums or just you. No experience necessary. First Thursday of every month. Free. Unity on the Space Coast 2000 South Street, Titusville. 321-383-0195. UnityOnTheSpacecoast.org.

Cocoa Beach Contra Dance – 7-10:30pm. Live music and caller for this fun, lively community dance scene. Short lesson at 7pm. Visit CocoaBeachContra.org or call for more info. \$10 adults, \$5 under 25. Cocoa Beach Recreation Center 321 Ramp Rd., Cocoa Beach. 321-917-4529.

SUNDAY OCTOBER 6

Reiki 1 Certification Class – 10am-5pm. (with lunch break). Learn and experience the high frequencies of Usui/Holy Fire III Reiki, body scanning, full treatment for yourself and others, the Chakra system, and Reiki breaths. Included: Attunement/Placement, ICRT Reiki Manual, Reiki I Certificate, lots of practice. Rev. Karen Hedley is a Certified Reiki Master Teacher. \$135. Yoga Art Lounge West Melbourne, 51 NW Carolina St. (off Rt.192). Melbourne. 321-506-9444. KarenHedley.com.

Reiki I Certification Course – 12:30-6pm. Reiki I with Usui/Holy Fire III consists of attunement/ placement given to the student and teachings by Usui. The student will become a clear and open channel for universal Life Force energy and learn to listen with their whole body and connect with their own intuition. Instructor Maria Banas, certified Reiki Master Teacher. \$160(book included). For more information or to register call 321-729-9495. AquarianDreams.com

MONDAY OCTOBER 7

Chakra Healing with Yin Yoga & Meditation - 5:45-6:45pm. Yin Yoga session focusing on clearing your chakras and energy body. Deeply relaxing and profoundly uplifting, you will be guided to release and rejuvenate you seven chakras through specialized yoga poses. \$20. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642. ZenYoga321.com

WEDNESDAY OCTOBER 9

Meditation for Beginners – 7-8pm. Brief overview of mediation technique, twenty-minute breathwork and meditation. Includes techniques, guidance, and experience essential to start and support independent home meditation practice. Instructor Monica Lombardo. \$10 or yoga membership. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at AquarianDreams.com or call 321-729-9495.

THURSDAY OCTOBER 10

The Autoimmune Matrix – 7-8pm. Learn how you can reverse (and even prevent!) autoimmune diseases. Take control of your health by getting to the root of autoimmunity, addressing deficiencies, and becoming a more active participant in your healing process. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. 321-728-1387. CareWellnessFL.com.

FRIDAY OCTOBER 11

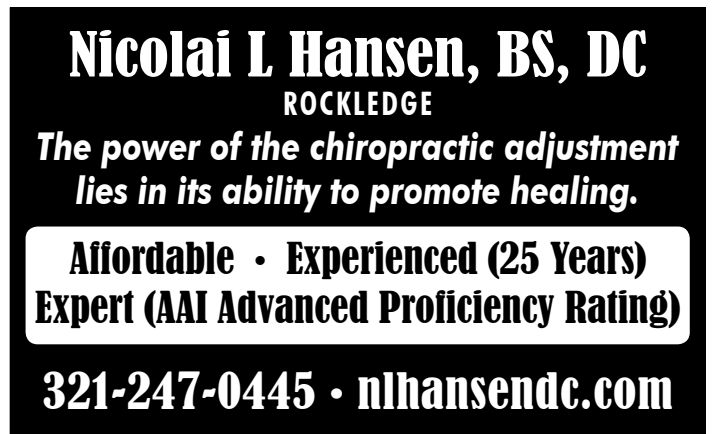
Donation Reiki Healing Session - Reiki Master practitioner/teacher Maria Banas is a Usui/Holy Fire II and Karuna /Holy Fire II Master Teacher. These healing techniques work with helping the physical, mental, emotional, and karmic conditions of the individual. Experience your body shifting toward deeper relaxation and becoming filled with clarity and awareness as emotional issues dissolve. Pre-registration required call 321-729-9495. Suggested Donation \$20. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic.

Natural Solutions for Macular Degeneration – 10-11am. Participants will learn the causes of, and different types of MD, and how nutrition, supplements, and Micro-Acupuncture may help their eyes. Free. Cocoa Public Library 308 Forrest Avenue, Cocoa. 321-259-0555. HealthForLifeWellnessCenters.com.

Qigong, Breathing & Meditation – 6-7pm. This class will begin with a powerful Qigong guided meditation that builds healing energy in your body. Then we will recharge and learn how to respond to stressful situations with “Qigong Follow Your Breath” meditation. Oct 11 & 25. \$20. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.



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Kirtan with Rayananda and the Wandering Sadhus – 7-9pm. Kirtan is an ancient spiritual practice from India of call-and-response chant to the Divine and is an integral aspect of Bhakti, the Yoga of Love and Devotion. Suggested Donation \$10. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic.AquarianDreams.com.

SATURDAY OCTOBER 12 & SUNDAY OCTOBER 13

Yoga Fun Day – 10am-5pm. This two-day festival is a family-friendly wellness event where all ages and abilities are welcome. Experience green living, and health-related products and services, live music, as well as classes, activities and products that support an active lifestyle. Visit YogaFunDay.com or text/call 561-506-1108 for more information. Riverview Park, 401 Riveredge Blvd, Cocoa Village.

SATURDAY OCTOBER 12

Etheric Thai Massage: The Secret 7th – Saturday 9am-6pm, Sunday 9am-6pm. CEU Course for Yoga Alliance teachers, Massage Therapists and Acupuncturist, Open to everyone. Work on table or mat, Learn the 10 Sen lines. Workshop will be dedicating our time to locating each line, feeling the unique quality of each line, and visiting the pressure points located on them. Instructor Ariela Grodner, for more information visit BodhiSangha.com. \$300(\$100 deposit to hold space). Pre-register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic.AquarianDreams.com.



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SATURDAY NOVEMBER 11

Resolving Trauma with Yoga and Meditation - 1pm. Join clinical psychologist, Louise Peters and yogi/spiritual teacher Maria Ulbricht, as they lead you through your healing journey. Their innovative, multi-faceted approach incorporates the neuroscience of diverse yogic and meditative practices. This life-changing retreat includes: intention practices, resetting brain to a calm, optimal state, beginner aerial yoga and guided meditations in silk hammocks. Illustrated manual included. Zen Yoga Studio, 1024 Hwy A1A #150, Satellite Beach. 866-820-YOGA.

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Arts and Spirituality Fair – 10am-4pm. Variety of Arts Healing Modalities and self-care. Food trucks and children’s activities available including mini horses. Free. Unity On The Space Coast 2000 South Street, Titusville. 321-383-0195. UnityOn-TheSpacecoast.org.

Stop The Pink Party – 11am-4pm. Women’s Fun Shopping Event, Live Music, Health & Wellness, Vendors, Food, Hourly Giveaways, Raffles, Crafts and Beer Truck. All proceeds go to women in Brevard & Indian River Counties with financial constraints to afford more preventative breast screenings. Fun for a good cause. Free. Space Coast Harley Davidson 1440 Sportsman Lane, Palm Bay. 321-345-0407. StopThePink.org.

Essential Oils Basics Workshop – 11am-12pm. Learn what essential oils are, the three types of essential oils, ways to use them, when to use carrier oils and more. You will receive essential oil samples and information sheets. To ensure there are enough workshop materials, preregistration required by Wednesday, October 9th. To register visit CheriFlauto.com/october-2019 or call 407-401-0890. \$40. Essential Elements Wellness 1010 E New Haven Ave Melbourne.

MONDAY OCTOBER 14

Heal Your Eyes, Heal Your Vision – 9-10am. Learn about the benefits of Micro-Acupuncture for degenerative eye diseases and serious vision conditions. Led by Sylvie Morin, DOM. RSVP as seating space is limited. Free. Health For Life Wellness Centers, 1727 N. Atlantic Ave., Cocoa Beach. 321-259-0555. HealthForLifeWellnessCenters.com.

TUESDAY OCTOBER 15

Free Energy Healings (with Massage Therapy) - Spiritual Healer, Teren Nichols will be offering free healings all day as a gift to our community. Teren is a licensed massage therapist, certified Pranic Healer and Reiki Master Healer. Call to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. AquarianDreams.com.

Natural Solutions to Cellulite – 6:30-7:30pm. Learn the causes of cellulite and how to support the body to restore healthy tissue through natural solutions. Free. Cocoa Beach Library, Jane Van Thron Room 550 Brevard Ave N, Cocoa Beach. 321-626-5144. HealthForLifeWellnessCenters.com.

FRIDAY OCTOBER 18

Shakti Bliss Yoga Nidra Training – 6-9pm. October 18-20, 26-27. Learn how to teach others while experiencing the healing, rejuvenating, and transformational power of Shakti Bliss Yoga Nidra. Open to the public for certification or to be immersed in 2 weekends of deep rest and self-love. 30 Yoga Alliance CEUs. \$499. Aquarian Dreams, 414 N Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495 or MINDBODY app. For times & info visit AquarianDreams.com.

SATURDAY OCTOBER 19

Journey Into Releasing & Healing Emotional Trauma – 1-6pm. Join Dr. Louise Peters and

mark your calendar

SATURDAY, OCTOBER 19

7-8:30PM

Light Circle with Mark Anthony the Psychic Lawyer

Join world-class medium, Mark Anthony in this special up-close experience limited to just 10 people. During this experience Mark will connect every attendee with loved ones on the other side.

Tickets: \$200

For tickets call: 321-480-2785

Seating limited to 10 people – call now, sells out quickly!

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Maria Banas to free your past, embrace the present and create your future. The neuroscience of downloading a neurological blueprint to move forward with clarity, ease and power will be illustrated and activated, bridging mind-body medicine. Brain-based interventions, flow yoga and silk hammock meditation. \$145. Zen Yoga Studio 1024 Hwy A1A, # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Satellite Beach Contra Dance – 7-10:30pm. Contra is growing in popularity. Lively, fun and friendly dance, no partner required. Info at cocoa beachcontra.org. \$10 adults over 24, \$5 under 25. DRS Community Center 1089 S. Patrick Drive, Satellite Beach, 321-917-4529.

MONDAY OCTOBER 21

Natural Solutions to Cellulite – 6:30 -7:30pm. Learn the causes of cellulite and how to support the body to restore healthy tissue through natural solutions. Free. Health For Life 402 N Babcock St Suite 101 Melbourne. 321-259-0555. HealthForLifeWellnesscenters.com.

TUESDAY OCTOBER 22

Crystal Transcendence – 6-7pm. Join Susan Rizzo and immerse yourself in the healing frequencies and vibrations of crystal singing bowls. Tibetan bowls, bells and sacred mantras. As the sound waves surround your being, they relax the body, calm the mind and help you to experience deep meditation and profound inner peace. \$20. Zen Yoga Studio 1024 Hwy A1A # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Sleep 101 – 7-8pm. There are several contributing factors that lead to decreased levels of sleep, or disruptive sleep patterns, and this event will help you understand how these could be affecting you. Learn natural ways to improve and regulate your sleep pattern leading to better health, energy and productivity. Free but call 321-728-1387 to register. Care Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. CareWellnessFL.com.

WEDNESDAY OCTOBER 23

Thermography: The Proactive Health Screening Tool – 7-8pm. Learn how you can take charge of your health with this radiation-free non-invasive FDA approved screening tool for total body health. More and more women are using this safe alternative to mammograms Katie Ainsley of Thermography of Brevard will be speaking. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd Suite 102 Melbourne.

mark your calendar

FRIDAY, OCTOBER 25 AND SATURDAY, OCTOBER 26

Mark Anthony the Psychic Lawyer

Join Mark Anthony the Psychic Lawyer® / Psychic Explorer® at Aquarian Dreams, Friday, October 25 and Saturday, October 26 from 7:30-9:30pm. Mark will connect random audience members with their loved ones on the other side, for an evening of spirit communication and “education” for your soul. He is a world-renowned fourth generation psychic medium, an Oxford-educated attorney, regularly seen on network television and major talk radio, and the author of *Never Letting Go* and *Evidence of Eternity*.

\$40 prepaid /\$50 at door.

For tickets call 321-729-9495

Or order online:

AquarianDreams.com/special-events

SATURDAY OCTOBER 26

Reiki I Certification Class – 11am-5pm. Join Maria Banas for Reiki Level 1 Certification & Beginners Meditation - Level 1-Usui Holy Fire III- Holy Fire Reiki is both powerful and gentle while providing purification, healing, empowerment, and guidance. This new Reiki energy is more defined and comes from a higher level of consciousness with traditional Usui Reiki and Holy Fire Reiki. Yoga Alliance & 7 CEU's. \$160. Zen Yoga Studio, 1024 Hwy A1A # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

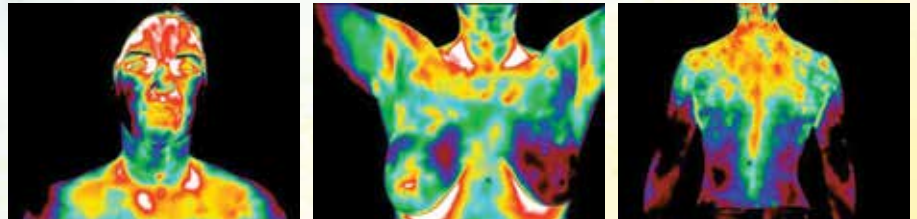
Harry Potter Yoga Event w/ Potions & Herbology Classes – 6-9pm. Join us for a very special Harry Potter themed yoga class & Potions & Herbology classes. Make your own essential oil blend, learn about Ayurvedic herbs and sample different healing decoctions. Costumes, takeaways, prizes and more. \$45. Healing Elements Ayurveda, 1290 Highway A1A Suite #102, Satellite Beach. 321 600-4560. HealingElementsAyurveda.com.

SUNDAY OCTOBER 27

Essential Oil Health Hacks – 2-3pm. 10+ indispensable Health Hacks using Certified Pure Therapeutic Grade Essential Oils to improve your health. We'll cover the oils to always have at home and essential oil hacks that go way beyond the obvious. Have a focused mind, curb urges to smoke, aid respiratory health and more. Inverted Elephant Yoga Studio, 2855 S. Hopkins Ave, Titusville. 321-749-9642. InvertedElephant.com/events.

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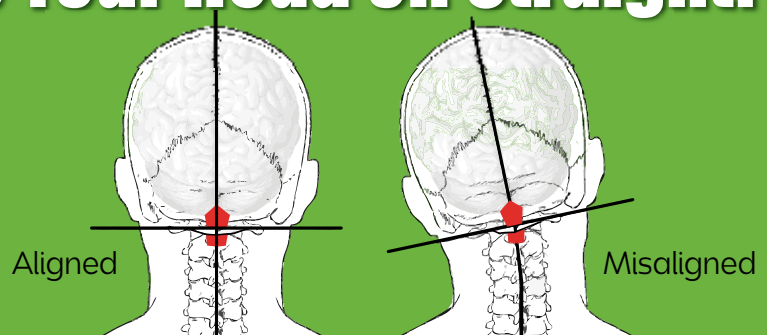
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TREASURE COAST EVENTS

TUESDAY OCTOBER 1

Arthritis: Prevention & Relief – 6-7pm. Let us help you with: Rheumatoid Arthritis, Joint Pain, Hip Discomfort, Fatigue, Reduced or Painful Activity. Get pain free naturally. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite #2, Vero Beach. 772-778-8877.

THURSDAY OCTOBER 3

Flower Essence Chakra Activation Class in Salt Room – 10-11am. Flower Essences offer a natural way to support our physical, emotional and mental well-being. As vibrational remedies made from living flowers, they assist with harmonizing our Chakras to boost vitality and reset patterns of imbalance from stress, challenging events and childhood imprints. Enjoy this session in our relaxing, therapeutic Salt Room. \$35. Salt of the Earth 422 SW Akron Ave, Stuart. 516-984-4615. HerbsAndOwls.com/classes.

SATURDAY OCTOBER 5

Dirt-to-Plate: Grow Your Own Vegetables at Home Featuring Tomatoes & Peppers – 9:30-11am. This free class is the 101 of growing food in your backyard. Focus on organic practices and learning the best methods for growing vegetables and herbs in your Zone 10 garden; how to deal with pests and disease. Free. Pinder's Nursery 5500 SW Martin Hwy. Palm City. 772-781-8085. Conta.cc/30gh47Y

Scented Dragon's Psychic Fair – 10am-5pm. Some of the best readers from across the Treasure Coast

will be available for private one-on-one sessions. Bring your questions and find the answers you've been seeking. Call to book in advance or just stop by. Scented Dragon is just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie 772-877-2102.

Friends After Diagnosis – 10-11am. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Sebastian River Medical Center 13695 US Hwy 1, Sebastian. 772-770-9700. FriendsAfterDiagnosis.com.

SUNDAYS OCTOBER 6 & 20

ISDTC Sunday Services – 10:30-11:45am. Our Sunday Service is an interactive experience celebrating the Divine in our lives through healing, healing meditation and Affirmation of Spirit. Services 1st & 3rd Sundays of the month. The services center on God's most precious gifts -Love and Understanding. Free, ISDTC, Co-located Spark of the Divine 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. isdtreasure.org/education/.

MONDAY OCTOBER 7

Flower Essence Chakra Activation Class in Salt Room – 10-11am. Flower Essences offer a natural way to support our physical, emotional and mental well-being. As vibrational remedies made from living flowers, they assist with harmonizing our Chakras to boost vitality and reset patterns of imbalance from stress, challenging events and childhood imprints. Enjoy this session in our relaxing, therapeutic Salt Room. \$35. Salt of the Earth 422 SW Akron Ave, Stuart. 516-984-4615. HerbsAndOwls.com/classes.

TUESDAY OCTOBER 8

Auto-Immune Issues: Solutions & Relief – 6-7pm. Learn natural solutions to Auto-Immune issues such as: Rheumatoid Arthritis, Lupus, Celiac Disease, Multiple Sclerosis, Thyroid Disease and more. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

Spirit Guides Speak - 6-7:30pm. Ann Marie Skordy is a metaphysical channel, acting as a conduit for beings of the highest realms and those they bring forward. Join Ann Marie for an evening of group channeling at Ubuntu Fish Gallery. The evening includes 20-30 minutes of channeling for the group, followed by a question and answer segment where participants will have the opportunity to ask questions and receive channeled answers. \$30. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931. UbuntuFishGallery.com.

WEDNESDAY OCTOBER 9

Chakras 101 – 6:30-8pm. Have you heard the term Chakras, but not really sure what they mean? This class teaches the basics of the chakra system and how it affects our physical and emotional bodies. \$25. cash, Northgate Plaza, 611 SW Federal Hwy, Suite K-1, Stuart. 772 200-0016.

THURSDAY OCTOBER 10

Intro to Meditation - 6:30-7:45pm. Meditation gives us the opportunity to become aware and more present, developing acceptance and compassion for ourselves and one another. Being present in our lives will create a joyful, harmonious and equanimous



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life. Join Nicoleta for a transformational meditation workshop where you will connect with your inner peace and find tools to sustain a calm and happy life. \$35. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com

FRIDAY OCTOBER 11

The Sound of Soul Event – 6:30-7:30pm. All are invited to experience chanting HU, contemplative time, and authentic spiritual conversation with others of like heart. Discover some of the many benefits of HU: inner peace and calm, divine love, expanded awareness, spiritual self-discovery, growth and healing. HU is the sound of Soul. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

SATURDAY OCTOBER 12

Reiki Level I Training Certification – 11am-6pm. Learn the Art of Healing using Japanese energy technique. Reiki helps us to connect to our Divine nature. CEU's offered. Includes book, attunements, instruction, plenty of practice and continued mentoring if needed. Taught by Usui/Tibetan/Karuna Reiki Master and Jikiden Reiki Practitioner Beth Franks. \$175. Spark of Divine, LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

Grand Opening Gallery Reception-Ubuntu Fish Gallery - 5:30-8:30pm. Entertainment, door prizes and light refreshments will be on-hand. Meet our featured artist, Christine Regina and some of the key players at Ubuntu Fish who showcase artwork, offer services and facilitate workshops. Ann Marie Skordy, co-owner and intuitive will be offering complimentary pet readings and Soul Traveler card mini readings; Dana Sardano, co-owner and artist will be giving away some of her original artwork. Free. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931. UbuntuFishGallery.com.

SUNDAY OCTOBER 13

Reiki Level II Training Certification – 9am-3pm. Learn the sacred symbols, how to heal long distance, how to bring harmony to any situation and empower yourself and others through this gentle healing modality. Reiki helps us to connect to our Divine nature. Class includes book, attunements, instruction, plenty of practice and continued mentoring if needed. CEU's available. Taught by Usui/Tibetan/Karuna Reiki Master and Jikiden Reiki Practitioner Beth Franks. Prerequisite Reiki Level I. Call for more info. \$225. Spark of Divine, LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

Kashi Sunday Market – 10am-2pm. Vendor market with jewelry, baked goods, bodywork, tarot readings, breads, homemade organic veggies, lunchtime 12-1:30pm. buffet organic lunch; faerie hair; tarot readings. Free. Kashi Church, 11105 Roseland Rd. Sebastian. 772-388-0903.

Ascended Master Gatherings – 1-2:30pm. Meditation Masters Kumari and Kumara will lead sound healing with 5th Dimensional Alchemy bowls, chant & mantra, channeling, healing and meditation with the Ascended Masters. Second Sunday

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of every month. Gathering will take place both in person (limit 26 people) and livestream (replays too). Address will be emailed for in person gathering after registration. Love offering. Sebastian. Kumarihealing.com/Aruna.

MONDAY OCTOBER 14

Friends After Diagnosis – 2-3:30pm. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Friendship House, 3404 Aviation Blvd. Vero Beach. 772-770-9700. FriendsAfterDiagnosis.com.

TUESDAY OCTOBER 15

Acupressure for Everyone: Heal Yourself Today – 6-7pm. Learn acupressure techniques to naturally heal yourself and your family. Bring a partner to practice with. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

Crystal Grid 101 - 6-8pm. Brenda and Guy Hoffman, owners of The Pixie and The Bull, are the creative heart centered duo with over 15 years combined experience in crystal grid work. They will lead you in properly creating your very own personal grids, how to activate them to energize your intention, and enhance your personal power. Crystal grids can be used for protection, abundance, manifestation, healing, gratitude and so much more. \$59 Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com.

SATURDAY OCTOBER 19

Intro to Metaphysics of the Bible – 10am-4pm. This course introduces the participant to metaphysics of the Bible to understand the mystical teachings of the Old and New Testaments. Using several resources including the Kybalion, we explore the deeper meanings of the scripture by developing critical thinking and analysis skills. Call 772-404-1352 or email isdte.sm@gmail.com. isdtreasure.org/education/

The Sound of Soul Event – 10:30-11:30am. All are invited to experience chanting HU, contemplative time, and authentic spiritual conversation with others of like heart. Discover some of the many benefits of HU: inner peace and calm, divine love, expanded awareness, spiritual self-discovery, growth and healing. HU is the sound of Soul. Vero Beach Main Library, 1st Floor Meeting room 1600 21st St. Vero Beach. 772-223-1188. ECK-Florida.org.

Energy 101 - 2-3:30pm. Upon completion of this workshop, you will have learned and understood: How the law of attraction is at play in our daily lives; techniques to create an energy ball, and send healing energy into the body for healing; How to manipulate energy to manifest the lives that we desire and how and why crystal and energy healings work. Once we understand and take responsibility for our individual energy, we can heal and become more aware, thus, beginning the steps of active manifestation. \$33. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com.

mark your calendar

TUESDAY, OCT 29 – 5-7PM Treasure Coast LIFT Networking

Holistic, natural health, eco-friendly practitioners and business owners are invited to attend. The group is a gathering place to connect, learn from each other, and support one another so we can learn, grow and flourish to reach our highest potential. Light refreshments. *Casual and comfortable encouraged. Free.*

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SUNDAY OCTOBER 20

ECK Light and Sound Service – 11am-12pm. “The Language of Love” Each service focuses on an aspect of Eckankar: a reading from the ECK works, singing HU, stories, music, and discussion of spiritual principles at work in daily life. Join others seeking divine love at this celebration of the Light and Sound of God. Free. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

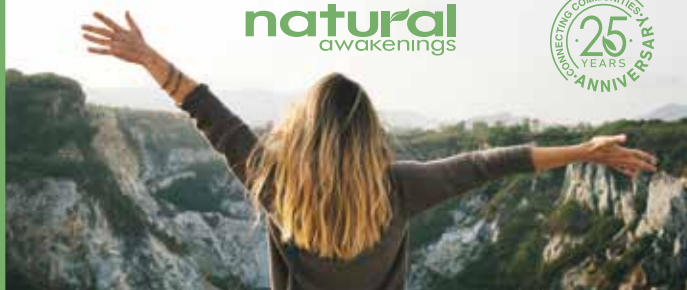
TUESDAY OCTOBER 22

Natural Allergy Solutions that Work – 6-7pm. Be allergy free. This class offers natural solutions and answers for: Asthma, Food Allergies, Sinus

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WEDNESDAY OCTOBER 23

Messages from Spirit – 6:30-8:30pm. Learn about the signs that our loved ones leave for us. Get answers to your most important questions regarding your life now. Learn how to connect to Divine guidance and your own spirit people. Tess will channel your loved ones for 1+ hours. Not everyone will receive a message. \$40. Cash. Northgate Plaza 611 SW Federal Hwy. Suite K-1 Stuart. 772 200-0016.

THURSDAY OCTOBER 24

Flower Essence Chakra Activation Class in Salt Room – 10-11am. Flower Essences offer a natural way to support our physical, emotional and mental well-being. As vibrational remedies made from living flowers, they assist with harmonizing our Chakras to boost vitality and reset patterns of imbalance from stress, challenging events and childhood imprints. Enjoy this session in our relaxing, therapeutic Salt Room. \$35. Salt of the Earth 422 SW Akron Ave Stuart. 516-984-4615. HerbsAndOwls.com/classes.

FRIDAY OCTOBER 25

Halloween Costume BINGO – Doors open at 6:30 for Pizza, Soda and brownies. Join us for a spook-latular night of family fun. Prizes for best costume. Children and Adults. First Bingo game starts at 7 pm. Pots 50/50. Bakeoff. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

SATURDAY OCTOBER 26

9th Annual Blackbird Festival – 10am-3pm. The Blackbird Festival is our annual Fall Celebration for people of all ages! Free. The Community Garden Center @ Pinder's Nursery 5500 SW Martin Hwy. Palm City. 772-781-8085. conta.cc/30cLRTo.

Psychic Fair – 11am-4pm. Have questions? Need answers? Join us; we will have many readers on hand to assist you in finding the answers you need to move forward. Astrology, Tarot, Intuitive Readers, Mediumship, Psychic Readers, and many more. We will also have Reiki and Angel energy demos and much more. \$25 per reading, Spark of Divine, LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

Which "Clair" Are You? – 2-3:30pm. In this workshop, you will learn about the different "clair," what each one means and how to identify which one you (or your children) possess. You may even discover that you have more than one "clair" During this workshop, you will learn techniques, tools, and what crystals with which to work to strengthen your "clair". \$33 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com.

SATURDAY OCTOBER 26 & SUNDAY OCTOBER 27

Rock and Gem Show — Saturday 9am-5pm, Sunday 10am-4pm. Gemstones, rocks, minerals, beads, handcrafted fine jewelry and more will be available at the Port St. Lucie County Civic Center. Tickets are on sale now. Presented by St. Lucie

County Rock and Gem Club and co-sponsored by Scented Dragon, Treasure Coast Estate Buyers, and Jewelry Design Studio. Port St. Lucie County Civic Center 9221 SE Civic Center Pl, Port St. Lucie. SLCRockandGem.org. 772-462-6597.

MONDAY OCTOBER 28

Flower Essence Chakra Activation Class in Salt Room – 10-11am. Flower Essences offer a natural way to support our physical, emotional and mental well-being. As vibrational remedies made from living flowers, they assist with harmonizing our Chakras to boost vitality and reset patterns of imbalance from stress, challenging events and childhood imprints. Enjoy this session in our relaxing, therapeutic Salt Room. \$35. Salt of the Earth 422 SW Akron Ave, Stuart. 516-984-4615. HerbsAndOwls.com/classes.

Friends After Diagnosis – 2-3:30pm. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Friendship House, 3404 Aviation Blvd. Vero Beach, 772-770-9700. FriendsAfterDiagnosis.com.

TUESDAY OCTOBER 29

Type II Diabetes: 5 Secrets for Prevention & Reversal – 6-7pm. Natural solutions for: Diabetes and symptoms associated with diabetes including frequent thirst and urination, poor wound healing and more. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite #2, Vero Beach. 772-778-8877.



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on going events

To ensure we keep our community calendar current, ongoing events must be resubmitted each month.

DEADLINE: All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: www.MyNaturalAwakenings.com.

sunday

SPACE COAST

Donation Yoga for Everyone – 9:30-10:30am. Gentle flowing hatha yoga practice integrating body, mind and spirit with yoga postures(asana), breathing exercises (pranayama), cleansing practices (kriyas) and deep relaxation. All levels, families welcome. Led by Debby Jeffries. Use back door. Donation or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Metaphysical Bible Study – 9:30 am. Study the meaning of the bible, instead of the traditional belief of what the bible says. This is followed by service at 11a.m. Unity on the Space Coast, 2000 South St, Titusville, 321-383-0195. UnityontheSpaceCoast.org.

Zen Meditation & Dharma Talk - 10-11:30am. Zen and mindfulness meditation instruction and inspiration. All welcome, no experience is necessary. Donations accepted. Open Mind Zen Meditation Center, 2304 S. Babcock St., Melbourne. 321-427-3511.

Lightworker Community Sunday Circle – 11am-Noon. An hour of universal inspiration, higher consciousness, meditation, healing and devotional chants. Everyone is invited. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Tai-Chi Beginner to Master Level – 11am-12pm. Master Chung will teach you Tai-Chi 13 postures step by step. Learn how to develop the healing Chi energy; how to use internal energy for rooting, relaxing and self-defense; how to apply Chi energy with fan, sword, dou, etc. \$15 (\$10 - MAC member) Melbourne Athletic Club Studio 1218 Sarno Rd, Melbourne. 321-720-4694. MasterChungWang.com.

Yoga in the Village – 5-6pm. Restorative Yoga. Using bolsters, blankets, pillows and straps to fully

support your body into supreme relaxation and bliss. Beginners welcome. \$10, The Zen Room, 631 Brevard Avenue #C, Cocoa Village. 321-544-8541. View full schedule at TheZenRoom.info.

TREASURE COAST

Unity of Ft. Pierce – 10am. Unity is an inclusive community, inspiring holistic spirit-led living. “We are a spiritual center based on practical Christianity” says Rev Janice. “We empower people to be mindful, peaceful and grateful, co-creating a world that works for all life.” Join us and become a healing presence on the planet. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

Chi Gong – 11:30am. Free class every first Sunday. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

Painting Classes – 3-6pm. First and third Sundays in August. Artist Christian Yong will be teaching a painting class for beginners and art enthusiast of all levels at the Scented Dragon. No prior knowledge needed, just an interest in creating your own piece of art on canvas. All materials will be provided. \$30 per student. Scented Dragon, just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie, 772-877-2102 to sign-up or ask questions.

Yin-Yang Yoga – 3-4:15pm. Yin Yang is a class that will combine and allow you to explore both the Yin (stillness) and the Yang (movement). This class will be a perfect way to find movement and relaxation. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

Quaker Worship Group - 4:30-5:30pm. Spiritual seeker? Take time to listen to the Still Small Voice within. Open yourself to direct communion with the Divine. You are welcome to join us for silent/unprogrammed worship. Port St. Lucie Community Center 2195 SE Airoso Blvd., Port St Lucie. 772-267-9156. TCQuakers.org.

monday

SPACE COAST

3 H's Exercise Class for Adults and Seniors – 8:45am-9:30am or 9:45am-10:30am. Monday –Friday. The Happy, Healthy, Heart program promotes increased agility, balance, and gives your heart a cardio workout. \$13 per month, join anytime. DRS Community Center, 1089 S. Patrick Dr., Satellite Beach. 321-773-6458.

Bones Makers – 10:45-11:45am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley DRS Community Center Gym, 1089 S. Patrick Dr., Satellite Beach. 321-759-4962.

Monday Meditation Class – 5:30-6:30pm. Authentic experience of guided meditation and mantra. All level meditation is accompanied by using traditional Indian instruments and sacred mantras with Dr. Siddha. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Palchen Buddhist Study Group and/or Book Study – 6-8pm. All welcome for one or both hours. 1st hour is Buddhist chanting, join in or meditate, 2nd hour is Group book reading & discussion, “The World Could be Otherwise” by Norman Fischer. Donations appreciated. Space Coast Wellness Center 725 S. Apollo Blvd., Melbourne. 321-917-4529.

Hatha Yoga with Marilyn – 6:30-7:45pm. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

Yoga in the Village – 7:30-8:30pm. Yoga with Thai Assist offered for each posture to bring deeper awareness. A nourishing and grounding practice to end the day. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

TREASURE COAST

Tarot Reader and Astrologer - 10am-5pm. Sarah Carvell is available at the Scented Dragon

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Mon-Fri for private Tarot and Astrology readings. Sarah has been gifted with intuitive wisdoms that help connect with her client's individual needs. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

Psychic Medium Readings & More – 11am-6pm. Offered 7 days a week. Psychic Medium Readings, and Tea Leaf Readings. Walk-ins welcome. Psychic Medium and Aura Readings by Christopher Johansen also offered Monday-Saturday. 11am-4pm. Psychic & The Genie, 313 Colorado Ave., Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Psychic Medium and Aura Readings – 11am-4pm. Readings by Christopher Johansen also offered Monday-Saturday. 11am-4pm. Psychic & The Genie, 313 Colorado Ave., Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Mindful Movements – 6:15-7:30pm. This class will offer the student to deepen and control their breath awareness while moving slowly and mindfully into postures to explore the edge. This class incorporates the Integration of Yoga on and off the Mat. Class ends with a deep relaxation. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St. Lucie. 772-224-2444. dte-yoga.com.

A Course in Miracles Study Group – 7-8:15pm. Facilitated by Kathryn Joy, everyone is invited, newcomers welcome. Come study, learn, practice and share experiences. (Love-Offering appreciated). Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

tuesday

SPACE COAST

Yoga in the Village – 8-9am. A basic yoga practice focusing on posture, breath, and mindfulness. Beginners welcome \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

Aerial Yoga - 9:30-10:30am. Aerial Yoga uses silk hammocks suspended from the ceiling to support you through various traditional yoga poses. Plus, it's fun. Led by Maria Ulbricht. Yoga Membership and drop in rates. Zen Yoga Studio 1024 Hwy A1A # 150, Satellite Beach. 866-820-9642. ZenYoga321.com.

BaMen Qigong & Tai Chi – 10-11:30am. Meets Tue and Thurs. Traditional style class begins with centering qigong including breath work, strength and stretch. Beginner friendly, multi-level class. Mindful moving meditation. More at BeachsideQigong.com. \$5-10. Sliding scale. Outside north of Gleason Park Lake 1233 Yacht Club Blvd, Indian Harbor Beach. 321-759-3141.

Chair Yoga – Fitness & Balance – 10:30-11:30am. Improve your strength, flexibility, and balance. Learn proper breathing techniques to reduce stress and improve mental clarity. A variety of props and modified poses will be available to keep things interesting and challenging. Class led by Pyper. Everyone is welcome. No mats required. \$5 per person. DRS Community Center 1089 South Patrick Drive, Satellite Beach. 321-446-9690. YogaWithinFL.com.

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Hatha Yoga – 11am – 12pm. A real feel good class with Patti Akers. All abilities welcome here as this class is structured to be as gentle or as challenging as you choose. Yoga Membership or drop in rates. Zen Yoga Studio 1024 Hwy A1A # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Yin Yoga – 12:15-1:30pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Relax in the posture, soften the muscle and move closer to the bone. Practitioners will realize immediate benefits like more open hips, a more relaxed body and centered mind. Led by Debby Jeffries. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Aerial Yoga - 1-2:15pm. Aerial Yoga presents a unique workout binding traditional mat yoga with aerial silks that allow you access to increased flexibility and strength unobtainable on the mat alone. Led by Ron Sageser. Yoga Membership or drop in rates, Zen Yoga Studio 1024 Hwy A1A # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Chair Yoga – Fitness & Balance – 3-4pm. Improve your strength, flexibility, and balance. Learn proper breathing techniques to reduce stress and improve mental clarity. A variety of props and modified poses will be available to keep things interesting and challenging. Class led by Pyper. Everyone is welcome. No mats required. \$5 per person. Satellite Beach Library 751 Jamaica Blvd., Satellite Beach. 321-446-9690. YogaWithinFL.com.

Children's Yoga Class (ages 7-11) 4-5pm. Explore the breath and how it moves through the body, meditation techniques for calming and centering, and how to deal with stress and disappointment by moving energy and getting unstuck. Led by Robin Krasny. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Hatha Yoga – 5:45-6:45pm. Multi-level class for beginners and intermediates. Led by Ellen Cameron whose experience allows her to modify asana to the students' ability, so they get the benefits of the practice without strain. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TREASURE COAST

\$10 Tuesdays in the Salt Cave – 10am-6pm. 45-minute sessions in the Salt Cave every Tuesday for \$10. The Hair Tiki 735 Commerce Center Dr., Ste. B Sebastian. 772-228-8986.

Yoga for the Mature Body – 4:30-5:30pm. A gentle practice class that targets the needs of a maturing body. \$40 for 6 or \$10 per class. 772-461-2272. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. UnityofFortPierce.com.

Drum Circle – 6-7pm. Come be a part of this Community Rhythm Experience. Our circle will assist you to raise your personal vibration and release inner blocks. We offer a judgement free environment, and all are welcome! Donation. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

Reiki Healing Circle – 6-7:30pm. Have you got stress? Try the Japanese technique for stress reduction. Guaranteed to make you feel more peaceful with Tina. Donations. Spark of Divine 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Reiki Meditation Circle - 7-8pm. Experience our Reiki Meditation Circle for an hour of peace, comfort and harmony. Feel yourself shift into a peaceful place. Practitioners welcome. Donation. Scented Dragon, 6993 Hancock Drive Port Saint Lucie. 772-877-2102.

wednesday

SPACE COAST

Tai Chi - 9:30-10:30am. Learn Tai Chi as taught by Randy Sweany, student of Master William C.C. Chen. Focus is on balance, breathing, body mechanics and stress reduction as you experience its graceful movements. \$15 / class. Viera Community Center, 2300 Judge Fran Jamieson Way, Rockledge. 321 522-7620. RockledgeTaiChiChuan.com.

Aerial Yoga – 9:30-10:45am. Aerial Yoga presents a unique workout binding traditional mat yoga with aerial silks that allow you access to increased flexibility and strength unobtainable on the mat alone. Led by Ron Sageser. Yoga Membership or drop in rates. Zen Yoga Studio, 1024 Hwy A1A # 150, Satellite Beach, 866-820-9642. ZenYoga321.com.

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Bones Makers – 9:45-10:30am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Wickham Senior Center 2785 Leisure Way, Melbourne. 321-759-4962.

Gentle Yoga for Beginners – 10:30-11:30am. A gentle, hatha yoga class recommended for beginners. Integrating body, mind and spirit with yoga postures (asana), breathing exercises (pranayama), and deep relaxation with Debby Jeffries is a Certified Yoga Instructor. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Calm Birth – 11-12 pm. Pre-Natal Meditation and gentle Pre-Natal Yoga. You will be “swaddled” with bolsters and blankets and guided on a beautiful, meditative, and spiritual journey. Led by Maria Banas. \$20. Zen Yoga Studio 1024 Hwy A1A # 150, Satellite Beach. 866-820-9642. ZenYoga321.com.

Posturcize – 5:30-6:30pm. Simple, fun conditioning exercises for prevention and rehab for optimal muscle and joint function. Visit HoshinoTherapyofMelbourne.com or call 321-917-4529 for more information or other class times, \$5 per class. Space Coast Wellness Center, 725 S. Apollo Blvd., Melbourne.

Vinyasa Yoga - 5:45-6:45pm. Vinyasa Flow Yoga connects each posture through breath creating the flow state, what Yogi’s call the effortless effort. Vinyasa is harmony, balance and fluidity. Led by Maria Ulbricht. Yoga Membership and drop in rates. Zen Yoga Studio 1024 Hwy A1A # 150, Satellite Beach. 866-820-9642. ZenYoga321.com.

Tai Chi – 6:30-7:30pm. Learn Tai Chi as taught by Randy Sweany, student of Master William C.C. Chen. Focus is on balance, breathing, body mechanics and stress reduction as you experience its graceful movements. \$15/class. MAS Karate Studios 550 Gus Hipp Blvd, Rockledge. 321 522-7620. RockledgeTaiChiChuan.com.

Hatha Yoga – 6:30-7:45pm. With Marilyn. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

Aerial Restorative Yoga – 7-8:15pm. Restorative Aerial affords easy access to half inversions and unique postures that are gentle and calming - comfortable and easy - therapeutic and satisfying. Led by Ron Sageser. Yoga Membership or drop in rates. Zen Yoga Studio 1024 Hwy A1A, # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

TREASURE COAST

Morning Express - 8-8:45am -This class awakens and warms the entire body, soften the muscles, open the joints, and stimulate the neurological, circulatory and subtle energetic pathways initiating conscious awareness and synchronization of movement in the breath, body, mind, and spirit. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

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WHEN: Tuesday, October 29

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Meeting Start: 5:30pm

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Insight Meditation - 11am-Noon. Clear your mind, calm your emotions and experience peace with Rev. Janice Cary. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. Love offerings accepted. UnityofFtPierce.com. 772-461-2272.

Yoga In The Salt Cave – 5:45-6:45pm. Yoga In The Salt Cave With Luna Sol Yoga, Sign up online through Luna Sol Yoga. The HAIR Tiki 735 Commerce Center Dr., Ste. B Sebastian. 772-538-6617.

Mind Body Clearing – 6:15-7:30pm. Incorporating breath techniques, using several Asana (postures) to help release tension within the fascia, becoming aware of when your body experiences it and then release any tension using your Breath and body movements, deep relaxation rounds out this experience. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

thursday

SPACE COAST

Hatha Yoga Dance – 8:30-10am. Blends the structure of a dance studio jazz or lyrical class with the scaffolding of an Integral-inspired Hatha Yoga class. Explore self-expression and emotional release through dance that incorporates breath work, chakra balancing, asanas, mudras, chanting, affirmations and meditation. Led by Brooke Deratany Goldfarb. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Aerial Yoga – 9:30-10:45 am. Aerial Yoga uses silk hammocks suspended from the ceiling to support you through various traditional yoga poses. Led by Maria Ulbricht. Yoga Membership or drop in rates. Zen Yoga Studio 1024 Hwy A1A, # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Chair Yoga – Fitness & Balance – 10:30-11:30am. See description Tuesday 10:30am.

Hatha Yoga – 11am-12pm. A real feel good class. All abilities welcome here as this class is structured to be as gentle or as challenging as you choose. Led by Patti Akers. Membership or drop in rate. Zen Yoga Studio 1024 Hwy A1A # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Aerial Yoga – 1-2:15pm. Aerial Yoga presents a unique workout **blending** traditional mat yoga with aerial silks that allow you access to increased flexibility and strength unobtainable on the mat alone. Led by Ron Sageser. Yoga Membership or drop in rates. Zen Yoga Studio, 1024 Hwy A1A # 150, Satellite Beach, 866-820-9642. ZenYoga321.com.

Children's Afterschool Zen (Ages 5-8) – 3-4pm. A fun filled after school class for children. Join Montessori Certified Teacher, Maria Banas, in an exploration of Yoga, Meditation, Art, Mandalas, Music & Movement. \$10. Zen Yoga Studio 1024 Hwy A1A # 150, Satellite Beach. 866-820-9642. ZenYoga321.com.

Children's Afterschool Zen (Ages 9-12) – 4-5pm. A fun filled after school class for children. Join Montessori Certified Teacher, Maria Banas, in an exploration of Yoga, Meditation, Art, Mandalas,

Music & Movement. \$10. Zen Yoga Studio 1024 Hwy A1A # 150, Satellite Beach. 866-820-9642. ZenYoga321.com.

Crystal Bowl Meditation – 4-5pm. Learn meditation techniques to quiet the mind and relax the body. Experience the crystal bowls, toning and a special sound meditation. Susan Rizzo has over 20 years' experience teaching sound healing techniques. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Yoga - 5:45-6:45pm. With Teren. Gentle Hatha yoga classes with a focus on healing and meditation. Instructor Teren Nichols is a licensed intuitive massage therapist. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Yoga in the Village – 6-7pm. A practice that encourages everyone to find the peaceful union among body, breath, mind, and spirit. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

TREASURE COAST

The Resilient Gardener Series: Walk 15 – 8:30-9am. Join our certified Walk Instructor Lisa Higgins for a 2-mile high calorie burn walk in our air-conditioned classroom. All you need is a comfortable pair of walking shoes. \$10. The Idea Garden @ Pinder's Nursery, 5500 SW Martin Hwy. Palm City. 772-200-5480. For more information visit Conta.cc/30eEGd2.

Pilates Mat Class – 10:30-11:30am. Mat class offered by certified instructor, Barbara Lengen. For information visit AtlanticPilates.net. \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Meditation Class – 6-7pm. This class is for beginners or those who want to refresh or add to their practice with new ideas. Facilitated by Oscar Villanueva, learn the basic principles of how to balance yourself through the age-old practice of meditation. Creating a dedicated practice can help you alleviate stress, intrusive thoughts, insomnia and other things that get in the way of your peace and comfort. \$10 love donation. Scented Dragon, just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie, 772-877-2102.

Beginners Yoga Exploration – 6:15-7:30pm. This class is designed to teach the basic principles of Yoga to the newer student. This class will help you build a solid safe Yoga practice with emphasis on proper alignment in postures, breath techniques (pranayama), Yogic Philosophy, meditation and relaxation. Handouts and discussions will be offered during this Yoga class. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444.dte-yoga.com.

friday

SPACE COAST

Donation Yoga for the Whole Family – 9:30-10:30am. Yoga and meditation for the whole family.

All ages and levels welcome. Led by Willow Noa. Gratitude donation. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

I AM Yoga Therapy – 9:30-10:30am. Integrative Amrit Method of I AM Yoga Therapy that provides physical and transformational results quickly, through focus on areas of stiffness, constriction, tightness, and pain. Led by Linda Ouellette. Yoga Membership or drop in rates. Zen Yoga Studio 1024 Hwy A1A, # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Yoga in the Village – 10-11am. Providing a way to improve total quality of life for all abilities through postures, breathing techniques, meditation and relaxation. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

Bone Makers – 10:30-11:30am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Hobbs Pharmacy. 133 N. Banana River Drive Merritt Island. 321-759-4962.

Yoga for Beginners – 10:30-11:30am For beginners and those who like to keep it basic. Includes instruction and support in learning foundation poses, proper alignment in the poses, breathing techniques and meditation. Led by Debby Jeffries. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TREASURE COAST

Tai Chi Easy – 10-11:15am. Activate your natural internal healing resources through gentle meditative movement, deep breathing and relaxation. With Amy. \$10 drop in, \$40 for six weeks paid in advance. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Tai Chi Hard – 11:30am-12:30pm. Activate your natural internal healing resources through gentle meditative movement, deep breathing and relaxation. With Amy. \$15 drop in, \$60 for six weeks paid in advance. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Sessions and Readings – 2pm-4pm. Energy work utilizing Reiki, Angel Therapy, Sound Vibration, Shaman techniques for relaxation promoting healing on all levels. If you have questions or issues you can ask the Angels for some Divine guidance. Call for prices as they vary depending on service. Spark of Divine, LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Drum Circle – 6-7pm. Come be a part of this Community Rhythm Experience. Our circle will assist you to raise your personal vibration and release inner blocks. We offer a judgement free environment, and all are welcome. Donation. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

Reiki Meditation Circle – 7-8pm. Experience our Reiki Meditation Circle for an hour of peace,

comfort and harmony. Feel yourself shift into a peaceful place. Practitioners welcome. Donation. Scented Dragon, 6993 Hancock Drive Port Saint Lucie. 772-877-2102.

Reiki Circle – 7-8pm. Experience the transmission of Universal energy which activates peace, healing. Love Offering. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

saturday

SPACE COAST

Arts in Gleason Park – 9-11am. 9am. Qigong then 10am. Tai Chi for Arthritis and Tai Chi for Diabetes. Two Instructors. Outside, north side of lake. Beginner friendly. Gentle and effective moving meditation for mindbody health. \$5-20 sliding scale, outside in Gleason Park, 1233 Yacht Club Blvd, Indian Harbor Beach. 321-759-3141. BeachsideQigong.com.

Hatha Yoga – 9:30-10:30am. Integral Hatha Yoga blends the spiritual and physical aspects of the body. The class includes chanting, asana sequences, breath work, and meditation. Led by Linda Ouellette. Yoga Membership or drop in rates. Zen Yoga Studio 1024 Hwy A1A # 150 Satellite Beach. 866-820-9642. ZenYoga321.com.

Tai-Chi Beginner to Master Level – 1-2pm. Master Chung will teach you Tai-Chi 13 postures step by step. Learn how to develop the healing Chi energy; how to use internal energy for rooting, relaxing and self-defense; how to apply Chi energy with fan, sword, dou, etc. \$12 (\$10 -Studio321 member) Studio321 1260 Malabar Rd, Palm Bay. 321-720-4694. MasterChungWang.com.

TREASURE COAST

Saturday Downtown Ft. Pierce Farmers' Market – 8am-12pm. Downtown Ft. Pierce Farmers Market has over 70 friendly vendors offering a diverse selection of foods, exotic plants, spices, local produce and much more. Rain or shine. Live music, fresh food and right on the river; make it your Saturday morning tradition. Free. Riverfront Downtown Ft. Pierce 101 Melody Lane, Ft. Pierce. FortPierceFarmersMarket.com,

Tarot Card Sessions - 10am-1pm. Find answers to some of your life's most puzzling questions through a private session with Eric Adler. Eric utilizes his 25 years of experience as a Tarot Card reader along with his empathic tendencies to guide his clients to a better understanding of their life's path. Rebecca's Organics 301 Orange Ave. Ft. Pierce. Contact Eric Adler at 203-554-0937 or visit his website EsotericTarotCard.com

Psychic Medium Readings & More – 11am-4pm. Psychic Medium Readings, Aura and Chakra Photography and Tea Leaf Readings. Walk-ins welcome. Psychic Medium and Aura Readings by Christopher Johansen also offered Monday-Saturday. 11am-4pm. Psychic & The Genie, 313 Colorado Ave., Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

classifieds

OPPORTUNITIES

START A CAREER YOU CAN BE PASSIONATE ABOUT. Publish your own *Natural Awakenings* magazine. Home based business complete with comprehensive training and support system. New franchises are available or purchase a magazine that is currently publishing. Call 239-530-1377 or visit NaturalAwakenings-Mag.com/mymagazine

NEED A NEW LOOK FOR YOUR ADVERTISING AND PROMOTIONAL MATERIAL? Graphic designer with 15 years' experience in the wellness and holistic industry. Fully bilingual: English & Spanish. Call 787-297-8818 or email Waleska@PRnatural.com

CLASSES AND WORKSHOPS

TAI CHI EASY Mondays 11AM at TCUUC, 21 SE Central Parkway, Stuart. Decrease stress and improve balance! \$10 drop in. Visit ThreeKeysTaiChi.com or call 772-475-7561.

COMMUNITY

DONATIONS NEEDED FOR WILD FLORIDA RESCUE (WFR) – WFR provides safe and compassionate emergency first response service for wildlife in need of urgent medical attention. They operate on the generosity of our community. Visit WildFloridaRescue.org to donate, "adopt" an animal (virtually), or to set your amazon smile charity to WFR. 321-821-7881.

THE DAILY BREAD SOUP KITCHEN IS IN DIRE NEED OF EATING UTENSILS – metal forks and spoons. Donations may be dropped off at the kitchen, 815 East Fee Avenue, Melbourne, 7 days a week, 7:30am-2:30pm. 321-723-1060.

VOLUNTEERS NEEDED - Can you spare two hours a week to deliver meals to Brevard's most frail seniors? The work is very rewarding and only you can put a smile on the face of those seniors who are homebound. If interested please call the Meals on Wheels office at 321-639-8770.

FOR RENT

PRIME LOCATION! Next to Sunseed Co-op in fast growing Cape Canaveral. Rental rooms available: 8'x14' (\$400/mo.) 12'x12' with window and cabinets (\$550/mo.) 26'x19'+ mirrored yoga room (neg.) Utilities/WiFi inc. Contact: JonesChiropractic@cfl.rr.com

EXECUTIVE SUITES AVAILABLE: Located in the upscale town-like development of Viera, 5445 Village Drive near the corner of Murrell and Viera Blvd. Tenant mix includes a Dentist, Chiropractor, Insurance Provider, 2 Mental Health Counselors and a real estate office. Ample parking. Furnished: Water, Sewer, Electric, Wireless Internet Included. \$5.25 /SF/Month, 110 SF Office Please call: 321-222-9389 (mobile) 321 591-6793. ARX Real Estate, LLC - Cindy J. Kilgallon; Lic. Real Estate Broker.

the natural directory

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in The Natural Directory email Kris@mynaturalawakenings.com to request our media kit.

ACUPUNCTURE

MARCELA BOWIE, D.O.M., AP
325 5th Ave, Ste 205
Indialantic, 321-961-8243
NoWorriesNaturalMedicine.com



Dr. Bowie uses acupuncture, herbal medicine, injection therapy, cupping, and tuina to treat many conditions ranging from asthma, headaches, pain and neurological and GYN disorders.

ANNA COLLINGS, A.P., D.O.M.
150 Fortenberry Rd, Ste B
Merritt Island, 321-289-1560
Phase9Align.com



Aiding the body and mind's natural healing with Traditional Chinese Medicine including: Acupuncture, Healing Foods and CranioSacral Therapy for conception, pregnancy, birthing, and children.

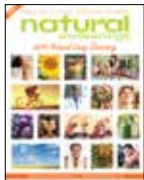
HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE
1395 N. Courtenay Pkwy, Ste 202
Merritt Island, 321-252-3720
HealthyHealingClinic.com



Acupuncture, Cosmetic Acupuncture, Herbal Therapy, Cupping, Massage, Nutrition, Injection Therapy and LED Therapy. Michelle Connell, AP, DOM can help you overcome pain and balance your body to maintain health.

ADVERTISING/ MARKETING/PR

NATURAL AWAKENINGS MAGAZINE
Kris Urquhart, Publisher
Kris@my-NA.com
321-426-0080
my-NA.com



Natural Awakenings is your multi-media resource for natural and eco-friendly living. Print, online, mobile, and social media options to keep up with the latest natural living news. Reaching over 70,000 loyal readers each month and thousands more online and with our iPhone/iPad app – you can keep Natural Awakenings at your fingertips.

ALTERNATIVE HEALING

CARE NATURAL WELLNESS CENTER
Brian P. Walsh, D.C.
1051 Eber Blvd, Ste 102
Melbourne, 321-728-1387
CareWellnessFL.com



Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 12.

ANTI-AGING

GINGER TAYLOR, LMT
Melbourne / Palm Bay
321-480-9986
MassagesWithPurpose.com



Look Younger Naturally! This non-surgical Anti-Aging approach provides application of dry brushing, EZZI-Lift Micro-current Technology, Lymphatic Drainage therapy and a hydrating face massage for smoother, glowing, uplifted, and tighter skin; and dramatically improves scars and wrinkles. (MA75423, MM35261)

AROMATHERAPY

MUDITA AROMATICS
Jacqueline Mouton, CA
Melbourne, 321-419-6485
Mudita-Aromatics.com



Mudita Aromatics offers Aromatherapy Consultation and pure essential oil custom blends in support of minor pain, inflammation, headaches, allergies and more. Free 30-minute consultation.

ART & METAPHYSICAL GALLERY

UBUNTU FISH GALLERY
508 SE Osceola St.
Stuart, 772-210-2931
UbuntuFishGallery.com



An artists' gallery and intuitive lounge offering: spiritual readings, art gallery, happy hour with the intuitives, meditation, crystal grid and energy workshops, gift shop and more. See ad, page 42.

ART THERAPY

MARCY PURDY, ATR BC
ArtReach of Vero Beach
MarcyArtReach@gmail.com
772-538-5532



Find out how creating artwork can improve your emotional, mental and physical well-being and shine light on your own self-worth. Marcy also instructs Qi Gong and Soulcollage.

ASTROLOGY

SARA CARVELL
Scented Dragon
6993 Hancock Dr. PSL
772-302-5939/772-877-2102



Sara provides teaching and readings in the art of tarot and astrology. Her personal spiritual awakening and paranormal experiences give her unique wisdom beyond her earthly years.

AUCTIONS

CLIFF SHULER AUCTIONEERS & LIQUIDATORS, INC
422 Julia Street
Titusville, 321-267-8563
SoldFor.com



Live, public Auctions. Selling items big or small, from real estate to diamond rings to Tupperware. Serving Brevard County and Florida for over 42 years.

AYURVEDA

HEALING ELEMENTS AYURVEDA
1290 S Hwy A1A, Ste 102
Satellite Beach, 321-480-9617
HealingElementsAyurveda.com



Healing Elements offers Ayurvedic wellness consultations focusing on nutritional counseling and herbal care, Ayurvedic massage, Panchakarma (detox), Yoga, Reiki, Wellness workshops and Cooking classes.

BOTANICAL PRODUCTS

PREVASIVE
321-591-8290
PreVasive.com/florida



Ground-breaking botanical cleaners and pest control effective on mold, mildew, insects and odors. Recognized safe under FIFRA, EPA and FDA for commercial, residential and agricultural uses.

CBD HEMP PRODUCTS

ORGANIC LIFESTYLE STORE

996 S Wickham Rd, Melbourne
EarthOrganicsCBD.com
802-598-4524



Our CBD oil relieves anxiety, depression, pain, sleep issues and more for only \$60. Our CBD paste has been known to combat diseases and cancer. We offer FREE consultation to discuss dosing, health concerns and a return to amazing health. Save \$10! See ad, page 47.

WEST COCOA PHARMACY & COMPOUNDING

2711 Clearlake Rd, Ste. C10
Cocoa, 321-305-6909
CocoaPharmacy.com

Carrying pharmacist-formulated CBD oil that is THC-free, organic and non-GMO for all of the reasons you are using CBD oil. Open M-F 9-6, Sat 9:30-2.

YOUR CBD STORE

429 5th Ave, Indialantic
321-327-3741
IndialanticFL.cbdrx4u.com



A dedicated CBD store that carries only the best products derived from 100% organic, non-GMO, and CO2 extracted industrial hemp. From tinctures, water soluble and edibles

to skin care, pain creams, vapes and pets, there is something to help everyone. Free samples! Mon-Sat 10am-6pm.

CHILDREN'S HEALTH

CHILDREN'S HEALTHCARE OF BREVARD

Margaret Witzleb, MSN, ARNP
2351 W. Eau Gallie Blvd, Ste 4
Melbourne, 321-775-0477

AFFORDABLE, QUALITY pediatric health care offering both alternative and traditional choices for your child's health, regardless of immunization or insurance status. Home-birthing infants welcome!

NATURAL SOLUTIONS WITH DR. RUTH

Ruth M. Rodriguez, DO
Space & Treasure Coast, 321-427-6538
NaturalSolutionsWithDrRuth.com



Dr. Ruth Rodriguez, board certified Osteopathic Pediatrician provides all-natural solutions for your children's health and wellness needs. One-to-one consultations or group calls offered through Skype or Zoom. See ad, page 20.

CHIROPRACTIC

CLOW CHIROPRACTIC

145 Palm Bay Rd NE, Ste 120
W Melbourne, 321-725-8778
ClowChiropractic.com



Clow Chiropractic has been providing a full spectrum of natural health-care for over 25 years. Services include chiropractic adjustments, nutritional support, massage (MM2166), physiotherapy, and rehab.

JONES CHIROPRACTIC

6615 N Atlantic Ave, Ste A
Cape Canaveral, 321-868-0888
JonesChiropractic.net



We care for infants to athletes to seniors, using activator to hands-on techniques, incorporating Aquamed Hydromassage and Kennedy Decompression Therapy. Serving Brevard 25+ years. See ad, page 46.

DR. ROZANA SHARMA, DC

2002 Pennwood Dr, Melbourne
1300 Pinetree Dr, Ste 7
Indian Harbour Beach
321-361-6869



Specializing in non-surgical spine and joint rehabilitation through adjustments, NeuroMuscular physical therapy, postural rehabilitation (no more tech neck), Photobiomodulation-cold laser. Now accepting injury cases.

CLEANING: NATURAL

PROVERBS 31 CLEANING SERVICE

Brevard & parts of Indian River
321-210-8538
Proverbs31CleaningService.com

We offer personalized, yet affordable service. Our all-natural cleaning products are safe for your family/pets. Aromatherapy included. Senior discounts. Prices upfront. Licensed, insured, & bonded.

COACHING

CAROL BAXTER

Relationship and Life Coach
772-359-8924
TheInspiredLivingCenter.com
ClientCare@TheInspiredLivingCenter.com



All couples share the core need to feel positively connected, appreciated, and loved. Carol will guide you on an exciting journey into a truly awakened relationship, a path designed to help you step into the beauty of collaboration, and the joys of love, that can only come from engaging in conscious partnership.

CHERI FLAUTO WHOLE LIFE COACH

Essential Elements Wellness
1010 E New Haven Ave, Suite D
Melbourne, 407-401-0890
Cheri.Flauto.com



Cheri Flauto is a Certified Whole Life Coach. Her passion is to empower those who are ready to take charge of their life's journey. She believes that once we take personal responsibility for our lives, we free ourselves to do, be and create anything and everything that we desire.

REV JANICE CARY

Unity of Fort Pierce
3414 Sunrise Blvd
Ft Pierce, 772-461-2272



Life Coaching frees a person from limiting inner beliefs. Relationships, career and self-confidence flourish as you learn tools for meaningful living. Spiritual Counselling enriches one's quality of life through awareness of their spiritual connection. See ad, page 46.

JODI RITA

Transformational Life Coach
321-591-8290
JodiRita.com



Assisting with transformations through love, wisdom and self-empowerment. Also offering natural solutions for anxiety, depression and other debilitating conditions. One-on-one coaching, in person or skype. See ad, page 36.

COACHING: INTUITIVE HEALTH

SPIRITUAL SERVICES WITH LAURA BEERS

Melbourne, Skype, Phone, Travel
321-751-4766
HealYourSpirit2.com

Spiritual development coaching heal grief with messages from the Other Side: Psychic Mediumship private or group readings. Motivational Speaker. Ordained Minister: weddings, life celebrations.

COLON HYDROTHERAPY

AUDRA RACANIELLO, LMT, CT

Indialantic
321-616-5977
AudraRacaniello.amtaMembers.com

Choose colon hydrotherapy for the health of your colon. Waste is gently, safely and effectively removed using purified water and disposable equipment. (MA79695).

CRANIOSACRAL THERAPY

GINGER TAYLOR, LMT

Melbourne / Palm Bay
321-480-9986
MassagesWithPurpose.com



CranioSacral Therapy releases tensions deep within the soft tissue, calming the central nervous system. It relieves pain, dysfunction, improves whole-body health and performance, addressing: Fibromyalgia, TMJ, anxiety, tension, neurological disorders, migraines and more! MA75423/MM35261

DENTISTRY

SMILE DESIGN AND WELLNESS CENTER

Dr. Chris Edwards
Dr. Rob Brown
Dr. Haley Freymiller
Viera, 321-751-7775
SDICFL.com

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 25.

CLAIRE STAGG, DDS, PA

Comprehensive Mercury Free Dental Care for the Whole Family
Indian Harbour Beach, 321-777-2797
SmileProfessionals.com



Whole body connections and anti-aging Dentistry advanced non-surgical TMJ, snoring and sleep breathing disorders therapy, head, neck and facial pain treatment, non-extraction orthodontics, smile makeovers and dentistry for patients with multiple chemical sensitivities. See ad, page 26.

EYE & VISION CARE

HEALTH FOR LIFE

1727 N. Atlantic Ave
Cocoa Beach, FL 32931
321-259-0555
HealthForLifeWellnessCenters.com

We specialize in treating degenerative eye diseases and serious vision conditions with Micro-Acupuncture. 85% of patients respond positively to this treatment. Schedule your complimentary consultation.

FENG SHUI

GOATS UNDER THE OAKS

Move, Meditate and Manifest
Linda Adams 772-342-0387
GoatsUndertheOaks.com



Consultations and classes. Learn Feng Shui among ten acres of majestic Florida Oaks with Linda, a licensed Interior Designer, Feng Shui consultant and Reiki Master. See ad, page 42.

HAIR SALON

ELEMENTS ORGANIC SALON & SPA

28 Oleander Street
Cocoa, 321-349-0389
ElementsOrganicSalon.com



An organic salon and spa providing hair and nail services using only natural products with the least amount of toxic chemicals possible. Certified Green Circle Salon. See ad, page 21.

An organic salon and spa providing hair and nail services using only natural products with the least amount of toxic chemicals possible. Certified Green Circle Salon. See ad, page 21.

HEALTH FOOD

EARTH FARE

5410 Murrell Rd.
Rockledge, 321-615-9858
EarthFare.com

Earth Fare, Everyone's Healthy Supermarket, offers clean, healthy foods to fit your lifestyle, from grab-and-go prepared meals to Organic and non-GMO produce and more.

GLORIA'S HEALTH HUT

951 Old Dixie Hwy, A3
Vero Beach, 772-770-2101

Wide selection of vitamins, supplements, herbs, CBD oil, skin and body care products, gluten-free and organic items. "We're More Than a Health Food Store."

LUCKY'S MARKET

3170 W New Haven Ave
W. Melbourne, 321-405-0398
LuckysMarket.com

Lucky's Market is a natural grocer, providing a wide range of organic, natural, local, and private label products to fit every need.

NATURE'S HEALTHY HARVEST

2330 N. Wickham Rd, Ste 14
Melbourne, 321-610-3989
NaturesHealthyHarvest.net
NaturesHealthyHarvest@gmail.com

Wellness Center, CBD Hemp Oil, supplements, vitamins, herbs, skin & body care, gluten-free & organic products, proteins, aromatherapy, and health and wellness classes.

NUTRITION SMART

464 SW Port St. Lucie Blvd
Port St. Lucie, 772 323-2222
NutritionSmart.com

Your neighborhood natural organic grocery, vitamins, and juice bar. Committed to providing the community with products necessary for a healthy lifestyle. Free weekly in-store classes.

ORGANIC FOOD CENTER

862 N. Miramar Ave
Indialantic, 321-724-2383
OrganicFoodCenter.com

Natural & Organic grocery with wide selection of vitamins and supplements. Organic café with fresh wheat grass, vegetable juices and smoothies, vegan and gluten-free soups, sandwiches and salads.

PEGGY'S NATURAL FOODS

5839 SE Federal Highway
Stuart, 772-286-1401
PeggysNaturalFoods.com

Wide variety of natural and organic foods. Peggy's Brand Vitamins, Supplements and Herbs in-store or online. Gluten FREE, organic produce, seminars, demo's, and more. Peggy's... Your path to Health.

SUNSEED FOOD CO-OP

6615 N. Atlantic Ave (A1A)
Cape Canaveral, 321-784-0930
SunseedFoodCoop.com

Community-owned, Not-for-Profit Co-op founded in 1974. Largest selection of vitamins & herbs in Brevard. Organic produce and much more. Open Mon-Fri 9-8, Sat 9-7, Sun 10-6.

SUNSHINE HEALTH FOOD STORE

2916 S. Washington Ave
Titusville, 321-269-4848
InsightNutrition.net

Providing nutritional health counseling in a truly holistic fashion by offering massage, cholesterol testing, food detox, essential oils, blood typing along with vitamins, minerals, herbs, homeopathics and natural foods.

HERBALISTS

GINA KEARNEY

Certified Herbalist +
Flower Essence Practitioner
422 SW Akron Ave
Stuart, 516-984-4615
HerbsAndOwls.com



Private Herbal Consultations and Flower Essence Therapy. Specialties: Stress and anxiety, digestive health, women's health, sleep, immunity, longevity. Group classes in Salt Room, see calendar. See ad, page 19.

MAMA JO'S SUNSHINE HERBALS

1300 Pinetree Drive, Ste 3
Indian Harbour Beach, 321-779-4647

Enjoy a cup of complementary tea in the relaxing atmosphere of herbs and handmade herbal delights. Bulk Herbs, Handmade Products, Consultations, Classes, and Supplies. Teas, tinctures, lotions, soaps, facial products, salves, and more. See ad, page 11.

THE HERB CORNER

277 N. Babcock St
Melbourne, 321-757-7522
HerbCorner.net

Bulk Herbs, Herbal Certification Course and other herbal classes. Essential oils, handmade salves and lotions, customized herbal blends and private consultations. See ad, page 29.

HOLISTIC HEALTH

VEROVITA HOLISTIC HEALTH

Susan Young, PhD, ND, NC, MH
1925 20th St, Vero Beach
304-203-4493 EssYoung@gmail.com



Susan Young believes our bodies can achieve balance! As a Holistic Practitioner she focuses on eliminating causes of symptoms to restore a natural state of wellness.

HOMECARE

JUST A FRIEND ELDER CARE

Beverly Gordon-Hall
321-527-4019
Serving Brevard County



We offer compassionate companionship, light housekeeping, errands, grocery shopping, transportation to appointments, medication reminders, and memory improvement activities in the comfort of your home.

HOMEOPATHIC MEDICINE

NEW EARTH CLINIC & APOTHECARY

Ananda Siddha ND & Jennifer Siddha ND
Melbourne/Indialantic, 321-848-4914
NewEarthNaturopathic.com



Tried everything? Come see the experts in natural health, homeopathic medicine, herbal remedies, and nature cure. Specializing in complex chronic diseases, infertility, pregnancy & pediatrics.

HYPNOTHERAPY

LORI BURKE HYPNOTHERAPY LLC

Lori Burke, Cert. Clinical Hypnotherapist
Melbourne, 321-652-1039
LoriBurkeHypnosis.com



Start Living a Life You Love! Free yourself from hostility, fears, resentment; Overcome limiting thoughts and behaviors; Adopt healthy habits; Improve relationships. (IAIH Certified CHt/CCHt/CTHt #7596890).

ELIZABETH L CAMPBELL, BCH

CI, MNLP, CTH
611 SW Federal Highway, Suite K-1
Stuart, 772-215-2985
Elizabeth@TranceformU.com



Combining the best of Hypnotherapy, NeuroLinguistics (NLP) and ThetaHealing to create rapid and lasting changes at the subconscious level. Results appear in body, mind, and spirit. From small concerns to serious trauma, from motivation to spirituality, subconscious changes positively affect all aspects of life. Practicing here in Stuart since 2003.

HYPNOTHERAPY BY JENNY

Jenny Battig
Certified Clinical Hypnotherapist
HypnotherapybyJenny.com
321-345-8971



Access the power of your inner mind to reduce stress, lose extra weight, stop smoking, or overcome other behaviors/patterns that have been holding you back!

HYPNOTIST: CLINICAL

BY THE SEA HYPNOSIS

Stephanie DeWayne, C.Ht.
850 NW Fed Hwy
Stuart, 772-207-0824
BytheSeaHypnosis.com



Hypnosis help's with: Anxiety, Stress, Smoking, Weight Loss, Pain Management, Overcoming Fears, Achieving Goals and more. Stephanie tailors every session to address each individual's needs.

INTEGRATIVE MEDICINE

MELISSA DEAN, MD

Dean Wellness Institute
Premiere Center for Regenerative Medicine
Vero Beach, 772-567-1500



Age Management, Weight Loss, Preventative Medicine, Andropause, Bio-identical Hormone Replacement, Lifestyle Management, Vitamin Evaluation, Nutrition and many other integrative therapies. See ad, back cover.

DEBORAH A. DEMARTA, MD, FACS, FAARFM

Institute of Colorectal Health & Wellness
218 SW Atlanta Ave
Stuart, 772-539-9556
InstituteHealthWellness.com



Anti-Aging, Functional and Regenerative Medicine. Colorectal Surgery and Functional GI, hormone replacement, food allergy and nutritional testing, IV vitamin therapy, heavy metals testing, medical aesthetics, THERMiVa vaginal rejuvenation, ThermoSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, botox and fillers, skin care, weight loss. See ad, page 21.

RADIANTLY HEALTHY MD

Rebecca Hunton, MD
420 Fifth Ave
Indialantic, 321-806-7436
DrHunton.com



Are you Radiantly Healthy? We offer Integrative/Functional Medicine solutions to address health challenges and healthy aging! We combine both traditional and natural options including medical marijuana certification. See ad, page 39.

IV THERAPY

RADIANTLY HEALTHY VITAMIN INFUSION DRIP LOUNGE

150 Fifth Ave, Suite B
Indialantic, 321-243-1859
rh-md.com/rhvi/



Delivering vital nutrients, IV Therapy benefits people with Chronic Fatigue, Depression, Migraines/Tension Headaches, Allergies, IBS, Cardiovascular Disease, Autoimmune Disease, Athletic Recovery, Viral/Bacterial Infections, and Common Cold/Flu. See ad, page 39.

VITALIFTS

4865 N Wickham Rd, Ste 109
Melbourne, 321-425-2111
Vitalifts.com



Dedicated IV vitamin and nutrient therapies Center. IV therapy used for sport performance, stress reduction, migraines, Fibromyalgia, chronic fatigue syndrome, skin rejuvenation, memory, and much more.

LOCAL FARMS

FLORIDA FIELDS TO FORKS, CSA

1200 Corey Road
Malabar, 321-229-5288
FloridaFieldsToForks.com



A local CSA farm, offering beyond organically raised grass-fed/grass-finished Angus beef, Berkshire pork, Katahdin lamb, chicken eggs, raw cow and goat milk, vegetables, and more.

LYMPHATIC DRAINAGE THERAPY

GINGER TAYLOR, LMT

Melbourne / Palm Bay
321-480-9986
MassagesWithPurpose.com



Lymphatic Drainage is a gentle technique for treatment of lymphedema, post-surgical swelling, stimulating the immune system, plastic surgery scars, edema reduction, and more. (MA75423, MM35261)

MASSAGE THERAPY

DANIELLE DEMPSEY, LMT

321-431-8280
Melbourne/Palm Bay
DanielleDempseylmt.MassageTherapy.com



Integrative massage therapy customized to your specific needs, including: Therapeutic/Deep Tissue, Tabletop Thai and Pregnancy Massage. Hot stones, infrared lights, and aromatherapy are always complimentary. (MA91001)

GINGER TAYLOR, LMT

Melbourne / Palm Bay
321-480-9986
MassagesWithPurpose.com



Integrative therapeutic modalities: Massage Therapy (prenatal, deep tissue, and sports stretching), Gentle Scar Release, Craniosacral Therapy, LYMPHATIC Drainage Therapy, AVAZZIA Advanced Pain Management, Thai Massage, Thai Foot Massage, Reflexology, Anti-Aging Face-Lifting Massage; helping clients transition towards a better life. (MA75423, MM35261)

HOLISTIC HEALING MASSAGE & WELLNESS

5595 Schenck Ave #7, Viera
321-848-0561
HolisticHealingMassage.org

Wellness center offering massage, colonics, sauna, detox foot baths & CBD products. All services by appointment. NOW offering 1-hour student massage for \$35! (MM1744, MA38084)

KERI'S THERAPEUTIC MASSAGE & SKIN CARE

Viera/Rockledge
727-457-7462
KerisTherapeuticMassage.com

Pain relief or Pampering. A therapist you can trust! Medical, Injury Rehab, Sports Massage, Swedish/Relaxation, Facials, Peels, Spa Treatments. You won't be disappointed! (MA74361, MM17447)

MEDICAL MARIJUANA

ALTERNATIVE MEDICAL SOLUTIONS

Edwin Stroup, MD
1627 US Hwy 1, Suite 211
Sebastian, 772-202-7976



Serving the Treasure Coast for medical marijuana certification. Cannabis has many medical indications including chronic pain, PTSD, fibromyalgia, IBS, migraines, and much more!

Serving the Treasure Coast for medical marijuana certification. Cannabis has many medical indications including chronic pain, PTSD, fibromyalgia, IBS, migraines, and much more!

ESSENTIALS MEDISPA & SALON

1705 Berglund Lane, Ste. 101
Viera, 321-722-2860
EssentialsMediSpaandSalon.com



If you are looking for an alternative method of relief to chronic health problems, you may be eligible for the use of medicinal marijuana. See ad, page 19.

METAPHYSICAL STORE

CREATIVE ENERGY ENCHANTED GIFTS FOR THE MIND, BODY AND SOUL

780 W New Haven Ave
Melbourne 321-952-6789
Facebook, Creative Energy Melbourne



We offer a wide variety of divination tools to enhance your Spiritual Journey including: Crystals, gemstones, jewelry, singing bowls, books, tarot, candles, salt lamps, sage, incense, oils, statuary, altar items & much more! Readings on weekends!

We offer a wide variety of divination tools to enhance your Spiritual Journey including: Crystals, gemstones, jewelry, singing bowls, books, tarot, candles, salt lamps, sage, incense, oils, statuary, altar items & much more! Readings on weekends!

GENIE'S GEMS

Unique Gifts & Clothing for your Inner Hippie
21 SW Flagler Ave
Downtown Stuart, 772-678-6228



Offering metaphysical, eco-friendly, organic yoga and hippie clothing, CBD products, books, singing bowls, crystals, stones, incense, unique gifts & so much more! Tea leaf reading available on Saturdays. Free hugs - Open 7 days a week.

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561-307-0706
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Private practice licensed Registered Dietitian offering Medical Nutrition Therapy and guidance for overall health and wellness. See ad, page 20.

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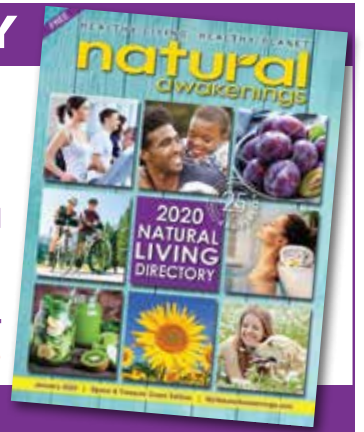
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Past Life Regressions
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TreasureCoastMedium.com



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Metaphysical Practitioner & Life Coach
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Vero Beach, 772-404-1352
ISDTC.org



ISDTC is a non-profit organization dedicated to spiritual and personal development. We offer classes, spiritual services and events. Co-located with Spark of the Divine. Info@ISDTC.org.

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UnityOfFortPierce.com



Cultivate a healthy, prosperous attitude through Connecting, nurturing and expressing your Authentic Self; Rev Janice Cary provides spiritual counseling/life coaching, Classes, Meditation. See ad, page 46.

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UnityontheSpaceCoast.org



A positive, practical, progressive approach to Christianity based on the teachings of Jesus and the power of prayer, celebrating personal and spiritual diversity.

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Whether your pain, condition, or disease is acute or chronic, a thermography scan can identify dysfunction and pathology for your healthcare professional. It's pain-free, fast, radiation-free, and non-invasive. See ad, page 31

SPACE COAST THERMOGRAPHY

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Rockledge/Suntree, 321-574-9014
SpaceCoastThermography.com



Radiation-free breast health screenings, women's and men's health studies, and full-body studies with the highest resolution thermal imaging equipment available in Brevard County. Grants Available! See ad, page 41.

STUART THERMOGRAPHY

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Stuart, 772-781-5353
CompleteCareTC.com



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 15.

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1051 Eber Blvd, Ste 102, Melbourne
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Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 11.

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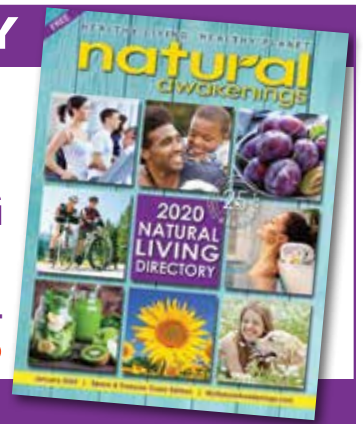
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Seven years without a cold?

Copper in new device stops cold and flu

By Doug Cornell

More 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 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.

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"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

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