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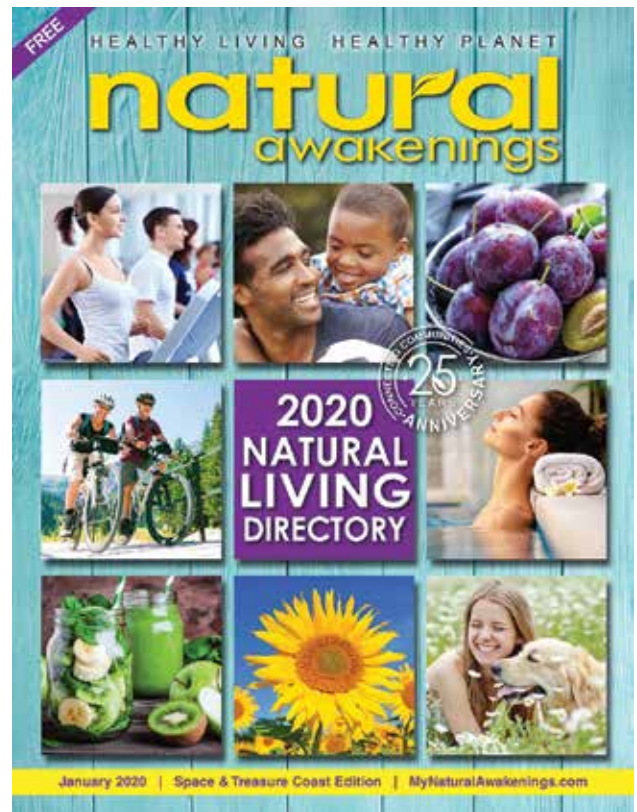
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Space & Treasure Coast Edition



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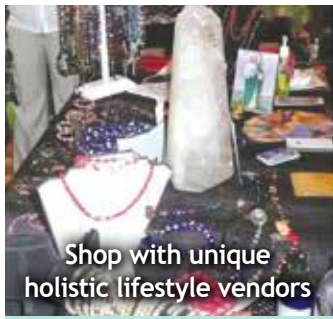
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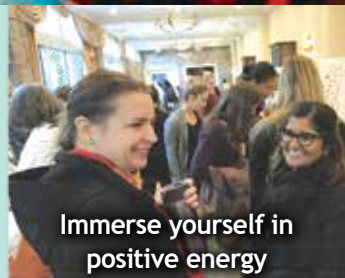
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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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To advertise with *Natural Awakenings* or request a media kit, please contact us at [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com), email [Kris@mynaturalawakenings.com](mailto:Kris@mynaturalawakenings.com) or call 321-426-0080. Deadline for ads: the 10th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [Kris@mynaturalawakenings.com](mailto:Kris@mynaturalawakenings.com). Deadline for editorial: the 5th of the month.

### CALENDAR SUBMISSIONS

All calendar events must be submitted online at: [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com). E-mail calendar questions to: [Laurie@mynaturalawakenings.com](mailto:Laurie@mynaturalawakenings.com). Deadline for Calendar: the 10th of the month.

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

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## letter from the publisher



## Reconnecting for the Holidays

When my kids were younger, the approaching holidays meant making plans to create holiday magic for little ones. We would shop for new holiday displays, put up lights, bake special dishes, and decorate the tree while festive music filled the air. It was energizing to view the holiday season through their eyes. As the years passed and the boys grew older, the holidays began to feel like a season of impending lists filled with shopping, cooking and cleaning. I've been an empty nester for a few years now, having my boys in different cities brings a new dynamic to the holidays. Now I find myself looking forward to having us all in the house together again and even looking for new and fun ideas to help celebrate being together.

"One of the ways we come into balance and connection with each other and with life is by giving from the heart," says Cindy Ricardo in our Inspiration column [page 38]. Taking the time to reconnect as a family is more important to me now that we are only together a few times a year. "Being generous arises from the heart, not the wallet," continues Ricardo. We may change some of our family traditions including incorporating a gift exchange to reduce the number of gifts to purchase. Making the lists lighter will leave more time for togetherness and maybe even trying new recipes.

If you are looking for recipe inspiration, check out our healthy holiday treat recipes everyone can enjoy in our Conscious Eating column [page 27]. Also, in this issue you'll find tips for reducing holiday food waste [page 30] and ideas for safe and eco-smart toys for your furry family members [page 36]. Discover how mindful breathing can help us access our joy [page 32] and learn how to do right by your bones [page 24]. This holiday season I hope you enjoy being together with your loved ones and connecting from the heart.

*Here's to recreating holiday magic!*

Kris Urquhart, Publisher



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## ADIO Chiropractic Free Monthly Health Talk



ADIO Chiropractic is offering a free monthly health talk that will explain how chiropractic and upper cervical care can unlock the full healing potential of your body without drugs or surgery. The talk will be held on December 17 at 6:30 p.m. in Indialantic.

Dr. Ryan Dalzell, originally from Brevard County, chose to pursue a Doctor of Chiropractic as a more natural approach to health. He founded ADIO Chiropractic and now travels to his patients providing a concierge-style of treatment tailored to each individual in the privacy of their home or office. "I utilize a hand-held instrument to assist in adjustments and corrections, so it is gentle and extremely safe for all ages and body types," says Dr. Dalzell.

"ADIO Chiropractic approaches your health from all angles and will get you on a more natural path of healing," says Dr. Dalzell.

Health talk attendees will receive a first visit special. For more information or to schedule an appointment, call 321-426-0446 or visit [ExperienceADIO.com](http://ExperienceADIO.com) to learn more. See ad, page 26.

## Donate to Local Food Pantry at CARE Natural Wellness Center

CARE Natural Wellness Center is holding their 15th Annual Holiday Food & Friends Drive during December by collecting donations for a local food pantry that serves families in need. According to Dr. Brian Walsh, "Anyone can help us help our community by donating five non-perishable food items or \$5 for the food pantry. Donations can be dropped off at our office during regular open hours. There will be a small holiday gift for each person who donates."

CARE is also offering a special rate on first exams for new patients who make a donation and schedule a Nutrition Health Analysis or a Chiropractic Evaluation appointment during December. CARE provides natural health care services for all ages, including designed clinical nutrition using Nutrition Response Testing, chiropractic services, PEMF therapy, Chirothin-Physician Supervised Weight Loss Program, thermography and massage.

CARE Natural Wellness Center, 1051 Eber Blvd, Ste 102, Melbourne. For more information call 321-728-1387 or visit [CareWellnessFL.com](http://CareWellnessFL.com). See ad, page 41.



## Skincare Services Available at The Lightworker Spa

The Lightworker Spa is pleased to offer dermaplaning, microneedling, microcurrent facial muscle tightening, lash extensions, natural fruit-based skincare, henna temporary tattoos and more. For added relaxation, crystal or Reiki healing can be added at no additional cost.

Rev. Christina Burgess ensures that her clients get her full attention so that they can find the relaxation, healing and pampering that they need and deserve to help overcome the stress and anxiety of our everyday lives. "We are all energy based. This worldly system beats us up and consequently our vibrations are off kilter. My mission is to equalize vibrations for our skin, body and mind so we function with clarity, energy and happiness," states Burgess.

Lightworker Spa is located at 1600 Sarno Rd, Ste 24 (inside The Healing Garden), Melbourne. For more information, please call 321-272-5786 or visit [SkinCareandLashes.ppcbrands.com](http://SkinCareandLashes.ppcbrands.com).

## Wavecrest Academy Accepting New Students

Wavecrest Academy is a school that emphasizes unifying concepts. For example, a world history lesson may include math, geology and creative writing. Most lessons also incorporate physical movement to activate the entire brain while learning. The micro school is currently accepting new K-12 students.

"Our goal is to bridge the gap between facts and experience through integrated curriculum," says founder Brandy Arraji. "Our focus is on making connections for students, allowing them to engage in relevant, meaningful activities that can be connected to their lives in a useful way."

Located in the Eau Gallie Art District of Melbourne, Wavecrest Academy can engage with the community and students can learn through hands-on activities.

"Our setting also has a flexible schedule allowing students that are engrossed in a project the ability to stay focused and continue their activities instead of having to move to new classroom each period," says Arraji. "Individualized lesson plans offer the ability to excel in any subject and one-on-one attention is given in the more challenging areas."

The school has an atmosphere of kindness, encouragement and collaboration, which provides a nurturing, safe environment for teaching the whole child through social emotional learning, giving the advantages of both homeschool and private school.

Wavecrest Academy, 1244 Water St, Melbourne. For more information, call 321-795-3458. See ad, page 14.









## Nature's Health Harvest Celebrates Anniversary



Nature's Healthy Harvest (NHH) is pleased to announce their five-year anniversary. NHH provides a wide variety of vitamins, supplements, herbs, CBD Hemp products, aromatherapy, beauty products, health books and classes for the mind, body, and spirit. "At Nature's Healthy Harvest each customer receives compassionate attention to meet their individualized needs," says owner Chip Griffin.

NHH and staff members are grateful to all their customers that have made the wellness center successful. "Because of your trust in our products and health information, you've helped our business grow," says Griffin. All are welcome at the special event on Saturday, December 14, 10 a.m. to 6 p.m. "We will provide our customers with organic snacks, a variety of free gifts, gift certificates, and special discounts on all our products," says Griffin. "Stop in and say hello to the staff and get your gift certificate for the December event." In addition, a doctor is scheduled monthly for medical cannabis identification cards.

For more information, call 321-610-3989 or visit them at 2330 N. Wickham Rd., Suite 14, in Melbourne (just south of Lake Washington Road).

## Mystic Faire Comes to Melbourne in January

The 6<sup>th</sup> Annual Melbourne Mystic Faire will be held on Saturday, January 25, from 11 a.m. to 6 p.m. and Sunday, January 26 from 11 a.m. to 5 p.m. at the Melbourne Auditorium. The event brings together more than 80 psychics, mediums, healers and vendors offering unique jewelry, crystals, clothing, candles and healing tools for spiritual growth. Free lectures on various metaphysical and healing subjects of interest will be held throughout the weekend.

"The mission of our Mystic Faire is to promote education and awareness of the psychic world, holistic health, natural healing, conscious living, and spirituality," states event organizer Candyce Strafford. "Treat yourself to a reading, listen to a free talk, and shop for unique items."

The first 50 people purchasing an entry ticket on Saturday and Sunday will receive a free gift. Entrance fee is \$5 for one day and \$8 for the weekend and includes a raffle ticket to win gifts donated by exhibitors. Proceeds will benefit a local charity: Second Harvest Food Bank of Central Florida.

Each healer/psychic has their own fee for service, with a \$25 average for a 20-minute session. Melbourne Auditorium, 625 Hibiscus Blvd E, Melbourne. For more information or a vendor/reader application, visit [MysticFaires.com](http://MysticFaires.com). See ad, page 14



## Mama Jo's Sunshine Herbals Holiday Open House



Joanna Helms, Registered Herbalist and owner of Mama Jo's Sunshine Herbals, is excited to announce their annual Holiday Open House on Saturday, December 7 from 11 a.m. to 4 p.m. "It is with heartfelt thanks for 20 years of herbal traditions in the community that we invite you to celebrate with us at our open house," says Helms.

This event will mark the kick-off of *A Year in Traditional Herbalism*, a series of ongoing classes that will continue throughout the year. Led by Helms, these classes will cover fun topics that integrate herbs into one's daily life for preventative support and vibrant health.

Enjoy the Open House and delight your taste buds with samples of handcrafted treats including Herbal Culinary Spice creations, organic chocolates, Joanna's Jolt Energy Balls, cheese ball mixes, Seasonal Wassil, Kava-nog and more. Mama Jo's offers many unique gifts perfect for the holidays including delicious tea blends, culinary spices, tinctures, essential oils, bath salts and scrubs, lotions, soaps, clothing, Dr. Hauschka make-up, unique tea pots and accessories, jewelry, and soy candles.

Mama Jo's Sunshine Herbals is located at 1300 Pine Tree Drive, Suite 3, Indian Harbour Beach. Visit [Facebook.com/MamaJosSunshineHerbals](https://www.facebook.com/MamaJosSunshineHerbals) for upcoming classes. For more information, call 321-779-4647. See ad, page 17.

STUDIO | 1250

## Studio 1250 Spa Offers Pampering for the Holidays

Studio 1250 is pleased to offer a variety of massage and skin care treatments including their signature, relaxation Studio 1250 massage, a more intensive Swe-Thai massage, facials, scalp treatments and body wraps as well as mud wraps for skin detoxification or body scrubs for skin exfoliation.

"Our Aqua Therapy Shower Room was designed to provide a beautiful setting, with your comfort in mind, while you relax and enjoy our various body scrub, body wrap or mud wrap treatments," says the studio's owner. "From our beautiful treatment rooms with heated massage tables, to our ultra-lush spa robes, we have created a space where you can escape and feel pampered in an environment that we've created with your utmost comfort in mind!"

During December, Studio 1250 is offering two holiday specials to choose from: \$10 off a one-hour massage or a European Facial with Moroccan Rose Body Scrub included.

Studio 1250 is located at 1250 W. Eau Gallie Blvd. Suite A, Melbourne. Space is limited for holiday special appointments. European facial holiday special is \$85 (\$140 value). For more information or to schedule an appointment, call 321-425-2050 or visit [Studio1250Spa.com](http://Studio1250Spa.com). (MM37698)

## Yoga Within Offers Chair Yoga

Yoga Within is pleased to offer Chair Yoga in Satellite Beach taught by Pypier Mitchell, owner and Certified Yoga Instructor. While rooted in traditional yoga practice, Chair Yoga is simply yoga done with the aid of a chair, eliminating the need to get down on the floor. "Chair Yoga is for everyone regardless of age or fitness abilities," says Mitchell. "If you have limitations, poses can be modified to align with your restrictions."



Yoga poses are performed both sitting and standing. While every class is unique, there are foundation poses and activities which promote strength, balance, and flexibility. To keep things interesting and challenging, the class incorporates a variety of props (blocks and bands). Every class ends with guided relaxation focusing on breathing techniques which help reduce stress and improve mental clarity.

"Our environment is fun-filled and social," says Mitchell. "We encourage communication throughout each session. Whether it's a question or humorous comment, it's all welcome and contributes the cohesion of the group."

*Chair Yoga- Fitness & Balance is offered on Tuesdays at 3 p.m. at the Satellite Beach Library and at the Schechter Center on Tuesdays and Thursdays at 10:30 a.m. All classes are \$5 per session. For more information, visit [YogaWithinFL.com](http://YogaWithinFL.com) or call 321-446-9690.*

## Events for a Stress-free Holiday at Aquarian Dreams

Aquarian Dreams is pleased to host a series of events during December to encourage a calm and peaceful state of being so you can move more mindfully through the holiday season.



The yoga workshop, *A Mindful Holiday Flow*, guides practitioners through an all-levels hatha flow class with a special emphasis on moving mindfully through your practice on the mat.

*Yin Yoga with Reiki for Holiday Stress* is an afternoon of mindfulness practices including Yin Yoga postures which facilitate both physical and mental wellbeing through asana, breath, and reiki touch.

Learn to release blocks that tend to create more stress while taking you out of the present moment in the *OM for the Holidays* workshop. Relax and recharge with meditation, vibrational crystal bowls and a mindful yoga practice.

Slow down and honor the transition to another year with the *Winter Solstice Meditation with Sound Bath* workshop. The meditation and crystal sound bath will help participants to look forward while ushering in the hope and promise of a new year.

*Aquarian Dreams is located at 414 North Miramar Avenue (Hwy A1A) in Indialantic. For more information or to register, call 321-729-9495 or visit [AquarianDreams.com](http://AquarianDreams.com) for a class schedule. See ad, page 3.*



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## Unity of Fort Pierce December Services



During the month of December, Unity of Fort Pierce will walk the spiritual path of Advent. “Advent is a time to discover, nurture and deepen our spiritual awareness through cultivating our inner qualities,” says Reverend Janice Cary. “Through engaging in rituals

such as Kirtan chanting, the song and singer becomes one. In Shamanic drumming we are immersed in the heartbeat of mother earth. Our Devotional Candlelight Service prepares us to accept our own inner light. Our burning bowl service releases us from what no longer serves us and prepares our body and mind to be centered in Spirit as we enter 2020.”

All of these services are devotional ancient practices designed to awaken us from the limiting conversations that hold us back. Reverend Cary invites you to join them for one or all of these sacred ceremonies where one experiences their Sacred Beingness which guides and supports us to live a healthy, meaningful and prosperous life.

For more information and a schedule of events, visit [UnityOfFortPierce.com](http://UnityOfFortPierce.com) or call 772-461-2272. Unity of Fort Pierce is located at 3414 Sunrise Blvd, Fort Pierce. See ad, page 47.

## Children’s Self-Awareness Workshops in Vero Beach

ArtReach of Vero Beach owner and practitioner, Marcy Purdy, is excited to offer SoulCollage workshops to adolescents. Purdy is a Nationally Registered Art Therapist and is Board-Certified by the American Art Therapy Association. Since becoming a certified SoulCollage Practitioner in March of 2019 Purdy has received great feedback from participants of her adult workshops. Realizing that children too can benefit from this creative modality of self-awareness Purdy is now scheduling workshops throughout 2020 for children, using the MeCards4Kids methods. “This is an amazing modality that’s not only fun for kids but allows them to discover who they are by accessing their inner wisdom and connecting with their strengths as they mature into young adults,” explain Purdy.

Created by Nancy Weiss, a practicing psychotherapist and SoulCollage facilitator and Jane Raphael, a 30-year veteran teacher, MeCard workshops ask children questions about themselves only they are able to answer. The participants then create cards they can use when setting goals, getting through personal challenges and while making other important decisions. The idea is the cards can be used as a tool to stay true to themselves through all the changes and challenges that come with growing up.

For more information about SoulCollage, MeCards or Purdy’s upcoming workshops call 772-538-5532 or email [MarcyArtReach@gmail.com](mailto:MarcyArtReach@gmail.com).



## Gift the Gift of Spirit Connection



The Treasure Coast Medium, Tess Tetrault, is pleased offer a holiday special during December on readings and Reiki sessions. The discount can also be used for gift certificates which can be redeemed in the New Year.

Tetrault has connected thousands of people, both in the U.S. and abroad, to their loved ones in spirit for more than 15 years. She is also a Reiki Master and offers Past Life Regressions, classes, parties and more.

“Get answers to your most important life questions and learn to connect to divine guidance and your own spirit people,” says Tetrault.

For more information or to schedule, call 772-200-0016 and mention Natural Awakenings for a 20% discount.

## Lee Cotton, Registered Dietitian Nutritionist, Brings A Fresh Perspective on Health

Lee Cotton, RDN, is pleased to offer services to maximize one’s health and well-being through timely and strategic health assessments and nutritional counseling.



Cotton is a Dietitian with well-established relationships with clients from all walks of life who are seeking to improve their health by eating the right foods to fit their individual health needs.

“Today, more so than ever, shifting to healthier living is centered on fad dieting—those diets that promise to take the weight off quickly but typically without the long-term and sustained results that most desire,” says Cotton. “My passion is educating clients on how to eat for their own overall health. The ‘diet’ approach I want my clients to have is a ‘way-of-life’ eating pattern that is best suited for their own individual needs.” From sharing a client’s goals and vision for their health, to assessing their nutrition, to creating plans of actions that produce maximum results for the long-term, Cotton is on a mission to make a true difference one meal at a time. Cotton believes in a non-diet approach centered on mindful eating.

For more information, call 561-307-0706, email [Lee@LeeCottonRDN.com](mailto:Lee@LeeCottonRDN.com) or visit [LeeCottonRDN.com](http://LeeCottonRDN.com). See ad, page 48.



## Scented Dragon Opens Second Store in Downtown Fort Pierce

Jansen Torres, owner of Scented Dragon is excited to announce the opening of their second store, Scented Dragon Fort Pierce. Located just east of the railroad tracks on Avenue A in historical downtown Fort Pierce the new store will be offering all the unique merchandise available at the Port Saint Lucie store.

“It’s a long time coming,” explains Torres, “We started seriously looking to open a second store last summer; after checking into many locations our new store front in downtown Fort Pierce seems like the perfect space to expand further into community.”

Scented Dragon has been the Treasure Coast Hub of all things metaphysical since 2015; not just a store front, connecting with their customers is important to Torres and all those he trusts to run the stores. “People are greeted as they walk in and encouraged to ask questions. With so many tools available to assist those interested in evolving into their true selves; educating and providing guidance is our top priority when serving the community,” says Torres.

*Both Scented Dragon stores will be offering Holiday Gift Giving specials throughout the month of December. For more information, call 772-877-2102. See ad, page 25.*

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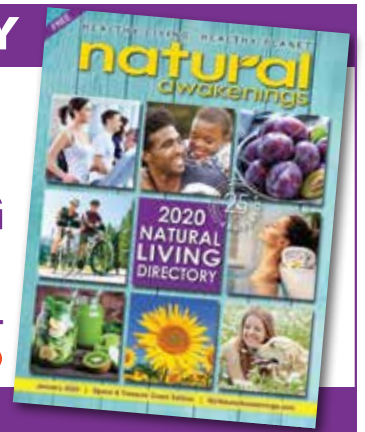
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## health briefs

### Reduce Blood Pressure and Heart Attacks With Better Gut Bacteria

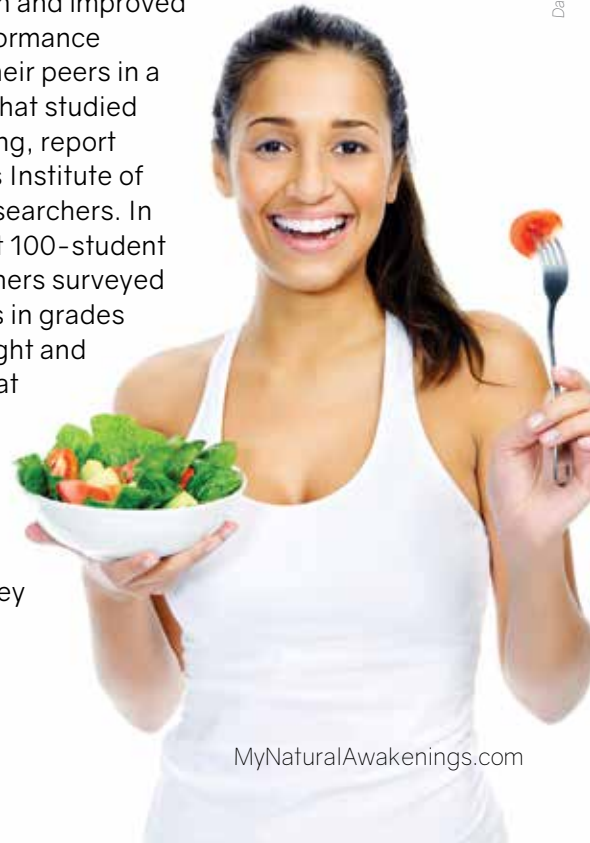
New research offers potential paths for treatment for the nearly 20 percent of patients with high blood pressure that don't respond well to medications. University of Florida College of Medicine researchers, testing 105 volunteers, found that the populations of gut bacteria differed between hypertensive individuals with depression and those without depression. A second study by Italian researchers found that patients with heart attacks had different bacteria in their guts than patients with stable angina.



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### Train Students in Mindfulness to Reduce Stress and Improve Grades

Sixth-graders that received mindfulness training each day for eight weeks experienced lower stress levels, less depression and improved academic performance compared to their peers in a control group that studied computer coding, report Massachusetts Institute of Technology researchers. In addition to that 100-student study, researchers surveyed 2,000 students in grades five through eight and found those that showed more mindfulness tended to have better grades and test scores. They also had fewer absences and suspensions.



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# How to Survive a Holiday Party

by Dr. Mary Devereaux

During the holiday season we often find ourselves heading to parties rushing through traffic, starving, with our pre-ordered food platter in hand. On arrival we are often greeted with offers for sodas, casseroles, countless pasta dishes, cheeses, hot wings, frosted desserts and a plethora of “party food” options. These holiday temptations can lead to a state of post-consumption guilt leaving us full and a bit nauseated. What if we could take on the night with a high success rate and no overeating despairs? Here are some tips for a guilt-free morning after.

## Before the Party

When bringing food to a party consider making something homemade. It only takes seven ingredients to make a basic cake. In contrast, a boxed cake mix can have as many as eighteen ingredients with six of them being artificial. Many dishes can be made ahead of time like salsas, hummus, dips, tapenades, salads, and pinwheels. Parties are full of “fun foods” that are not likely to meet our nutritional needs so prepare by drinking a vegetable broth before the party to get nutrients. Drinking a glass of water with 1 tablespoon raw apple cider vinegar before a party can help food metabolize and stabilize insulin levels.

## At the Party

With bodily nutrients met for the night before arriving, only fill your plate up halfway and take just a little of each food. A full plate is a commitment and can lead to overeating.

Starting with smaller portions allows us to go back for what we enjoyed most. Be sure to eat pasta dishes and breads last as they can be very filling.

Leave the ice out of the drinks; The stomach functions best at about 110 degrees, so ice and cold can cause digestive havoc. Especially when eating, keep drinks at warm to cool. Choose soda water instead of tonics and colas loaded with sugar, add a lime or lemon to help with digestion. The extra sugar from sodas can cause digestive issues and insulin spikes, save the sugar for that special pumpkin pie.

Only eat homemade foods. Most people do not have ingredients on-hand like propylene glycol, butylated hydroxytoluene, high fructose corn syrup and brominated vegetable so it is safe to assume homemade dishes are healthier in that regard. If not sure, ask who made it. To not offend the chef, ask something like “This looks amazing, what is your recipe?”

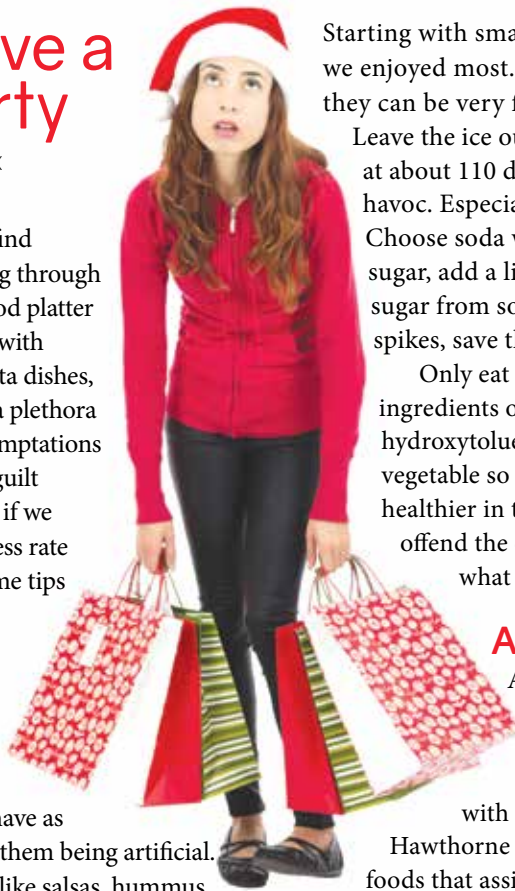
## After the Party

After the party take a 10-minute walk.

Studies in numerous publications including *Psychology Today* and *National Institute of Medicine*, show walking after meals can help with blood sugar levels and digestion. Teas like

Hawthorne berry and ginger also aid digestion. Choose foods that assist digestion like pineapple, mango, honey, avocados, and fermented foods like kimchee, kombucha, and sauerkraut. Food grade Diatomaceous Earth is good to have in your arsenal to help with digestion and upset bowels. If experiencing any reflux, sleep with the head elevated. The morning after a party, avoid juice, eat some protein, and have a mint, ginger or hawthorn tea.

Mary Devereaux, Doctor of Oriental Medicine, Licensed Acupuncturist, practices integrative medicine at OMNI Healthcare, Parrish Cancer Center Building in Titusville. For more information, call 321-802-5411.



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# Are Oral Issues Causing Your Migraines?

by Dr. Claire Stagg

Patients suffering from migraines can often feel hopeless and doubtful that they can find relief. Approaching a holistic dentist may feel like their last resort, however; it can bring a fresh whole-body perspective.

Headache patients usually suffer from imbalances, which can be chemical, hormonal, emotional, mechanical, functional, structural, oral, among others. There are many oral causes that could be the trigger for headaches and can be treated noninvasively. Many migraine sufferers have been offered Botox as a way to provide relief for these debilitating headaches. While Botox may provide relief, it does not always address the root cause of migraines and potentially may create a new set of issues.

The whole body is connected, and the mouth plays a very important part in its overall health. From a holistic viewpoint, injecting a neurotoxin such as the botulin toxin may have debilitating consequences by its mode of action. Killing off a nerve that “works” a muscle may cause it to eventually regenerate in another direction to continue innervating this same muscle. In this instance two things usually occur: the nerve ending that has been destroyed will eventually create a reactive neuroma which could grow in size, thereby,



disfiguring the patient and creating more debilitating pain than the original pain it was meant to mask. Secondly, if the origin of the pain was not correctly diagnosed and only a symptom treated, then the overly contracted muscle will continue to contract, and all the root causes will manifest as before, sometimes more intensely and with shorter and shorter windows of respite.

A holistic dentist can work with a patient to consider dietary reactions, the patient’s environment, and sleep apnea. If the patient is mouth-breathing instead of nasal breathing, it can possibly trigger obstructive sleep

apnea. There are many symptoms associated with sleep apnea, including headaches. Other symptoms include cardiovascular disorders, hypertension, hypothyroidism, predisposition to diabetes, gastroesophageal reflux disease (GERD), polycystic ovary syndrome (PCOS) for women, weight gain, fatigue, sexual dysfunction and many others.

The position of a patient’s jaw can indicate a TMJ disorder, a disc displacement, or other cranial dysfunctions, all of which also count headaches among their symptoms. The importance of a jaw’s position is not only in the position of the jaw itself in space, but in its relationship to the other jaw. If the jaws aren’t positioned properly in relationship to one another, they compensate which results in additional muscle, nerve, and joint (head or neck) strain.

Since there can be a wide range of factors involved determining the cause of headaches, an interdisciplinary team of physicians and therapists for the mind and body can help patients attain optimum health and resolution to their problems.

*Claire Stagg, DDS, MS, practices whole-body holistic dentistry at Health Connections Dentistry, 2120 Highway A1A in Indian Harbour Beach. She works with an interdisciplinary team of physicians for the mind and body. For more information, call 321-777-2797 or visit SmileProfessionals.com. See ad, page 51.*

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## Marry to Halve the Risk of Dementia

Wedlock tends to stave off dementia, according to a new Michigan State University study. Analyzing 14 years of data on 15,000 people older than 52, researchers found those in all unmarried groups—cohabiting, divorced, separated, widowed and never married—had significantly higher odds of developing dementia than their married counterparts. The differences were most acute for those divorced, separated or widowed—about twice as prone as married people to develop dementia, with the men faring worse cognitively than the women.

## Eat Nuts to Reduce Odds of Death From Heart Disease

Adults that ate nuts two or more times per week had a 17 percent lower risk of dying from a heart attack or stroke, reports an Iranian study that followed 5,432 adults for 12 years. The research was presented in August at the European Society of Cardiology.

“Nuts are a good source of unsaturated fat and contain little saturated fat,” says study author Dr. Noushin Mohammadifard, of the Isfahan Cardiovascular Research Institute.

“They also have protein, minerals, vitamins, fiber, phytosterols and polyphenols which benefit heart health.”



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## Lab Steak

### Making Meat Without Animals



Five major food technology companies have converged to form the Alliance for Meat, Poultry and Seafood (AMPS) Innovation, which seeks to create real meat from animal cells without the need to slaughter animals. The founding members of the coalition are both cell-based seafood companies BlueNalu and

Finless Foods and meat makers Fork & Goode, San Francisco-based JUST Inc., and Memphis Meats.

AMPS Innovation ([ampsinnovation.org](http://ampsinnovation.org)) intends to tackle obstacles presented in the cellular agriculture industry and bring products to the consumer faster with transparency and proper regulatory frameworks for cell-based products. Each member company has made significant strides in the development of these products with the hope they will soon be options in the everyday diets of individuals, as well as a nutrition source for a human population projected to grow to 10 billion by 2050.

## Nature Cure

### Forests and Shrubs Lower Medical Costs

A new study based on the National Land Cover Database of 3,086 of the 3,103 counties in the continental U.S. published in the journal *Urban Forestry and Urban Greening* found that increases in forest and shrub cover corresponded to decreases in Medicare health care spending, even when accounting for economic, geographic or other factors that might independently influence healthcare costs.

Urban and rural counties with the lowest socioeconomic status appeared to benefit the most from increases in forests and shrubs. University of Illinois graduate student Douglas A. Becker, who led the new research with Matt Browning, a professor of recreation, sports and tourism, says, "It occurred to me that low-income communities are getting the biggest bang for their buck because they probably have the most to gain."

Other studies have shown that people in intensive care units recover more quickly and have fewer complications after surgery if their hospital rooms look out over trees rather than parking lots and that forest walks can influence potentially health-promoting hormone levels or anti-cancer immune cells in the blood.



## Charge It

### Electric Vehicles Get Their Own 'Gas' Station

The RS Automotive gas station, in Takoma Park, Maryland, has been around since 1958, and Depeswar Doley has been running it for 22 years. Now, frustrated by the complicated rules, requirements and contracts of oil and gas companies, he has completely transitioned away from offering petroleum and become the country's first exclusively electric vehicle (EV) charging station.

Because there has been a shortage of EV charging stations in the state, the station's changeover was partially funded by the Baltimore-based Electric Vehicle Institute and the Maryland Energy Administration. Its new 200-kilowatt electrical system will now be able to recharge up to four vehicles at a time while drivers wait inside. Doley says, "It's not something that I expect to become rich overnight or something like that, but it's a good cause [and] good for the environment."

## Repurposing Weeds

### Pond Plants Offer Protein Strategy

Fast-growing lemna, or duckweed, a flowering green plant that blooms on the surface of still and slow-moving



bodies of water that is often mistaken for algae, is finding new utility as a protein source. California-based Plantible Foods claims that duckweed, traditionally the enemy of pond owners, is superior to other alternative proteins like pea, wheat and soy. The unusual crop naturally contains higher amounts of the complete protein RuBisCo and is easier to digest than some other popular plant proteins. It can be used as a substitute for egg white, is free of the top eight allergens and has a neutral color and taste. Due to its rapid growth, duckweed is less vulnerable to climate change. Plantible Foods co-founder Tony Martens says that duckweed grows reliably and can typically be harvested daily, no matter what the weather may be.

## Heave Ho

Cruise Line Abandons Plastic Bottles As a result of its partnership with Just Goods, Inc., the Norwegian Cruise Line will replace single-use plastic bottles across its fleet by January 1, 2020, beginning with the *Norwegian Encore*. The company's ships will feature JUST, which is 100 percent spring water in a plant-based carton made of 82 percent renewable materials from trees grown in responsibly managed forests. The cap and shoulder are made from a sugarcane-based plastic. It's refillable and recyclable.

Just Goods, located in Glen Falls, New York, has a global presence with bottling facilities in New York, Northern Ireland and Australia, allowing the company to meet demand around the world without shipping water from a single production source. It plans to replace more than 6 million single-use plastic bottles every year. CEO Ira Laufer says, "The company is pushing the boundaries of what's always been done because it knows we all need to do better."

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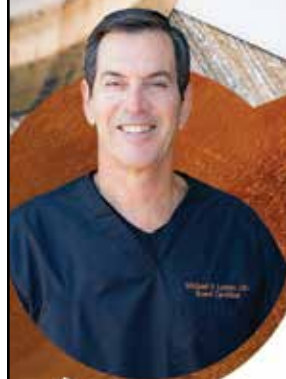
  
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## eco tip



## Burn Notice Safe and Sustainable Fireplace Practices

One of the charms of winter is enjoying the warmth and glow of indoor fireplaces and wood stoves. It also emphasizes the need for sustainable, safe and healthy practices—especially when it comes to maintaining air quality.

Try to buy wood from providers that use good forest management practices such as harvesting during sustainable months, reports *WoodHeat.org*. Environmentally sound woodlot operations include thinning out dying, less desirable and damaged trees, and including a blend of species.

“Have a high-efficiency, properly installed stove that meets local building codes that’s sized for the area to be heated,” says Brad Harr, senior environmental scientist and president of Summit Environmental Inc., in Boise, Idaho. “Use dry, 10 to 12 percent wood moisture. Water sucks up heat to get to combustion temperature. Run at high heat, generally over 1,000° F in the firebox, to effect complete combustion of the wood and gases.”

Denser woods such as ironwood, rock elm, hickory, oak and sugar maple burn longer and conserve resources. Use a higher British thermal unit (BTU) per cord of wood to maximize heat production. (*WorldForestIndustries.com* has tips per region.)

Harr adds, “Don’t starve the fire to extend burning time, as smoldering can cause incomplete combustion.” This leads to more carbon monoxide and polycyclic aromatic hydrocarbons (PAH) being released that can cause flu-like symptoms, and at high levels, unconsciousness and even death. To help maintain proper airflow and prevent soot buildup, shovel excess

ash into a covered metal container, store it outside and dispose of it in a few days.

Smelling smoke can indicate the fireplace may be backdrafting and needs to be inspected. Harr also suggests checking periodically for potential cracks or rusting in the joints of a stovepipe. Make sure children and the elderly don’t accidentally touch the stove while in use and keep furniture a suitable distance away. Periodic inspections by a professional can address potentially dangerous creosote (tar deposit) accumulations, assure the catalytic converter is operating correctly and detect trapped debris in escape shafts that can force toxic gases back into the home and clog spark-arresting screens on tops of stovepipes or chimneys.

If buying a new unit, make sure it’s U.S. Environmental Protection Agency-certified, which requires two-thirds less wood to generate heat and emits fewer harmful particles—two to seven grams per hour—compared with 15 to 30 grams for models manufactured before 1992, according to *MotherEarthLiving.com*.

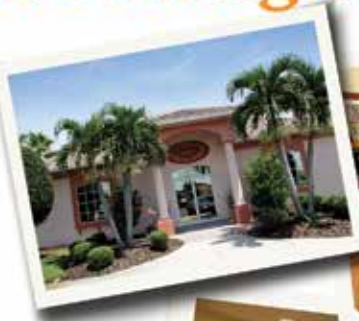
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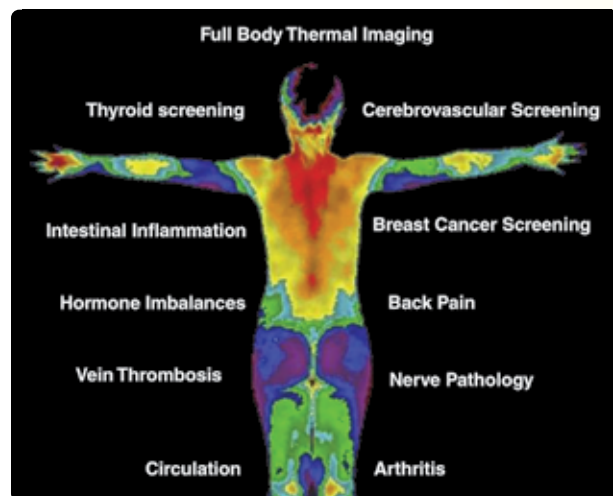
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natural awakenings

December 2019 21





# THE EMERGING POWER OF 'WE'

## Awakening to the Evolution of Community

by Linda Sechrist

**Z**en master Thich Nhat Hanh's suggestion that the next Buddha would likely not take form as an individual but rather as a *sangha*, a community practicing mindful living, led many people to ask, "Why a community?" The author of more than 100 books that explore the Buddha's core teachings on mindfulness, kindness and compassion, Hanh clarified the meaning of sangha as a good community necessary for helping individuals learn how to encounter life in the present moment, resist the unwholesome ways of our time, go in the direction of peace and nourish seeds of enlightenment. Even the best intentions, he noted, can falter without such a group of trusted family, friends and co-practitioners experiencing mindfulness together.

### A Migration to Forming Community

Today's trend toward collaborative processes and opportunities for transformation through online communities is made easier by the availability of affordable video conferencing providers such as Zoom, Skype and Mighty Networks, as well as online platforms like

Facebook and MeetUp. Although many groups form for marketing, political, civic or social purposes—allowing participants to share values and common interests—thousands more gather as online intentional communities associated with personal growth and spiritual awakening.

Myriad individuals have been able to experience some aspect of community through international organizations such as MindValley, Hay House, the Shift Network and Dr. Deepak Chopra's Jiyo, a wellness-focused mobile app intended to extend the reach of his ideas on health and social transformation from millions of people to more than 1 billion.

In MeetUp, spiritual awakening groups recently comprised 1,113,972 members in 3,631 groups worldwide. Additionally, co-housing communities, spiritual residential communities and eco-villages continue to form around the intention of designing and implementing pathways to a regenerative future.

### The Old Story Versus the New Story

The increased interest in intentional communities may hint at a possibility that

the human desire for community might be nature's evolutionary nudge toward a collective leap that helps us to survive a changing climate and Earth's potential sixth mass extinction. If so, this possibility needs a new supportive story that includes humans as part of nature, with its evolutionary impulse as a guide for body, mind and soul.

With our modern scientific worldview, when people talk about nature, they typically mean animals, plants, geological features and natural processes, all happening independently of humans. A more suitable new story is cultural historian Thomas Berry's moving and meaningful narrative in *The Great Work: Our Way Into the Future*, in which humans aren't above nature by virtue of superior intellect, but instead are equal partners with all that exists in a materially and spiritually evolving universe. From Berry's perspective, humans are the eyes, minds and hearts through which the cosmos is evolving so that it can come to know itself ever more perfectly through us.

Apollo 14 astronaut Edgar Mitchell shared Berry's perspective. Traveling back to Earth after walking upon the lunar surface, Mitchell gazed out of the spacecraft window,

whereupon he was flooded with an ecstatic awareness. “I was a part of the universe I was observing, and I became aware that everything that exists is part of one intricately interconnected whole,” recounts Mitchell, who founded the groundbreaking Institute of Noetic Sciences to explore the nature of human consciousness.

## A Guiding Light

Seijaku Roshi, the abbot and founder of the Pine Wind Zen Community, aptly named for its location in a pine forest in Shamong, New Jersey, advises, “People are searching and hungering for community, which is number one on my agenda. If we aren’t talking about community, we’re squandering the moment. Whether it’s an evolutionary nudge or not, it appears that our tragic world situation is pushing us towards an alternative vision for living a meaningful life that meets the needs of people, society and the environment. We are awakening to the fact we’re interconnected, interdependent and need community, which is the spirit and guiding light whereby people come together to fulfill a purpose, to help others fulfill their purpose and to take care of one another.”

## Conscious Evolution

Craig Hamilton, the guiding force behind the movement known as Integral Enlightenment, is the founder of the telecourse training program Academy for Evolutionaries. His spiritual guidance and teachings reach a growing international online community spanning 50 countries. “Transforming ourselves in the deepest possible way is, in fact, an evolutionary imperative, and we need to be able to identify the indicators of emergent shifts and participate creatively with change as an evolutionary force. Evolution up to this point has been playing out unconsciously. We’re now waking up and realizing that we can collaborate and participate in an emerging future.”

Hamilton’s experience is that where humans awake to the one that is expressed through the many, they also begin to engage together. “Practicing community isn’t as simple as it seems. In online communities, a lot less can go wrong. The stakes aren’t as high. People come and go, share and engage as they like.”

## A Community of Sisterhood

Laurie McCammon, author of *Enough! How to Liberate Yourself and Remake the World with Just One Word*, feels certain that humans are evolving. “We were last to the party with our big brains, and now we’re trying to intellectualize our way to an uncertain future without important feminine values such as feeling, intuiting, nurturing, interdependency and vulnerability,” says McCammon, who is deeply involved in the circle movement, in which women gather in small groups to empower each other.

A regular participant in Gather the Women Global Matrix, a worldwide sisterhood that connects thousands of women sharing meaningful conversations and celebrating the divine feminine with the intention of bringing about personal and planetary transformation through cooperation and collaboration, McCammon says, “No one of us can bring about large-scale transformation alone. It’s time to tell the new story wherein our lives and actions demonstrate that together we are enough. Non-hierarchical circles that encourage authentic communication are part of this new story.”

Citing other important circle communities such as Tree Sisters and The Millionth Circle, McCammon suggests that women tap into The Divine Feminine app, which allows them to find circle communities and events anywhere in the world.

## Co-Creating With the Intelligence of Nature

Teacher and futurist Peter Russell writes books that are focused on consciousness and contemporary spirituality. His lectures help humans free themselves of limited beliefs and attitudes that belie many of humanity’s personal, social and global problems. The author of *The Global Brain: The Awakening Earth in a New Century*, Russell posits that the evolutionary process naturally draws humans together. “Humans are social creatures that need community, which I find very energizing,” says Russell, who cites the Findhorn Foundation eco-village, in Scotland, as a dynamic experiment in community.

“Although residents went through hard times, they recognized the need for

honest communication so they could attune to one another in loving ways that would allow everyone to work through their difficulties. Today, life at Findhorn is guided by the inner voice of spirit, and residents work in co-creation with the intelligence of nature,” he says.

## The Collective Wisdom of Community

An uncertain future is emerging, making it necessary for new and more intuitive methods and spiritual practices for developing collective wisdom, human potential and the skills for practicing community. “I’m in the process of finalizing 118 chapters from 90 different authors for a *Collaborative Change Library: Transforming Organizations, Revitalizing Communities, Developing Human Potential*,” says associate editor Carole Gorelick, who clarifies that spiritual practices are now playing a part in bringing about collaborative change. She notes that several chapters are updated versions of *The Change Handbook: The Definitive Resource on Today’s Best Methods for Engaging Whole Systems* (2007 second edition), which included modalities such as World Café, Open Space Technology, Art of Hosting, Appreciative Inquiry and many others.

A living handbook for developing human potential and the skills to practice community, Fred Eppsteiner has been teaching Buddhism for 23 years. A student of Hanh’s since the 1960s, he is the founder of the Florida Community of Mindfulness, in Tampa. Eppsteiner sums up why the next Buddha could be a community: “A better future will be created by people who are living the values they want for the world, not just abstractly using only the intellect. In community, we ask ourselves, ‘Can I be what I want to see in the world? Can I practice these things mindfully in community with love, acceptance, deep listening, compassion and kindness?’ These are values that every Buddha has lived for centuries, and certainly ones we need to evolve from a culture of, ‘It’s all about me’ to a culture of, ‘It’s all about we’”

*Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.*



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~Susie Hathaway

# BEYOND CALCIUM

## Full-Spectrum Bone Health

by Marlaina Donato

**O**ur bones are the foundation that supports our bodies and the quality of our lives. Unlike the brick and mortar and bedrock of a building, the human skeletal system is living tissue that breaks down and rebuilds; this constant remodeling demands much more than just taking an obligatory calcium supplement.

Compromised bone health is most often associated with postmenopausal women, but it can also impact men and younger adults. Genetics, hormonal changes and nutritional deficiencies can all foster bone loss. The National Osteoporosis Foundation reports that 44 million Americans have low bone density and 10 million suffer from osteoporosis, facing a high risk of fracture from this debilitating condition.

Fortunately, it's never too early or too late to do right by our bones. "Osteoporosis can be prevented, and I've seen many patients reverse osteoporosis," says Leat Kuzniar, a Nutley, New Jersey, naturopath. "It becomes more difficult

Osteoporosis can be prevented, and I've seen many patients reverse osteoporosis.

~Leat Kuzniar

after menopause and if the bone density is very low, but we can always make some improvements in bone health. We need to assess diet, exercise, gastrointestinal health, hormones, medications, pH and even stress levels."

## Synergy of Vitamins and Minerals

Walter Willett, M.D., chairman of the Department of Nutrition at the Harvard T.H. Chan School of Public Health, argues that the daily recommended 1,000-to-1,200 milligrams of calcium is based on inadequate studies, and advises half that amount.

Other minerals may play an equally critical role. The body robs calcium from the bones when blood levels of this vital mineral fall too low; but taking a calcium supplement—especially without co-nutrients—can increase fracture risk. "Calcium supplementation is complex; more isn't better. Vitamin D is essential for calcium absorption, and vitamin K2 is

essential for getting that calcium to your bones and keeping it out of your arteries,” Kuzniar says. Magnesium, phosphorus, zinc and potassium are also allies in calcium metabolism.

Vitamin C, too, is a key player in bone health, promoting collagen synthesis. Nutrient absorption relies on integrity of gut health, so opting for probiotics is a wise choice across the board.

## Bone Up on Superfoods

Optimally, the quest for stronger bones begins with a nutrient-dense diet. “Plenty of fruits and vegetables, whole grains, protein and some fats create a physiology in the body to support optimal bone health. Avoiding too much sodium and animal protein also helps,” says Mary Jane Detroyer, a New York City-based nutritionist and certified dietitian. She underscores the importance of mineral-packed kale, collards, mustard greens, bok choy and broccoli, but warns against oxalate-laden spinach and chard, which inhibit calcium absorption. “Other calcium-rich foods like tofu, edamame, yogurt, kefir and cheese are also good, as well as milk substitutes fortified with calcium.” Omega-3-rich chia seeds, walnuts and other tree nuts are heavy hitters that boost both calcium absorption and collagen production essential for bone strength.

A 2016 Brazilian study published in the *European Journal of Clinical Nutrition* shows that a diet with excessive sweets and caffeinated beverages negatively impacts bone mineral density in postmenopausal women with osteoporosis. Soda consumption also amps up the risk of fractures. An analysis of female subjects spanning 30 years published in *The American Journal of Clinical Nutrition* in 2014 reveals a 14 percent increased risk for fractures with each daily serving of soda, including diet beverages.

## Get Moving

High-impact activities like jumping rope and jogging build strong bones in our youth, but as we age, low-impact exercise is easier on the joints. Mayo Clinic recommendations include walking, gardening, dancing, stair-climbing and elliptical training.

Resistance also yields significant results. A 2018 Korean study published in the journal *EnM* reveals that exercise employing free weights, weight machines and elastic bands increases muscle and bone mass in both women and men. American College of Sports Medicine-certified personal trainer Susie Hathaway, in Fairfield, Iowa, explains why. “What’s good for muscles is good for bones. When a muscle contracts, it gives a beneficial pull on the adjacent bones, stimulating the bone-building cells to be more active.”

Hathaway highlights safety and the importance of bearing weight on the feet. “Gravity is important for bone health. Weight-bearing aerobic exercise, such as brisk walking, provides a mild stimulus for your bones and helps slow down bone loss.”

Kuzniar reminds us that with the right care, our bones can carry us through life. “Once we know what factors are at play in the patient, we can address the underlying causes.”

*Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.*



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# THE MERRY VEGAN People-Pleasing Holiday Sweets

by Julie Peterson

The holidays may send too many sugar plums and frosted gingerbread figures dancing in the heads of people with dietary restrictions. Anyone that chooses to avoid highly processed flours or sugars, artificial ingredients and loads of butter will typically be presented with all of this and more at social gatherings this time of year. They arrive on visually appealing cookie platters that tempt with their cute shapes, vibrant colors and sparkle.

Some, like the gingerbread and reindeer cutouts, will beckon with glazed eyes: "Just one," they whisper. But one can turn into nine and make someone that may normally avoid sugar or gluten feel bodily regrets. Someone that is vegan or allergic may feel they can't have treats.

Making healthier choices about food is difficult for reasons many don't understand. "People have relationships with food—involving family, comfort and traditions—and they don't want to give that up," says James Brandon, of Tampa, founder of Facebook's Vegan and Plant-Based Beginner's Community. Brandon says that holiday treats are tough to resist, but staying true to health goals is most important in the long run.

The best defense to avoid frustration at social food events is to bring a dish

to share that meets your dietary needs, says Megan Gilmore, the author of *No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day* and a blogger at *Detoxinista.com*. "That way, you can introduce something delicious to your friends, family or co-workers and be sure you'll have something to eat!"

A batch of simple, delectable, visually appealing and healthful cookies can be that plate to share, a gift to give or something to keep on hand for guests. Keep the focus on simple, advises Pamela Reed, who blogs at *BrooklynFarmGirl.com*. There are plenty of recipes that will satisfy the sweet tooth and decorate the holiday buffet (until they're all eaten, that is). Don't increase holiday stress by trying a new recipe at the last minute. "Stick with your favorite recipes that you know are going to be a success and are going to leave everyone's taste buds happy," she says.

Transitioning to a more conscious way of eating isn't about deprivation or leaving tradition behind. Bring on the new and healthful cookie recipes and name one after your grandma.

Julie Peterson writes from her home in rural Wisconsin. Contact her at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).

# Oh-So-Healthy Holiday Treats



photo by Pamela Reed

## Peanut Butter Cookies (Vegan, Gluten Free)

Yields: About 18 cookies

*1 cup creamy peanut butter*

*½ cup coconut sugar*

*½ cup brown sugar*

*2 tsp vanilla*

*⅔ cup oat flour*

*1 tsp baking soda*

*¼ tsp salt*

*¼ cup almond milk*

*Additional sugar to roll cookies in*

Preheat oven to 350° F. In a large bowl, cream together peanut butter and sugars with a hand mixer. Once combined, add vanilla and continue mixing.

Add flour, baking soda, salt and almond milk into the bowl and mix for a few seconds, until combined. The cookie dough will be a little crumbly.


Prepare 2 cookie sheets with silicone baking sheets or spray with nonstick spray. Roll the dough into large balls, and then gently roll in sugar to cover them. Use a fork to gently press down on each cookie a little bit—not too much, or they will crumble.


Bake cookies for 12 minutes. Once out of the oven, allow to cool for 15 minutes. This is important, as the cookies will be very soft when they come out of the oven, but they will harden up as they cool.

Store in an airtight container or freeze.


*Recipe courtesy of BrooklynFarmGirl.com.*

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





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## No-Bake Pecan Snowballs (Grain-Free, Vegan)

Yields: 12 balls

1 cup pecan halves  
 ½ cup shredded unsweetened coconut  
 1 cup soft Medjool dates, pitted  
 (about 10 dates)  
 1 Tbsp coconut oil  
 ½ tsp sea salt  
 ½ tsp vanilla extract  
 ½ cup arrowroot or tapioca starch  
 Extra arrowroot for dusting, or coconut sugar

Place the pecans and shredded coconut in a large food processor fitted with an “S” blade, and process until the pecans are broken down and crumbly. Add in the rest of the ingredients and process again, until a sticky dough is formed. (It should stick together when pressed between two fingers.)

Scoop the dough by rounded tablespoons and roll the dough between your hands, forming balls. Arrange the balls on a plate or baking sheet lined with parchment paper, then place them in the freezer to set, about 1 to 2 hours. For a “snowball” look, roll the balls in additional arrowroot or tapioca starch—just a light coating will do—since the starch will not enhance the flavor. It’s just for looks!

Note: If you’d prefer to roll the balls in coconut sugar or shredded coconut, roll them in one of those options before freezing, so the coating will stick better.

Store in the fridge in a sealed container for up to two weeks for best texture.

Source: [Detoxinista.com/no-bake-pecan-snowballs-paleo-vegan](http://Detoxinista.com/no-bake-pecan-snowballs-paleo-vegan)



## No-Bake Peanut Butter Cup Bars (Vegan, Gluten Free)

### Chocolate Crust:

¾ cup ground almond meal  
 2 Tbsp cocoa powder  
 2 Tbsp pure maple syrup  
 1 Tbsp melted coconut oil  
 Pinch of sea salt

### Peanut Butter Filling:

½ cup creamy natural peanut butter  
 3 Tbsp pure maple syrup  
 1 Tbsp melted coconut oil  
 Pinch of sea salt

### Chocolate Topping:

¼ cup cocoa powder  
 ¼ cup melted coconut oil  
 3 Tbsp pure maple syrup

Line a standard loaf pan with parchment paper and set it aside. In a medium bowl, stir together the chocolate crust ingredients until a moist dough is formed. Press the dough evenly into the bottom of the lined loaf pan and place it in the freezer to set.

To prepare the filling, you can use the same bowl to stir the peanut butter, maple syrup, coconut oil and salt. Depending on whether you’re using salted or unsalted peanut butter, consider adding more salt to taste. Store-bought peanut butter cups are quite salty, so I like to add a generous pinch of salt to mimic that flavor. Remove the crust from the freezer and pour the peanut butter filling over the top, using a spatula to spread it out evenly. Return the pan to the freezer to set.

Rinse the mixing bowl and use it again to make the final layer. Combine the cocoa powder, melted coconut oil and maple syrup, whisking well to break up any clumps. Once the mixture has become a smooth chocolate sauce, pour it over the peanut butter layer, and return the pan to the freezer to set until firm, about an hour or two.

Once the bars are firm, grab the edges of parchment paper to easily lift the solid bar from the pan, and use a sharp knife to slice the bars into your desired size. Store them in an airtight container in the fridge for up to two weeks, or in the freezer for up to a month. (The bars become very firm if frozen for too long, so I prefer serving them from the fridge after the initial firming-up time.)

Source: [Detoxinista.com/no-bake-peanut-butter-cup-bars-vegan](http://Detoxinista.com/no-bake-peanut-butter-cup-bars-vegan)



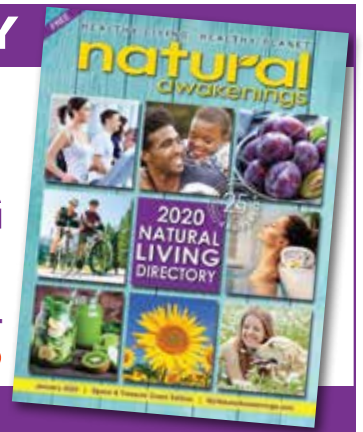
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# Waste-Free Feasting

## How to Reduce Holiday Food Waste

by Yvette C. Hammett

The heaping platters that cheerfully mark the holidays have an unfortunate downside: Americans increase their waste by 25 percent between Thanksgiving and New Year's Day, according to the U.S. Environmental Protection Agency (EPA). The discarded food and packaging burden landfills with an additional 1 million tons of waste each week.

That's in addition to the 40 percent of food Americans typically waste each year—nearly half of all the food prepared at home or in restaurants. Monica McBride, senior manager of food loss and waste for the World Wildlife Fund, notes that squandered bounty is grown in areas that were converted from natural habitat into farm fields, so it's also a waste of natural resources.

"Once you start cooking, you realize the impact on the planet," says chef and caterer Steven Laurence, owner of Vegan Commissary, in Philadelphia. "My grandmother was the kind of person who, if there was one pea left over, she put it in a container and someone ate it the next day. That kind of informs my cooking. The way I was trained, you didn't waste anything. You used everything."

In individual households, small changes can have a big impact, especially during the holidays; all it takes is awareness and a plan. Frugal cooks can make room for a holiday waste reduction strategy by taking inventory of the pantry and boxing up a load for the local soup kitchen or food bank.

Then, design a menu with the environment in mind, using portion control to avoid food waste and whipping up dishes that can easily be upcycled into new creations that can be used as appetizers in the coming days or tucked in the freezer for future enjoyment.

Start with the Guest-imator at [SaveTheFood.com](http://SaveTheFood.com), a great way to determine portions for a holiday party, says Cheryl Coleman, director of the EPA Resource Conservation and Sustainability Division in the Office of Resource Conservation and Recovery.

The Guest-imator and Save the Food, a program of the Natural Resources Defense Council in conjunction with the Ad Council, tells cooks how much to make to keep guests happy and

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includes recipes for leftovers, such as Crispy Sheet Pan Hash, made with leftover roasted vegetables, and Ugly Vegetable Pasta, made with zucchini, tomatoes and eggplant.

Spoilage is another way food finds its way into the garbage can, and that too, can be avoided, Laurence says, pointing out that most food goes bad because it's not cooked properly or is mishandled in storage. "Mix animal protein with starches and grains in a container and it goes bad because of two different sorts of enzymes. It is a fuel for bacteria." He also recommends using as many organic ingredients as possible for longer-lasting leftovers. "We guarantee all of our dishes for two weeks," he says.

Encouraging visitors to take home leftovers is another effective food-saving strategy, says McBride. "Have Tupperware or to-go boxes you could provide to your guests."

Reilly Brock, content manager at Imperfect Produce, in New York City, agrees. "Just like repurposing excess product requires creative thinking, food waste around the holidays requires out-of-the-box ideas to keep impact low," says Brock, whose company delivers imperfect produce to customers' doors for a cost savings. "Why end the fun when the meal ends? The best part about leftovers—and the holidays—is keeping the celebration going."

"Also, make sure you keep food safe," McBride says. "The CDC [Centers for Disease Control and Prevention] has a really great overview of how to do that for parties. Standard guidance is not to leave food out for more than two hours. So, as a party planner, make sure you mentally note when you put food out."

Coleman recommends taking it a step beyond the holidays by joining a movement to cut food waste year-round. She suggests visiting *FurtherWithFood.org* to learn more. "Through that and additional outreach, we might be able to start to change," says McBride.

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. Connect at YvetteHammett28@hotmail.com.*

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# INHALING THE JOY OF LIFE

## Conscious Breathwork

by Marlaina Donato

Our first breath is instinctual and belly-deep, but as we grow into life, everyday stress and trauma can bring us into the shallows. Mindful breathing can help guide our breath back to its original, healthy rhythm. Both the brain and organs benefit from increased oxygen, and the vagus nerve that connects the two—prompted by changes in the body’s pH levels—releases acetylcholine, a neurotransmitter responsible for lowering heart rate.

Breathwork can improve vagal tone, a major component in a wide range of conditions like depression, pain syndromes, sleep disturbances, anxiety disorders and chronic inflammation. A 2016 study by the Medical University of South Carolina published in the journal *BMC Complementary and Alternative Medicine* shows a lower number of proteins associated with inflammation in the saliva of participants that employed breathing exercises. A study that appeared in the journal *Psychophysiology* in 2015 found that 20 minutes of mindful breathing at bedtime fostered a good night’s rest for people with insomnia.

### Breathing Breaks

From traditional rebirthing techniques using circular breathing to Middendorf Breath

Work for somatic awareness, there are many styles of conscious breathing. The gentler approaches best suit everyday needs and taking a breathing break can actually provide more refreshment than one featuring coffee.

“Many people have found that a regular breathing practice has helped them increase energy and decrease anxiety. It is a powerful tool to reset the nervous system when we’re overwhelmed and stressed,” says Somatic Breath Therapy (SBT) practitioner Rachael Walter, owner of Breathe-Here-Now, in Keene, New Hampshire. Like many forms of breathwork, SBT bridges the chasm between mind and body. “Conscious breathing can also help people access and understand their emotions,” notes Walter.

Pranayama, an ancient technique of yoga that focuses on breath control and employs alternate nostril breathing, can be performed while lying down, seated or on the yoga mat. Kundalini yoga teacher Melissa Crowder, owner of 4 States Yoga, in Joplin, Missouri, advises students to start out slowly, three to six minutes a day, and then work up to a longer practice. “Alternate nostril breathing is a great practice for everyone. As little as six minutes of yogic breathing, as needed, can make a profound difference in decreasing pain and stress,” she says.

### Belly Benefits

The American Lung Association recommends a variety of exercises, including diaphragmatic (belly) breathing, for conditions like asthma and chronic obstructive pulmonary disease (COPD). Engaging the diaphragm is key in breathing to fullest capacity. Walter explains, “An open, healthy breath is one in which we use the diaphragm to initiate the breath, followed by the belly expanding and the breath moving into the chest.”

Most of us unconsciously fall into shallow and sometimes self-conscious breathing patterns at an early age. “During my training, I read that by age 6, we pick up on cues telling us to tuck in our tummies. This simple, bad habit begins a cascade of physiological responses. Upper chest breathing can create anxiety symptoms and poor digestion,” explains Colleen Breeckner, owner of Colleen Lila Yoga, in New York City. “Diaphragmatic breathing causes the diaphragm to become flat and wide, and in turn, presses upon the stomach and helps to churn the gastric juices. For this reason, it can aid earlier stages of digestion.”

When used in conjunction with other modalities such as cognitive behavioral therapy, diaphragmatic breathing might be beneficial for irritable bowel syndrome.

### Breathing Into Feelings

The depth and quality of the breath can help us to become aware of emotional states that include “holding patterns”. “Conscious breathing is a doorway into deep meditation, which can help alleviate anger and insecurities. It can also be helpful in dropping addictions,” says Crowder. “Linking pranayama with physical movement [asanas] helps to release tension and emotions that can be held in the body’s soft tissues.”

Breeckner agrees, “Developing this awareness can help us to move unpleasant and stuck emotions through the body.”

Well-being can be just a breath away, says Walter. “When we open up our breath, we open ourselves to a fuller experience of being human. It has the capacity to bring us into the present moment to access our joy and our life’s purpose.”

*Marlaina Donato is an author and a composer. Connect at AutumnEmbersMusic.com.*

# Go-to Breathing Exercises

**From Rachael Walter:**

## The Three-Breath Sigh

Place one hand on your lower belly and the other on your chest. Breathing in through your nose, let your breath start in the belly and move up to the chest. Then exhale through your mouth while making an audible sighing sound. Repeat two more times.

## The Four-Eight Relaxing Breath

Place one hand on your lower belly and the other on your chest. Using a belly breath, inhale to the count of four and exhale to the count of eight, making your exhale twice as long as your inhale to facilitate relaxation. Feel free to play with how fast or slow you count to find a comfortable breathing pace. Repeat for six to 10 times as needed.

## Breath Walk

This is an excellent exercise to do while at work, school or a public place to give your nervous system a break,

even when the world is crazy-busy around you. Walk at a slightly slower pace than normal and breathe in for one step; breathe out for the next step, counting three or four for each breath/step. Continue as you walk, being mindful of your breath, counting and surroundings.

## For further inquiry, Melissa Crowder recommends these Kundalini yoga breaths:

*Shabad Kriya* for promoting deep restful sleep

*Sitali Pranayama* for lowering a fever or cooling off a hot temper

*Breath of Fire* for improved brain circulation, stimulating digestion and weight control

*Right nostril breathing* for afternoon slumps

*Left nostril breathing* to quiet mind chatter at bedtime

# Noteworthy Breathwork Styles

**Clarity Breathwork:** Developed from the groundwork of Leonard Orr, with a focus on accessing the subconscious mind for self-awareness

**Holotropic Breathwork:** Developed by psychiatrist Stanislav Grof, M.D., and his wife Christina and employs deep, rapid breathing to initiate an altered state of consciousness; training in the Grof method is required

**Integral Breath Therapy:** Gentle technique for an altered state of consciousness that works with the body's natural healing capacity

**Middendorf Breath Work:** Named after German-born Ilse Middendorf, a gentle technique that does not include forcing the breath to promote healing

**Rebirthing Breathwork:** Pioneering and well-known form of breathwork that was also developed by Orr with a focus on releasing unconscious energy blocks imprinted during the birth process

**Shamanic Breathwork:** Uses specific breathing methods, chakras or energy centers, music and movement to overcome emotional blocks for deep-level healing

**Transformational Breath:** Developed by Dr. Judith Kravitz using uninterrupted breathing, Kundalini yoga and other elements of physical and energetic healing; recommended by Dr. Christine Northrup and Dr. Deepak Chopra

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## wise words

# Surgeon Mary Neal on Lessons From Heaven

by Kajsa Nickels

In 1999, while kayaking on the Fuy River in Chile, orthopedic surgeon Mary Neal became trapped beneath a waterfall and drowned. She was underwater for 30 minutes before the current pulled her out. During that time, Neal experienced what she believes to be a miraculous event in which she penetrated the veil dividing the physical and spiritual worlds. There, she was told that it was not yet her time, and of the future death of her eldest son, a prediction that was fulfilled 10 years later. The experience gave her a new perspective on the purpose of our Earthly existence and life after death.



access to many resources that the common person would not. I spent many months researching scientific and medical literature to try to come up with a logical explanation of what had happened to me. I was forced to conclude that my experience fell outside of the parameters of both science and medicine. I could not find any examples to disprove what happened,

especially when the predicted death of my oldest son came to pass.

### ***What was the most profound moment of your experience?***

It's hard to pinpoint the most profound moment of the entire experience, but what impacted me most was the realization that God is real, and He is present to each and every one of us every moment of our daily lives. I realized to the depths of my soul that all God's promises are true, not just wishful thinking or a vague hope.

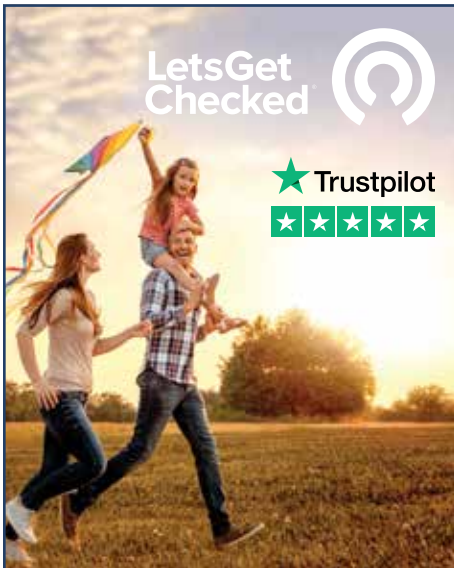
### ***How has your NDE made you a better wife, mother and medical professional?***

You can't have an NDE without having your entire life changed. When you realize that there is more to life than what you can see with your physical eyes, it changes your entire perspective on every moment of every day. The things we say and the things we do create a ripple effect that spreads beyond the boundaries of our human

She has since written two books on the subject: *To Heaven and Back: A Doctor's Extraordinary Account of Her Death, Heaven, Angels and Life Again*; and *7 Lessons from Heaven: How Dying Taught Me to Live a Joy-Filled Life*. Her life-altering experience prompted her to pay more attention to those things that are truly important: faith, family and relationships with other human beings. She lives with her family in Jackson Hole, Wyoming, where she continues to mend broken bones.

### ***How do you think your medical background makes you uniquely qualified to speak on near-death experiences (NDE)?***

I am a very concrete thinker and analyze everything. Being a doctor also gave me



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sight. Love is ultimately the only thing that matters, to reflect love to the world and other people. I was a “good person” before my NDE, but I now see differently. I see that each human being is incredibly loved, and that we are all one: We are them, and they are us. Everything else in the world is secondary to God’s love and presence in our lives.

***How is your approach to everyday life different than it was prior to your NDE?***

I am able to be entirely present in every moment of my life. I can experience deep and abiding joy regardless of my circumstances. I am able to trust that grace covers my past, that there is life after death and a plan for my life. No matter what is happening, even if it is terrible, beauty will come out of it. Most people are trapped in regrets of the past and worry about the future. With complete trust in God, I am able to fully have joy in each and every moment.

***Is there a difference between joy and happiness?***

Absolutely. Happiness is an emotion based on circumstances. Happiness can accompany joy, but not always. Joy is a state of being, of trusting in God, of believing that his promises are true. Joy comes from freedom—freedom from disruptive emotions like guilt, remorse, unforgiveness. Even in the devastation of my oldest son’s death, I can honestly say that I experienced a deep joy from trusting in God’s love and promises.

***Why do you believe heaven is written in our hearts?***

As a scientist, I firmly believe that we are created beings with physical bodies and spiritual souls. I believe that our spiritual self remembers heaven and remembers joy. Part of our journey here on Earth is to rediscover our connection with God. As adults, we often feel that we have to choose between science and spiritualism. The truth is that they coexist, answering questions in different ways.

*Kajsa Nickels is a freelance author who lives in Northeastern Pennsylvania. Connect at fideleterna45@gmail.com.*

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## Perfect Pet Presents Safe and Eco-Smart Toys

by Julie Peterson

The pet aisles are so full of squeaking, plush and colorful toys it can make a dog or cat parent's head spin like a Frisbee. Add blinking lights, flavors, promises of higher intelligence or cleaner teeth; then toss in concerns about sustainably sourced materials, potentially toxic ingredients and varying degrees of quality. The choices are complex.

It would be nice to look for that gold seal of approval from the Pet Toy Regulatory Agency. But don't bother: There is no such thing. It's all up to the consumer to figure it out.

### The Problem Is Real

Concern regarding toxicants in children's toys and the realization that they posed a risk of chemical exposure led to regulatory protections. "Similar safeguards do not exist for pets, even though they exhibit similar chewing and mouthing behaviors," says Philip N. Smith, Ph.D., associate professor of terrestrial ecotoxicology at Texas Tech University in Lubbock. "Owner education is key to limiting unintentional chemical exposure."

According to a 2013 study co-authored by Smith and

published in the journal *Chemosphere*, common endocrine-disrupting chemical toxins in plastics can enter a dog's body through saliva. Concentrations of leachable chemicals can increase in older, degraded toys, according to the National Institutes of Health.

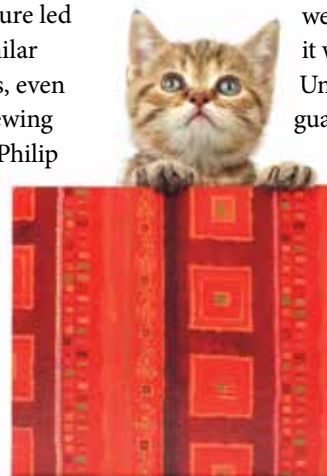
For anyone that has ever had a pet destroy a toy faster than it takes to calculate the cost per second, durable construction may be the highest concern. After all, if the toy is vigorously ripped to shreds, pieces may be swallowed. The most immediate issue becomes intestinal blockage.

This is a common problem for cats and dogs with a propensity to eat garbage, plants and holiday decorations. But when we spend good money on actual toys,

we would like to think that it won't lead to surgery. Unfortunately, there is no guarantee. Poorly constructed

toys have required many pet owners to watch for the parts to pass through the animal or, worse yet, make a trip to the vet.

Even if a toy seems sturdy, it's best to observe the animal with the toy. Charlotte Easterling, a graphic designer in



Madison, Wisconsin, learned this from her cat, Hazel, who choked on a common cat toy. “She was playing with a glitter ball and then started meowing kind of frantically, scrambling around and pawing at her face. I jumped up and pulled the ball out of her mouth,” recalls Easterling. Hazel only gets big glitter balls these days.

## A New Generation Spurs Change

The American Pet Products Association (APPA) National Pet Owners Survey provides insight into the demographics, buying habits and other traits of dog, cat, bird, small animal, reptile, fish and horse owners. The 2019-2020 survey shows that about 85 million U.S. homes, or 67 percent, include a pet. This leads to a lot of money flowing into the pet toy and care community.

Annually, dog owners spend about \$124 and cat owners spend about \$89 on treats and toys. The survey also indicates that Millennials are the largest pet-owning demographic.

“The pet care community is doing a great job of meeting the demands of a new generation by offering a range of products made from sustainable, recycled and upcycled materials,” says Steve King, CEO of APPA, in Stamford, Connecticut. King notes it’s expected that as Gen Z pet owners begin to assert themselves in the marketplace, we will see more products based on sustainability and transparency.

## Shopping for Safety

Experts offer some guidelines for ways consumers can choose harmless toys:

- ✓ Be suspicious of toys manufactured overseas or cheap ones made in the U.S.
- ✓ Contact the manufacturer and ask if toys contain phthalates, BPA, arsenic, bromine, chemical dyes, chromium or formaldehyde.
- ✓ Look for toys made with ingredients from nature (hemp, leather or wool).
- ✓ Find a pet supply store that has natural, safe and sustainably sourced products.
- ✓ Inspect toys periodically for loose parts and watch the pet with new toys.
- ✓ If a pet plays with a toy and then acts oddly, contact the vet.

Julie Peterson writes from rural Wisconsin. Connect at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).

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inspiration



# The Generous Heart

## How Giving Transforms Us

by Cindy Ricardo

One of the ways we come into balance and connection with each other and with life is by giving from the heart. When we give to others, whether it's an act of kindness, generosity or compassion, it helps us live from the heart instead of the ego.

Living from the ego is painful and exhausting. It's like feeding a hungry monster that's never satisfied. Ego craves, pursues and clings to status, approval, material wealth and control. It views the world through the eyes of fear—constantly evaluating, judging and acting in ways that are self-centered, defensive and protective. Like with Scrooge, ego closes our heart and

makes us small, fearful and contracted.

By contrast, generosity requires that we open our hearts to the world and each other. We allow ourselves to be vulnerable. In doing this, we open ourselves fully to life, love and relationships. We let go of striving and pursuing things. When we stop striving, we begin to see, value and respond to what's happening in the present moment in ways that are healthy and healing. Our priority shifts from acquiring things to appreciating what we have and being open to sharing with others.

Generosity is a quality of kindness, of living from a place of abundance. We see the world through a clear lens

that isn't clouded by fear, wanting or clinging. When we interact with others, our connection is genuine. We see people instead of judgments or labels.

Being generous arises from the heart, not the wallet. We don't need to have material wealth in order to be generous. The only requirement is a willingness to open our hearts, to see life as it is and to interact with others from a place of compassion and love. Some examples of generous acts are:

- Doing a household chore without being asked.
- Setting aside what we're doing and listening to someone in need of emotional support.
- Telling loved ones what we appreciate about them.
- Listening to children and trying to see the world through their eyes before offering advice.
- Smiling at a stranger.
- When asking, "How are you?" looking into the person's eyes and taking time to truly listen with an attitude of curiosity and compassion.

Generosity awakens goodness in the heart, and this helps us open to life, love and relationships.

*Cindy Ricardo is a Coral Springs, Florida-based psychotherapist who blogs at ACaringCounselor.com.*

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*Find additional Health Talks in this month's Treasure Coast calendar*

# calendar of events

## NEW CALENDAR FORMAT

SPACE COAST EVENT LISTINGS: PAGE 39  
TREASURE COAST EVENT LISTINGS: PAGE 43

**DEADLINE:** All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com).

### SPACE COAST EVENTS

#### SUNDAY DECEMBER 1

**A Mindful Holiday Flow Yoga Workshop** – 1-3pm. All levels hatha flow class with emphasis on moving mindfully through your mat so you can move more mindfully through the holiday season. Includes yoga asana, breathwork, guided relaxation and mindfulness meditation. \$20 pre-paid (\$25 day of event) Register online or call 321-729-9455. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

#### TUESDAY DECEMBER 3

**Trance to Transformation** – 7-8:30pm. A Higher Consciousness Experience with Bruce Orion. Learn how to quickly access the trance states and be guided to the higher states of consciousness. Includes learning to program to enable you to return to those states with ease. For more information visit [BruceOrion.com](http://BruceOrion.com). \$20. Register online or call 321-729-9455.

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#### WEDNESDAY DECEMBER 4

**Tai Chi** – 11:30am-12:30pm. Patients, caregivers, cancer survivors, and professionals caring for cancer patients are welcomed. Free. Downtown Yoga Studio in Melbourne 528 E New Haven Avenue Melbourne. 321-676-4600. [CompCancerCare.org](http://CompCancerCare.org).

**Yoga** – 1:30 -2:30pm. Patients, caregivers, cancer survivors, and professionals caring for cancer patients are welcomed. Free. The Zen Room 631 Brevard Avenue Cocoa. 321-544-8541. [CompCancerCare.org](http://CompCancerCare.org).

#### THURSDAY DECEMBER 5

**Holy Fire; Love Experience** – 5:45-7pm. Holy Fire; Love Experience 1 is a 3-week journey of healing and meditation. The meditations are progressive but can be attended individually as well. Through guided meditation and Sound Bath therapy, participants will be attuned to a higher fre-

quency of healing. Crystal Singing Bowls provide intense healing through frequencies that activate divine love and self-empowerment through higher consciousness. Pre-registration required. \$25. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-YOGA.

**Don't Let Adrenal Fatigue Impact Your Life** – 7- 8pm. Are you stressed out? Tired of being tired? You could be experiencing adrenal fatigue. Learn how to prevent and recover from this condition naturally so you can handle stress and have more energy. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. 321-728-1387. [CareWellnessFL.com](http://CareWellnessFL.com).

#### SATURDAY DECEMBER 7

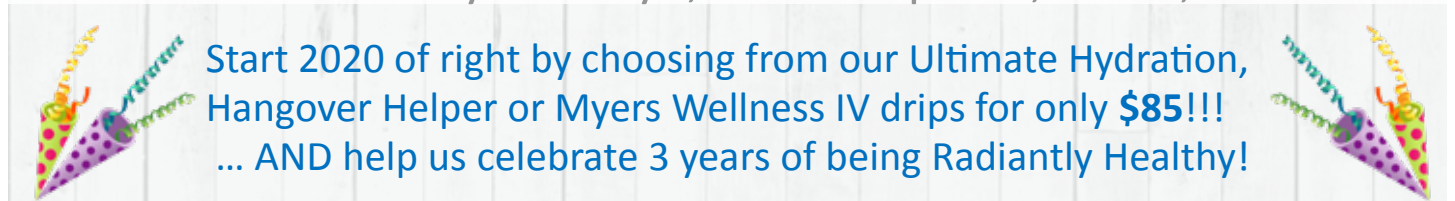
**Combating Stress with Herbs** – 9-10am. Learn which herbs can be used to combat stress. Led by Shelly. \$15 with a \$10 non-refundable deposit to hold place in class. Advance registration is required. Herb Corner 277 N. Babcock St, Melbourne. 321-757-7522. [HerbCorner.net](http://HerbCorner.net).

**Reiki 3/Advanced Reiki Certification Course** – 10am-6pm. The student receives the Master Reiki Symbol to be included with the three previous symbols received in Level II. This will increase the student's connection with the Universal Life Force and open the doorway to work in different levels of spirit and karma. 7 CEU's for Yoga Alliance teachers. Instructor Maria Banas. \$235. Register online or call to pre-register. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. 321-729-9495. [AquarianDreams.com](http://AquarianDreams.com).



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## SUNDAY DECEMBER 8

**Reiki I Class** - 9:30am-5pm (with lunch break). Learn the history of Reiki, how to feel energy by doing fun, interactive exercises, to confidently deliver effective Reiki treatments for yourself, family, friends & pets, how to use Reiki for healing and personal growth. Receive Reiki Level I Attunement. Class materials and lunch included. Preregistration required by Thursday, December 5. To register online [CheriFlauto.com](http://CheriFlauto.com) or call 407-401-0890. Cheri Flauto Reiki Master/Teacher. \$150. Essential Elements Wellness 1010 E New Haven Ave., Melbourne. 407-401-0890.

**Kundalini Yoga & Gong Meditation Workshop** – 1-3pm. Examine the power that each chakra communicates and learn how to activate our chakras to communicate what we want. Gong meditation included. Jessica Martin is a certified Kundalini Yoga Instructor. \$20. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

**Yin Yoga with Reiki for Holiday Stress Workshop** – 4-6pm. Certified Yin Yoga teacher Debby Jeffries and Reiki Master, Maria Banas, lead an

afternoon of mindfulness practices. Experience some Yin Yoga postures which facilitate both physical and mental well-being thru asana, breath and reiki touch and further balance energies with reiki through sound bath meditation. \$25. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

## MONDAY DECEMBER 9

**Heal Your Eyes, Heal Your Vision** – 9-10am. Learn about the benefits of MicroAcupuncture for degenerative eye conditions and serious vision conditions with Sylvie Morin, DOM. RSVP as space is limited. Free. Health for Life Wellness Centers 1727 North Atlantic Ave. Cocoa Beach. 321-259-0555. [HealthForLifeWellnessCenters.com](http://HealthForLifeWellnessCenters.com).

**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. 321-728-1387.

## THURSDAY DECEMBER 12

**Full Moon Meditation** – 7-8:30pm. Full moon meditation is powerful for releasing things from your life, old negative emotions and thinking, and

transformation. Session begins with a Crystal and Tibetan bowl meditation and if weather permits will go across street to the ocean for silent meditation under the moon. Bring yoga mat or towel. \$20 pre-paid in advance (or \$25 day of event.) Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at [AquarianDreams.com](http://AquarianDreams.com) or call 321-729-9495.

## FRIDAY DECEMBER 13

**Donation Reiki Healing Session** - 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 With Maria Banas. Call to register 321-729-9495. Suggested Donation \$20. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic.

**A Mystical Evening of Healing, Meditation & Messages** – 7-9pm. A unique blend of spiritual consciousness, powerful healing experiences, and personal mystical guidance. It includes healing vibrations of Crystal Bowls, tuning forks, and Tibetan Sound Healing Bowls. Led by Maria Banas, Monica Lombardo and Cheri Hart. Each student will also receive a clairvoyant message from professional intuitive, Cheri Hart. Prepare one personal or spiritual question that is of great importance to you. \$35 pre-paid, \$40 day of event. Register online or call 321-729-9495. Suggested Donation \$20. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic.

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## SATURDAY DECEMBER 14

**Quick and Easy Herbal Crafts** – 9-10am. Learn to make some wonderful holiday gifts for friends and family. Led by Shelly. \$15 with a \$10 non-refundable deposit to hold place in class. Advance registration is required. Herb Corner 277 N. Babcock St, Melbourne. 321-757-7522. HerbCorner.net.

**Resolving Trauma with Yoga & Meditation** – 1-6pm. It is not uncommon for trauma or emotional distress to live in the body for many years, unless it is removed energetically, spiritually, therapeutically and physically. Clinical psychologist, Louise Peters and yogi/spiritual teacher Maria Ulbricht will lead you through this life-changing retreat which includes intention practices, resetting brain to calm and optimal states, beginner aerial yoga and guided meditations in silk hammocks. Illustrated educational manual. \$175. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.

**Kirtan with Rayananda and the Wandering Sadhus** – 7-9pm. Kirtan, 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. Sing, dance, chant and fill your soul with the vibrations of love. Suggested Donation \$10. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) indialantic. AquarianDreams.com.

## space coast save the date

### SATURDAY JANUARY 4, 2020

**Plant Based Eating, Meditation, & Spiritual Growth** – 1-3pm. A 4-week course in how to transition to 100% plant-based eating and authentic living. This course includes a 10-day detox, aerial meditations and tools to keep you focused on both clean-eating and personal growth. This course is led by spiritual teacher, holistic nutrition consultant and yoga instructor. Find out more about Maria Ulbricht here: TheHolisticWoman.com. \$199. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.

### SATURDAY JANUARY 25 & SUNDAY JANUARY 26, 2020

**Melbourne Mystic Faire** - Saturday 11am-6pm, Sunday 11am-5pm. Exciting weekend. Over 90 psychics, healers and vendors sharing their talents and wares. Free lectures, door prizes. \$5 for one day, \$8 for the weekend. Age 12 and under free. All door prize proceeds going to a local charity. Melbourne Auditorium, 625 E. Hibiscus Blvd., Melbourne. 239-949-3387. MysticFaires.com

### SATURDAY MARCH 21, 2020

**Gary Renard Workshop:** Letting Go of Fear Through the Principles of A Course in Miracles - 10am-5pm. Glenda Carlin presents Special Melbourne Workshop with Gary Renard. Gary takes you through the process of awakening from the dream of separation using the purely non-dualistic thought system of *A Course in Miracles*. Principles and practices of undoing the ego through true forgiveness will be discussed. Gary is the best-selling author of *The Disappearance of the Universe* and *The Lifetimes When Jesus and Buddha Knew Each Other*. \$95 per person. To register email: GlendaCarlin1@gmail.com or call 321-704-1678. Unity of Melbourne 2401 N. Harbor Blvd Melbourne.

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## SUNDAY DECEMBER 15

**Reiki for Kids: Certification Course** – 1-3:30pm. (for ages 5 - 10) Workshop includes: Sensing the energy field; Reiki I Attunement; Healing with Plants, Animals and People; Reiki Art; Stories and Guided Meditation. Special price of \$67 includes all class materials, Reiki Kids manual and a "Reiki Kids" certificate. Instructor, Maria Banas is a Montessori School teacher and a certified Reiki Master-Teacher (since 2000). Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

## TUESDAY DECEMBER 16

**A Healing Journey Through Grief** – 7-9pm. Hospice Nurse, Shannon Davis leads a healing journey to help release the daily stressors of grief from loss. Includes creating tools for coping and releasing our grief through ceremony and meditation techniques. Shannon is also a Reiki II practitioner and a student of Shamanism. \$10 (or Yoga membership). Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

## WEDNESDAY DECEMBER 18

**Winter Solstice Meditation** - 7-8:15pm. A winter solstice meditation allows you to enjoy the holidays and prepare you for the closure of another year. Meditation will help you look forward to ushering in the hope and promise of a brand-new year. Monica Lombardo has been practicing meditation for over 10 years. \$10 or yoga membership. Register online or call 321-729-9495. Aquarian Dreams, 414. N Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

## THURSDAY DECEMBER 19

**Candlelight Yin Yoga with the Yamas & Niyamas Workshop** – 7-8:30pm. Yin Yoga is a meditative approach to yoga with a physical focus on accessing the connective tissue and fascia. This practice is beneficial in regulating the flow of vital energy in the body, mind and spirit. The Yamas and the Niyamas are yoga's ethical guidelines laid out by

the 8 Limb path created by Patanjali. \$20 pre-paid or \$25 day of event. Register online or call 321-729-9495. Aquarian Dreams, 414. N Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

**Women's Health 101** – 7-8pm. Women have unique needs when it comes to physical health and wellness. Dr. Brian Walsh will discuss the latest tips for women's health including natural hormone balancing, mental health, and beauty tips for skin and hair. Free but call 321-728-1387. CARE Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. 321-728-1387.

## FRIDAY DECEMBER 20

**Peace Meditation** – 6:30-7:30pm. The Holiday Season is a time when we think about peace on Earth and wish peace for our family and friends. Participate in a guided meditation with Anthony Profeta, Interfaith Minister, turning within and connecting to the peace of our soul and sending it out to both humanity and our world. Suggested donation \$10-\$15. Register online or call 321-729-9495. Aquarian Dreams, 414. N Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

## SATURDAY DECEMBER 21

**Reiki 1 Certification Class** – 10am-5pm (with lunch break). Experience the high frequencies of Usui/Holy Fire III Reiki. Learn the science and history of Reiki, how to do a full treatment for yourself and others, Chakra system, and breathing techniques. Included: Attunement/Placement, ICRT Manual, Certificate, lots of practice. Rev. Karen Hedley is a Certified Reiki Master Teacher. \$135. Full Circle Yoga School, 320 N. Atlantic Ave. (Hwy. A1A). Cocoa Beach. 305-998-8159. KarenHedley.com.

**Reiki I Certification Class** – 11am-5pm (with lunch break). Reiki Level I Certification & Beginners Meditation. Level I-Usui Holy Fire III- Holy Fire Reiki. Learn: Beginning Meditation Techniques, The Nature of Reiki energy, The Reiki Ideals Hand Placement System, Giving Reiki to yourself, plants, and animals. Yoga Alliance 7 CEUs (open to the public). \$160. Preregistra-

tion required. Zen Yoga Studio Satellite Beach. 866-820-9642.

**Cool Yule** – 12-7pm. Join us for a day celebrating all theologies and all beliefs. We are honoring the holiday season with a day filled with discounts, drawings and fun. Free. Essential Elements Wellness 1010 E New Haven Ave. Melbourne. 407-401-0890.

**Vegan Workshop** – 3-5pm. Introduction to a plant-based diet with Keenun Barley. Explore ways to put more plants on your plates and the benefits, plant-based options to replace your favorite food and meal planning. Information and discussion followed by food demos and samples and Q & A session. Pre-registration is appreciated for food prep. \$15 pre-paid by December 10, \$20 after. Includes food samples, recipe e-book and ongoing support. Register online or call 321-729-9495. Aquarian Dreams, 414. N Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

## SATURDAY DECEMBER 28

**Sacred Sound Immersion Meditation with Crystal Bowls** – 5-6:15pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Sound has a profound power to focus the active mind and to clear and balance the body, allowing you to relax, detach and connect to the divine bliss within. Led by Susan Rizzo. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

## SUNDAY DECEMBER 29

**Restorative, Reiki, and Oils for Chakra Balancing** – 1-2:30pm. Your chakras or energy centers affect you physically, emotionally, and spiritually. With the use of Restorative Yoga poses, Reiki, Essential Oils, and chakra music, you will float into a state of bliss while each chakra is balanced. Ending with Yoga Nidra (yogic sleep). Chakra handouts, 5ml doTERRA rollerball included. \$25. Aquarian Dreams 414 N Miramar Ave. (Hwy A1A) Indialantic. 321-729-9495. KarenHedley.com.

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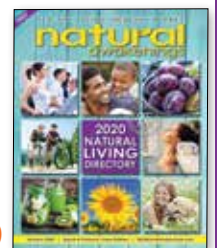
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## TREASURE COAST EVENTS

### SUNDAYS DECEMBER 1 & 15

**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. Co-located Spark of the Divine 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. [isdtreasure.org](http://isdtreasure.org).

### TUESDAY, DECEMBER 3

**Spirit Guides Speak with Ann Marie Skordy** - 6-7:30pm. This event includes 30 minutes of Ann Marie channeling the Angelic Realms for the group, followed by a question and answer segment. These sessions provide guidance, energy alignment, and the awakening of spiritual centers and gifts leading to clarity, self-acceptance, purpose and empowerment. \$30 Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 [UbuntuFishGallery.com](http://UbuntuFishGallery.com).

**Headaches & Migraines: A Thing of the Past** - 6-7pm. Learn natural solutions for Stress Headaches, Tension Headaches, Migraines, Allergies and Menstrual Headaches. Make headaches a thing of the past. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite #2 Vero Beach. 772-778-8877.

### FRIDAY DECEMBER 6

**Light Up Night** - 5:30-8pm. Come enjoy food, drinks & giveaways at Light Up Night at The HAIR Tiki 735 Commerce Center Dr. Ste. B Sebastian. 772-228-8986.



### FRIDAY JANUARY 17- SUNDAY JANUARY 19

#### Reiki I & II & Advanced Immersion with Kumari - 9am-5pm.

Everyone can learn The Usui System of Natural Healing (Reiki) for self-healing, personal and spiritual growth, a way to give healing to family, friends, and animals, or a gentle complementary therapy in holistic medicine. Reiki II teaches you distant, mental-emotional healing and greatly increases your healing power. Immersion teaches you how to use Reiki for intuition, abundance and manifesting, plus how to work with nature and animals. 29 years experience.

7 CEU's for LMT's per workshop. Sebastian.  
[KumariHealing.com/ReikiCertifications](http://KumariHealing.com/ReikiCertifications)

## treasure coast save the date

### SUNDAY JANUARY 5, 2020

**Vision 2020 White Stone Ceremony** - 10am. Based on Revelation 2:17, receive insight on what spiritual qualities you SEE yourself expressing in 2020 for a healthy, meaningful and prosperous New Year. Unity of Fort Pierce, 3414 Sunrise Blvd Ft. Pierce. [UnityOfFortPierce.com](http://UnityOfFortPierce.com). 772-461-2272

### SUNDAY JANUARY 26, 2020

**Awaken Wellness Fair** - 10am-5pm. Plan your day around the speaker schedule, pre-book appointments for Readers and Healers at a discount and enjoy visiting unique vendors featuring unusual, hand-made, healthy natural products and services. \$10 admission. Exhibitor opportunities are available for products and services that explore the many paths to healing. Exhibitors are sought in four categories: Speakers, Healers, Vendors and Readers. Sign up now. [AwakenFair.com](http://AwakenFair.com). Port St. Lucie Civic Center, 9221 SE Civic Center Pl, Port St. Lucie (located at US 1 and Walton Road). 772-345-7218



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## mark your calendar

### THURSDAY, DEC 5 – 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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### SATURDAY, DECEMBER 7

**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, Sebastian. 772-770-9700. FriendsAfterDiagnosis.com.

**Strengthen Energetic Boundaries** – 1-3pm. Experience an understanding of your unique aura using a tarot card to help you strengthen your boundaries while remaining compassionate to others. \$45 in advance / \$55 at the door. Spark of Divine 1789 Old Dixie Hwy Vero Beach. 401-323-0530. TarotCare.com.

**Featured Artist Reception** - 5-8pm. Join us for our artist reception featuring Cheryl (Charlie) Cote'. There will be food, live music, and of course the beautifully powerful art of Charlie Cote' will be on display. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com.

### SUNDAY DECEMBER 8

**Kirtan Workshop** – Felicia Rose, guest musical leads an inspirational workshop on chanting and mantras followed by reflection and meditation after the service. This is a joyful experience, releasing one from stress and creating a sense of wholeness. \$20. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityOfFortPierce.com.

**Kashi Sunday Market** – 10am-2pm. Organic Vegetarian Lunch Buffet: 12-1:30pm. \$15. Homemade baked goods: hot cinnamon buns, cakes, & cookies (including gluten free). Fresh juice & organic coffee and tea. Great gifts and bargains, Jewelry, Bodywork, Fairy hair, Tarot readings and more. Free children's craft table and go-cart rides for \$5 donation. For more information or interested in having a booth, call Sunanda 404-308-8392. Free. Kashi Ashram 11105 Roseland Rd., Sebastian. 404-308-8392.

**Roundtable Discussion: "Going Beyond the Mind, Living in Soul Consciousness"** - 11am-Noon. Roundtables are opportunities for sharing of spiritual questions, experiences and insights. The public is cordially invited to participate in this forum for exploring spiritual insights. Roundtables

are led by an ECK Spiritual Aide who is a member of the Eckankar clergy. Free. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

**Crystal Grid 101 with The Pixie and the Bull** - 2-4pm. Brenda and Guy will lead you in 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 more. \$59. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com.

### TUESDAY DECEMBER 10

**ISDTC Mini Metaphysical Service** – 6-6:45pm. Our Mini Service is interactive focusing on spiritual wellness with practical tools for personal development. Free co-located Into the Mystic 1614 US-1 North Sebastian. 772-404-1352. isdtreasure.org.

**The Story Your Blood Tells** – 6-7pm. Have you ever been confused by lab results? We can fix that. Bring a copy of your recent blood work. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2 Vero Beach. 772-778-8877.

### THURSDAY DECEMBER 12

**Flower Essence Guided Meditation** – 10-11am. Treat yourself to the healing benefits of Flower Essences with guided meditation in our therapeutic salt room. These vibrational remedies assist in harmonizing and resetting patterns of imbalance. You'll

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**Full Moon Sound Healing Chakra Balancing** – 7-8:30pm. The full moon is a time to let go of what no longer serves us. Barbara Spaulding, RN, Clinical Sound Therapist, guides you to, release, realign, and balance your chakras, with quartz crystal singing bowls and sound healing instruments. \$30. Call 772-245-6515 or ASoundHealing.com. Sound Healing, Palm City.

## FRIDAY DECEMBER 13

**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 DECEMBER 14

**Psychic Fair Holidays with Our Readers** – Featuring Tea Leaf Readings-Angel card readings, Oracle card reading's, Tarot readings, Psychic medium readings & More. Readings and Holiday giveaways. Join us for our end of the Year Psychic Celebrations. \$25. Readings & Psychic & the Genie 313 Colorado Ave Downtown Stuart. 772-678-6170.

**Reiki Level I Training Certification** – 11am-6pm. 6 CEUS available, \$175 includes book, attunements, instruction, practice and continued mentoring. Spark of Divine 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

**Energy 101 with Wendy Becerra** - 2-3:30pm. Upon completion of this workshop, you will have learned -How the law of attraction is at play in our lives -How to manipulate energy to manifest the life you desire -Techniques to create an energy ball -How and why crystal and energy healings work \$33. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com.

## TUESDAY DECEMBER 17

**Digestive Disorders: Prevention and Healing** – 6-7pm. Do you have IBS, Acid Reflux, Crohn's Disease, Gas, Bloating, Diarrhea or Cramping? Learn how to find digestive balance naturally. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

**Shaman Medicine Wheel Workshop** – 6:30-8:30pm. Explore the teachings of the Medicine Wheel and share in a journey and sacred fire ceremony. Each Medicine Wheel workshop will focus on one of the 4 directions - South, West, North or East - bringing us closer to the animate world and helping us to forge connection and meaning through ceremony and personal exploration. Space is limited to 8 people. Bring a notebook and pencil. \$35. Salt of the Earth 422 SW Akron Street Stuart. 516-984-4615. HerbsAndOwls.com/classes.

## THURSDAY DECEMBER 19

**Intro to Meditation with Nicoleta Metta** - 6-7:15pm. Meditation gives us the opportunity to become aware and more present, helping develop acceptance and compassion. Being unconditionally present with what's happening in our lives will create a joyful, harmonious and equanimous life. Join Nicoleta for a transformational 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 DECEMBER 20

**Shamanic Drumming Circle** – 6pm. Meditations to immerse us in Spirit and connect with the heartbeat of mother earth. Extra drums are available. (Love Offerings appreciated) Reiki Circle follows drumming at 7pm. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityOfFortPierce.com.

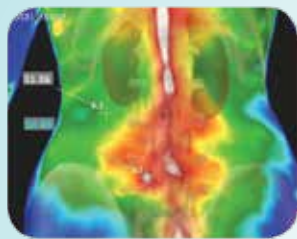
## SATURDAY DECEMBER 21

**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. Taught by Beth Franks. Pre-requisite Reiki Level I. Call for more info 8 CEUS Available. \$250 includes manual, attunements, instruction, practice, sacred symbols, and continued mentoring. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

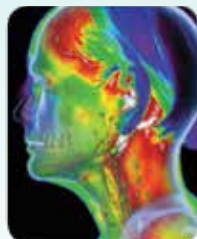
# STUART THERMOGRAPHY

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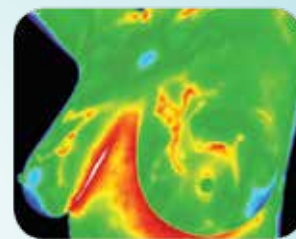
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**Friends After Diagnosis** – 10-11am. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Friendship House 3404 Aviation Blvd. Vero Beach. 772-770-9700. FriendsAfterDiagnosis.com.

**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.

## SUNDAY DECEMBER 22

**Pixie and the Bull in Studio** - 10am-6pm. Come meet Guy and Brenda Hoffman while they create their magic in the studio. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com.

**Family Christmas** – 10am. A traditional Family Christmas. Special music by Voices of Unity. Let us gather in celebration of the birth of Jesus and expand our awareness of this Christ Light born in us. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityOfFortPierce.com.

**ECK Light and Sound Service** – 11am-12pm. "The Blessings of Gratitude" 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 DECEMBER 24

**Candlelight Service** – 7pm. A sacred service where we devote ourselves to let the Christ in us - express as us. These 12 candles, represents our spiritual centers and through lighting them, we call forth our spiritual qualities to align us with the Light. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityOfFortPierce.com.

## FRIDAY DECEMBER 27

**Sound Healing and Hypnosis, Bringing in the New Year** – 7-8:30pm. This revolutionary therapeutic combination of Sound Healing and Hypnosis goes deeper and deeper through the layers of the physical, mental, spiritual and energetic bodies. You feel euphoric peaceful, rejuvenated, calm, happy and exhilarated all at the same time. \$45. Sound Healing Palm City. 772-245-6515. ASoundHealing.com.

## SATURDAY DECEMBER 28

**Messages from Spirit** – Allow Tess, the Treasure Coast Medium to connect you to the world of spirit. Come 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 \$40.

Cash. Northgate Plaza 611 SW Federal Hwy suite K-1 Stuart. 772 200-0016.

**Angelology Healing with Angels Level 1** – 11am-1pm. Learn how to invite and invoke the angels to assist in your life. Learn the chakra system, how to unblock, energize, open, and sooth the chakras and more. This course runs over several dates as dictated by the class (about 10 total). Pre-registration required. \$444 this is a 10-month class. Includes manual, instruction, tools, attunements and continued mentoring. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

**Energy 101/Prep and Cleanse for 2020** - 2-3:30pm. Learn; How the law of attraction is at play in our lives; How to manipulate energy to manifest the life you desire; Techniques to create an energy ball; How and why crystal and energy healings work, how to prep and cleanse your space to prepare for the new year. Led by Wendy Becerra. \$33. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com.

## TUESDAY DECEMBER 31

**Burning Bowl Service** – 7pm. A service of reflection and gratitude. Join in an evening of yoga stretches, drumming, meditation and healing. Let us write out from us what no longer serves us and toss it into our Burning Bowl, allowing Spirit to fill us with grace so that we may enter 2020 with a New Vision of peace, prosperity and wholeness. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityOfFortPierce.com.

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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](http://www.MyNaturalAwakenings.com).

## sunday

### SPACE COAST

**Donation Yoga for Everybody** – 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.

**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. 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. Tai Chi is included in MAC membership. \$15 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](http://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](http://UnityofFortPierce.com).

**Chi Gong** – 10am. Free class every first Sunday. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. [UnityofFortPierce.com](http://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.

**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 Airosa Blvd., Port St Lucie. 772-267-9156. [TCQuakers.org](http://TCQuakers.org).

**Restorative Yoga + Nidra** – 5-6:30pm. Deep relaxation & guided meditation. \$15 drop in. Class packages also available. Down To Earth Yoga, 1649 SE Port Saint Lucie Blvd, PSL. 520-661-7798. [Dte-Yoga.com](http://Dte-Yoga.com).

**Love Frequency Sound Healing & Kai Chi Do** - 6:15-7:15pm. Kai Chi Do is a mediation in energy movement and sound healing is energy movement in mediation. Bring something to hydrate with and any blockages that you need to unblock for this powerful one-hour session. Free. Love donations accepted. Genie’s Gems, 21 SW Flagler Ave, Downtown Stuart. 772-678-6228. [PsychicNTheGenie.com](http://PsychicNTheGenie.com).

## 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.

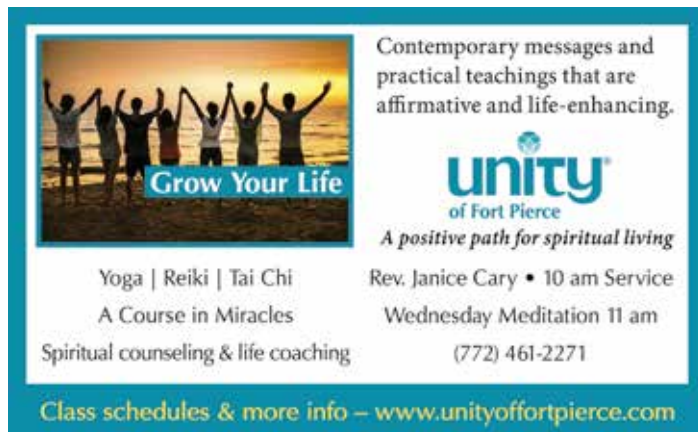
**Yin Yoga** – 4-5pm. Yin yoga is the practice of holding passive poses for several minutes long while following the breath. Long-held poses benefit the body by slowly lengthening the fascia, or the connective tissue, so the yogi can gain more growth and flexibility in both yoga and life. Led by Leah Dubois. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**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.

**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.

### TREASURE COAST

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



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**Psychic Medium Readings & More** – 11am-6:30pm. Readings offered 7 days a week. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome. Psychic Medium & Aura Reading with Christopher Johanson offered 11am-4pm. Tuesday-Sunday Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com

**Pilates Yoga Fusion** – 5-6pm. This class combines yoga and mat Pilates to tone, strengthen and lengthen small muscle groups while learning to control breath. All levels class. Down to Earth Yoga 1649 SE Port Saint Lucie Blvd, Port Saint Lucie.

**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

**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.

**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. 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) \$5 child. 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.

**A Course in Miracles Meeting** – 7-8:30pm. Glenda Carlin will facilitate the group. Attend to learn true forgiveness to save time in your awakening process. Unity of Melbourne, 2401 N Harbor City Blvd., Melbourne. 321-704-1678. GreatRayExperience.com.

### TREASURE COAST

**Lunch Break Flow** – 12:15-1pm. Squeeze in a Slow flow practice on your lunch hour. Down to Earth Yoga 1649 SE Port Saint Lucie Blvd, Port Saint Lucie.

**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. Is life too busy? Too Stressful? Experience the many benefits of Reiki. This Japanese technique reduces stress and brings balance to the body and mind, promoting healing on all levels with Tina. 2 reiki healing circles per week. 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.

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# wednesday

## SPACE COAST

**Yoga in the Village** – 8-9am. Early Birds get the Yoga. Rise and Shine with Cathy as she invites you through a flowing, invigorating, and mindful practice. Beginners welcome. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

**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. AFSA 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.

**Tai-Chi Beginner to Master Level** – 10:30-11:30m. 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. Tai Chi is included in RTB membership. \$15. Raise the Bar GYM Studio 3008 W. New Haven Ave Melbourne. 321-720-4694. MasterChungWang.com.

**Posturcize** –10-11am. Conditioning exercises for optimal posture and joint function. Wear loose clothing and bring a yoga mat. 321-917-4529. \$5 per class. Space Coast Wellness Center 725 S. Apollo Blvd., Melbourne.

**Posturcize** –5:30-6:30pm. See Wednesday 10am listing.

**Vinyasa Flow** – 5:30pm. Class is geared towards yoga students wanting full body movement. Linking movement with breath as a moving meditation stimulates flow of energy and allows for clarity and a sense of calm. For all levels. Led by Leah DuBois. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Aerial Yoga** – 5:45-7pm. Aerial Yoga practitioners use silk hammocks or swings that are suspended from ceilings as a prop to support you through various traditional yoga poses and to assist in proper alignment and mindfulness. \$20. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.

**A Course in Miracles Meeting** – 6:30-8pm. Glenda Carlin will facilitate the group. Attend to learn true forgiveness to save time in your awakening process. Unity of Merritt Island, 4725 N Courtenay Pkwy, Merritt Island. 321-704-1678. GreatRayExperience.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.



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### 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](http://WildFloridaRescue.org) to donate, "adopt" an animal (virtually), or to set your amazon smile charity to WFR. 321-821-7881.

**DONATIONS NEEDED FOR CENTRAL BREVARD HUMANE SOCIETY** — The Merritt Island Adoption Center and CBHS Shelter is in need of donations like Purina Cat, Kitten and Puppy Chow, canned food (kittens, puppies, cats and dogs), kitten formula (KMR), distilled water, blankets, comforters, sheets, towels, dog and cat toys, paper towels, rubbing alcohol, hand soap, Clorox bleach, Fabuloso, laundry and dish soap. All donated items can be brought to the Humane Society, located at 1020 Cox Road in Cocoa. [CriticSavers.com](http://CriticSavers.com) 321-636-3343 ext. 214.

**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.

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**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.

**Anthony Profeta Sound Bath Meditation** — 7:30-9pm. A Sound Bath Meditation is about energy, frequency and vibrations. Sound waves washing over your body can move the brain into an alpha & theta brainwave state creating a calm and deep release enabling relaxation & healing. [InvertedElephant.com/](http://InvertedElephant.com/) events. \$20. Inverted Elephant Yoga Studio 2855 S. Hopkins Ave, Titusville. 321-749-9642.

### TREASURE COAST

**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](http://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. 772-228-8986.

**Reiki Healing Circle** — 6:15pm. Join the powerful healing team for an hour of peace and deep relaxation. Practitioners welcome. Free. Donations accepted. Psychic & The Genie, 313 Colorado Ave, Downtown Stuart. 772-678-6170. [PsychicNTheGenie.com](http://PsychicNTheGenie.com).

## thursday

### SPACE COAST

**Yoga in the Village** - 9:30-10:30am. Yoga has been known to create wellness. Basic Hatha Yoga with some flowing movements. Beginners welcome. \$10. The Zen Room 631 Brevard Ave Suite C Cocoa Village. 321-544-8541.

**Hatha Yoga** — 10:30-11:30am. An inspiring and peaceful Hatha Yoga practice with yoga postures (asana), breathing exercises (pranayama), and deep relaxation led by Bruce Orion. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

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

**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. 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. Let your soul shine with health and happiness! Come 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

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

**Candlelight Yoga** — 7:45-8:45pm. Slow Flow Moon Salutations. Down to Earth Yoga 1649 SE Port Saint Lucie Blvd, PSL. 520-661-7798. Dte-Yoga.com.

## friday

### SPACE COAST

**Yoga in the Village** — 10-11am. 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.

**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.

**Donation Yoga for the Whole Family** — 4-5pm. 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.

**Yoga Nidra** — 5:15-6:15pm. The class involves breathwork, some gentle physical relaxation techniques, and then a full guided yoga nidra cycle to bring you through the kosha, or five layers of the self, until you are deep in your subconscious. Led by Aisling. Donation. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Sinuosity Belly Dance Fusion** — 7-8pm. Explore the art of belly dance and yoga through fitness fusion. Strengthen your core using basic moves, isolations and body mechanics. Increase your health, fitness level and self-confidence. \$10, Inverted Elephant Yoga Studio, 2855 S. Hopkins Ave, Titusville, 321-749-9642. [InvertedElephant.com](http://InvertedElephant.com).

### TREASURE COAST

**Wake & Rise Flow** — 7:45-8:45am. Sun salutations Flow designed to wake the body and mind for a positive day. Down to Earth Yoga 1649 SE Port Saint Lucie Blvd, PSL. 520-661-7798. Dte-Yoga.com.

**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** – 2-4pm. Energy work utilizing Reiki, Angels, Ascended Master, Spirit Guides, Shamanic techniques, Divine Soul readings, Akashic Records and Sound Therapy. Call for prices as they vary depending on service and to pre-register. 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

### 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-6:30pm. Readings offered 7 days a week. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome. Psychic Medium & Aura Reading with Christopher Johanson offered 11am-4pm. Tuesday-Sunday Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com



## HEALTH CONNECTIONS DENTISTRY

321-777-2797

SmileProfessionals.com

WE PROVIDE INDIVIDUALIZED HEALTHY AND NATURAL SOLUTIONS FOR CHILDREN AND ADULTS

Pioneering oral appliances to heal your body, guide growth and development for one's natural facial beauty to express itself and avoid extractions.

- Anti-aging facial enhancements, improved esthetics and smile makeovers
- Mercury free, Ozone holistic dentistry and Nutritional counseling
- Therapy for headaches, TMJ/ jaw pain and noises
- Snoring, Obstructive Sleep Apnea and C-PAP alternatives

**SnoringIsntSexy.com**

Dr. Stagg answers YOUR questions via videos about how It's All Connected! Submit your questions as well as like and Follow us on [facebook.com/SmileProDentist](https://www.facebook.com/SmileProDentist) and [Instagram @SmileProDentist](https://www.instagram.com/SmileProDentist)

CLAIRE STAGG DDS MS FAACP

2120 Highway A1A • Indian Harbour Beach, FL 32937

Purely Organic Salon for Hair

ORGANIC SINCE 2012

beautiful hair naturally

Gift Packages, Gift Certificates & more.

Happy Holidays!

195 Jackson Ave, #100  
Satellite Beach

321-243-0540

BOOK ONLINE at [PurelyOrganicSalon.com](https://www.facebook.com/PurelyOrganicSalon.com)

Holiday Open House

SHOP WITH US AT THIS COMMUNITY EVENT FEATURING EXCLUSIVE LOCAL VENDORS!

December 7 from 4-6:30pm

Jazzie Hair • Vipacharee

Christie Riley Hair

MyFacial Girl • Unique Gifts



## 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](mailto: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](http://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](http://Phase9Align.com)



Gentle, HARI Style, Japanese Acupuncture and/or CranioSacral treatments. Nervous system disorders, TMJ, pain, anxiety, headaches, migraines, concussions, sleeplessness, gastrointestinal, mental focus, emotional issues. Call for appointment.

#### STUART ACUPUNCTURE, INC.

Hillary Morris (Heidelberg), A.P.  
7000 SE Federal Hwy, Suite 205  
772-266-8165  
[StuartAcupuncture.com](http://StuartAcupuncture.com)

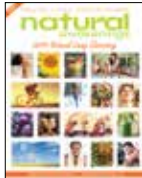


With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad on page 34.

### ADVERTISING/ MARKETING/PR

#### NATURAL AWAKENINGS MAGAZINE

Kris Urquhart, Publisher  
[Kris@my-NA.com](mailto:Kris@my-NA.com)  
321-426-0080  
[my-NA.com](http://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](http://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 41.

### AROMATHERAPY

#### MUDITA AROMATICS

Jacqueline Mouton, CA  
Melbourne, 321-419-6485  
[Mudita-Aromatics.com](http://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](http://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 48.

### ART THERAPY

#### MARCY PURDY, ATR BC

ArtReach of Vero Beach  
[MarcyArtReach@gmail.com](mailto: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.

### AUCTIONS

#### CLIFF SHULER AUCTIONEERS & LIQUIDATORS, INC

422 Julia Street  
Titusville, 321-267-8563  
[SoldFor.com](http://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](http://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](http://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

#### NATURE'S HEALTHY HARVEST

2330 N. Wickham Rd, Ste 14  
Melbourne, 321-610-3989

Top rated & tested CBD oil, capsules, gummies, topicals, literature, classes.

#### ORGANIC LIFESTYLE STORE

996 S Wickham Rd, Melbourne  
[EarthOrganicsCBD.com](http://EarthOrganicsCBD.com)  
321-372-1029



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. See ad, page 9.

## 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-birtherd infants welcome!

## 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.

### DR. ROZANA SHARMA, DC

1300 Pinetree Dr, Ste 7  
Indian Harbour Beach  
DocksideChiropractic.com  
321-775-3734



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. See ad, page 33.

## 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



Having the relationship, you most deeply desire takes awareness, intention and attention. Learn how to create ongoing connection and intimacy, gracefully navigate mutual triggers and conflict, rebuild broken trust, truly forgive and be forgiven, turn down the volume on anger and diffuse resentment. Establish habits that restore trust and intimacy.

### 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 Counseling enriches one's quality of life through awareness of their spiritual connection. See ad, page 47.

### 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 24.

## 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.

## COACHING: MIND-BODY EATING

### PATRICIA AKERS COACHING

Melbourne Beach, 321-652-0799  
PatriciaAkersCoaching@gmail.com  
Facebook.com/Patricia-Akers-Coaching



Discover the factors that influence the way we eat and feel about our body. Offering complimentary get acquainted session, pantry makeovers, guided grocery shopping and more.

## 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).

### CANDICE KLEIN GORDON, M.ED., LMT

Indialantic, 321-480-8654  
HappyColons.com  
Candice@HappyColons.com

CHOOSE HEALTH! Colon health management, through irrigation and hydration since 1988, using purified, structured water, in a safe, professional environment. (MA8163)



## 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 20.

### 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 51.

## EYE & VISION CARE

### HEALTH FOR LIFE

1727 N. Atlantic Ave  
Cocoa Beach, 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

### FENG SHUI DESIGN

Linda C. Adams Interiors, LLC  
772-342-0387



Linda has 20 years' experience as a licensed Interior Designer and Feng Shui consultant. Learn secrets to creating a life full of passion, abundance and joy. In-home consultations.

## 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 19.

## 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.

### 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  
Indianapolis, 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.

### 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 17.

### 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 33.

## 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

Adam Tice, ND & Jennifer Tice, 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 Theta-Healing 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, Bioidentical 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, ThermiSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, Botox and fillers, skin care, weight loss. See ad, page 35.

### 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.

### YALE R. SMITH, MD, DABA,

BCASI, FAAMFM, ABAARM  
Center for Anti-Aging Aesthetic and Rejuvenation Medicine  
321-421-7111, Viera  
AntiAgingIM.com



Transition off medication to a healthy lifestyle equipped with the tools of a healthy diet, exercise and supplements. Thorough evaluations and the personalized care you deserve. See ad, page 17.

## 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.

## MASSAGE THERAPY

### CHAD TAYLOR, LMT/ 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 Micro-Current Advanced Pain Management, Thai Massage, Thai Foot Massage, Reflexology, Visceral-Neural Manipulation; helping clients transition towards a better life. (MA93522, MM35261, MA75423)



## MASSAGE THERAPY CONT.

**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)

## 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)

## STUDIO 1250

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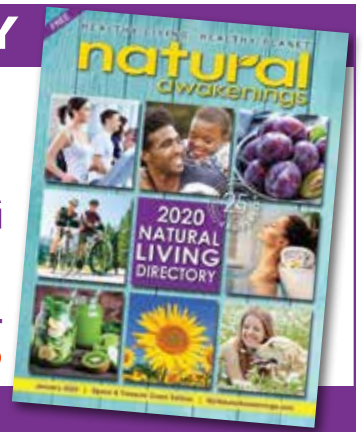


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# Seven years without a cold?

## Copper in new device stops cold and flu

By Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed 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 microbes, 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.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he 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 hasn't had a single cold for 7 years since.

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.

Soon hundreds of people had tried it and given feedback. Nearly 100% 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, 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!" she exclaimed.

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 even used copper on cold sores and say it can completely prevent outbreaks.

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.



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

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

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