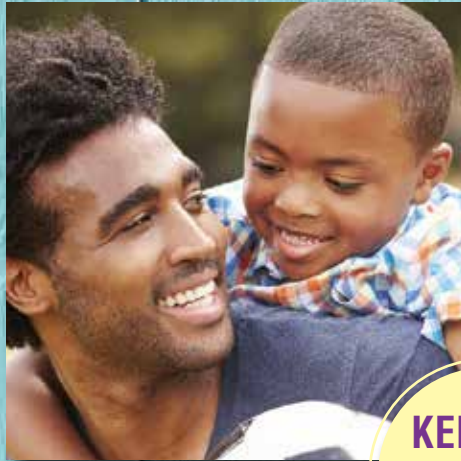


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## letter from the publisher



## Exploring Options for a Healthy Lifestyle

**I** embrace products that support making a healthy lifestyle easy and fun. When my husband and I first tried a food meal delivery service that brings fresh organic produce and recipes to our door, we weren't sure how it would turn out. Now it has become the main backbone of our dinner

planning each week and we love it. We are picking up new methods of cooking and incorporating different vegetables and spices into our routine. I always enjoy learning fresh perspectives on health and discovering innovative options.

To help you explore options for your healthy lifestyle, this edition is our very special annual Natural Living Directory. We've designed this issue to be your natural phone book; keep it year-round to easily access our community's best natural living resources. You'll find a wealth of options in our yellow pages to reference as a need arises. Build your own Wellness Dream Team by learning about local practitioners and products in the Wellness Profiles [page 22]. We hope this issue will inspire you to make healthy connections with the many local businesses in our community.

To start your New Year off with great ideas, visit us at the Awaken Fair on January 26 in the Port Saint Lucie Civic Center. The day will be filled with interesting speakers and intriguing options in the exhibit hall. Stop by and say hi, we would love to meet you!

Since 2001, it has been our privilege to keep you informed with the latest in natural news. As I look back, I can see that *Natural Awakenings* has grown to become the community's multimedia resource for healthy living and a healthy planet. So, thank you to our readers and advertisers, as your support has made that growth possible. We are grateful to play a role in assisting you to make connections that help you achieve your health goals and we look forward to even more connections in the year to come. The practitioners and businesses you'll find in this directory are ready to support you in your resolutions for a healthier you – be sure to call on them.

*Here's to a healthy New Year!*

Kris Urquhart, Publisher



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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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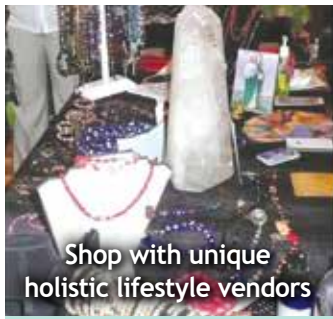


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# NATURAL LIVING DIRECTORY 2020



**T**hroughout the year *Natural Awakenings* strives to bring you the latest information and resources available for natural health, nutrition, personal growth, green living, fitness and creative expression.

We are pleased to offer this special edition, including local Wellness Profiles, the Natural Living Glossary, and our extensive Space and Treasure Coast Natural Living Directory to support you in leading a healthy, happy and balanced lifestyle.

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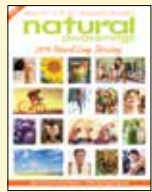


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Sickels Clinic of Chiropractic Inc.  
503 N. Orlando Ave. Ste. 105  
Cocoa Beach, 321-783-9400  
SickelsClinic.com



Effectively treating the "Cause" not the Symptom. Wellness Care for all ages with proven results through Full Spine adjustments. Automobile accident injuries. Custom-fitted orthotics. Knowledgeable, Gentle, Affordable.

## CHIROPRACTIC CONT.

### WATT FAMILY CHIROPRACTIC

2255 N Wickham Rd, Ste 109  
Melbourne, 321-253-8511  
WattFamilyChiropractic.com

A friendly, gentle, wellness-oriented practice with hands-on doctors. Drs. Bradley and Britaney Watt, Dr. Leslie Ryan, Dr. Alberto Rodriguez, and Dr. Bonny Payne are ready to serve you.

## 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. See ad, page 56.

### REV JANICE CARY

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



Life Coaching frees a person from limiting inner beliefs. Relationships, career and self-confidence flourish as you learn tools for meaningful living. Spiritual Counselling enriches one's quality of life through awareness of their spiritual connection. See ad, page 74.

### 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 63.

## COACHING: HEALTH

### VI-VIDA WELLNESS, LLC

Viviana Collazo, Founder & CHC  
321-473-6060  
Vi-VidaWellness.com



Viviana guides & empowers families set goals and establish daily habits that improve their health and happiness. Sessions done in person, phone, Skype or Zoom.

## 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  
PatricaAkersCoaching@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 make-overs, 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)

## COUNSELING

### MELBOURNE INTEGRATIVE PSYCHOLOGY

Laurie Donaldson, Ph.D.  
3270 Suntree Blvd., Suite 216  
Melbourne, 321-757-4058  
MelbourneIntegrativePsych.com



MELBOURNE  
INTEGRATIVE PSYCHOLOGY

Individual and couples therapy incorporating traditional psychological methods with new developments in energy psychology, neurobiology and mindfulness. Cigna, and Medicare insurances accepted.

## CRANIOSACRAL THERAPY

### ANNA COLLINGS, ACUPUNCTURE PHYSICIAN

150 Fortenberry Rd Ste B  
Merritt Island, 321-289-1560  
Phase9Align.com



Gentle treatments for all ages. Nervous system disorders, TMJ, pain, anxiety, headaches, migraines, concussions, sleeplessness, gastrointestinal, mental focus, emotional issues, etc. Call for questions and appointment.

### MARIE PERLONGO

Restorative Bodywork & Massage  
Melbourne/Palm Bay area  
734-564-8062  
RehaborRelax.com



CranioSacral Therapy helps to unwind and release the body from past restrictions and traumas, both physically and emotionally. (MA84973)

### TRISHA SCHMALHOFER, LMT

Office in Palm Bay  
772-559-1993  
MedHealers.com



Gentle, deep, expansive touch therapy solution; addresses whole body issues (physical, mental, emotional, spiritual) with focus on brain, nervous system and cellular function. MedHealersinfo@gmail.com. (MA74941)

## 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 69.

### 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 73.

## ESSENTIAL OILS

### VI-VIDA WELLNESS, LLC

Viviana Collazo, CHC & doTERRA  
Wellness Advocate  
321-473-6060  
Vi-VidaWellness.com



Viviana educate individuals the power of essential oils and how to use safely and effectively. Monthly classes or host a class to learn with your loved ones.

## 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.

## FARMERS MARKETS

### ROCKLEDGE GARDENS

2153 South U.S. Hwy #1  
Rockledge, 321-636-7662  
RockledgeGardens.com

Fresh seasonal fruits and veggies and you-pick market as well as local vendors selling sustainable meats, cheeses, eggs, and baked goods. All our produce is grown at The Farm at Rockledge Gardens or by farmers within a 50-mile radius using organic, non-chemical controls. Tuesday-Saturday 10am-3pm, Sunday 11am-4pm.

## 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.

## FITNESS PRODUCTS

### BONE MAKER TRAVEL DECKS

Vicki Buckley  
Merritt Island, 321-759-4962  
Vicki@Bonemaker.com



Pictorial fitness flash cards for independence: at-home or anywhere. The first rotational, low impact, modified, preplanned monthly exercise/stretch routines for imperfect bodies! Great for arthritis and bone-safe too.

## HAIR SALON

### ELEMENTS ORGANIC SALON & SPA

3800 W Eau Gallie Blvd, #106  
Melbourne, 321-349-0389  
ElementsOrganicSalon.com



elements  
organic salon & spa

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.

### PURELY ORGANIC SALON FOR HAIR

195 Jackson Ave Ste 100  
Satellite Beach, 321-243-0540  
Facebook.com/PurelyOrganicSalon



Longest running organic salon in Brevard since 2012. Master Certified Organic Color Salon, also specializing in 100% Henna color and offering PPD-free color and Formaldehyde-free Keratin. See ad, page 60.

## HEADACHE THERAPY

### MARIE PERLONGO

Restorative Bodywork & Massage  
Melbourne/Palm Bay area  
734-564-8062  
RehaborRelax.com



Using several therapies, helping to release, reset, find triggers and make changes to the brain and body. Reducing the frequency, duration, intensity of headaches. (MA84973)

## HEALTH FOOD

### EARTH FARE

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

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

### GLORIA'S HEALTH HUT

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

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

### LUCKY'S MARKET

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

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

### NATURE'S HEALTHY HARVEST

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



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

## NUTRITION SMART

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

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

## ORGANIC FOOD CENTER

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

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

## PEGGY'S NATURAL FOODS

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

Wide variety of natural and organic foods. Peggy's Brand Vitamins, Supplements and Herbals 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.

## HEALTHY FINE FOODS

### VERVANA MARKETPLACE

Stephen Sinatra, MD, FACC, CNS, CBT  
800-228-1507  
Vervana.com



Cardiologist & Anti-Aging Physician, Dr. Stephen Sinatra's Mediterranean Superfood line for a healthy, high vibration lifestyle. Good energy in, means good energy out!

## HEART HEALTH

### VERVANA MARKETPLACE

Stephen Sinatra, MD, FACC, CNS, CBT  
800-228-1507  
Vervana.com



Cardiologist & Anti-Aging Physician, Dr. Stephen Sinatra's Mediterranean Superfood line for a healthy, high vibration lifestyle. Good energy in, means good energy out!

## HERBALISTS

### GINA KEARNEY

Flower Essence Therapy  
422 SW Akron Ave  
Stuart, 516-984-4615  
HerbsAndOwls.com



Gina is a Certified Herbalist specializing in Flower Essence Therapy - a vibrational form of healing derived from living flowers that assists in emotional and energetic healing and personal growth.

### 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 68.

### 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 55.

## HERBS & SUPPLEMENTS

### NATURE'S HEALTHY HARVEST

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



Wellness Center, CBD flower, vitamins, herbs, skin/body care, organic products, aromatherapy.

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

## HYPNOTHERAPY BY JENNY

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



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

## HYPNOTIST: CLINICAL

### BY THE SEA HYPNOSIS

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



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

## INTEGRATIVE MEDICINE

### MELISSA DEAN, MD

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



Age Management, Weight Loss, Preventative Medicine, Andropause, 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 67.

## RADIANTLY HEALTHY MD

Rebecca Hunton, MD  
420 Fifth Ave  
Indialantic, 321-806-7436  
rh-md.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 51.

## RADIANTLY HEALTHY MD

Lisa Johnson, PA-C  
420 Fifth Ave  
Indialantic, 321-254-6803  
rh-md.com



Physician Assistant offering Integrative Medicine solutions combining traditional and natural options. Featuring treatment for Healthy Aging, Bioidentical Hormones, ADHD, Menopause, Andropause, Diabetes, Thyroid, GI Issues, Food Sensitivities, Autoimmune Disorders and much more. See ad, page 51.

## 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 7.

## INTUITIVE READINGS

### TRISHA SCHMALHOFER

Office in Palm Bay  
772-559-1993  
MedHealers.com



Are you seeking deeper self-knowledge? What are your Soul gifts? SOUL REALIGNMENT is a comprehensive reading to gain clarity from the Akashic Records. MedHealersinfo@gmail.com.



## IV THERAPY

### RADIANTLY HEALTHY VITAMIN INFUSION DRIP LOUNGE

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

**RADIANTLY HEALTHY** 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 51.

### 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, Fibromy-

algia, chronic fatigue syndrome, skin rejuvenation, memory, and much more. See ad, page 39.

## LOCAL FARMS

### FLORIDA FIELDS TO FORKS, CSA

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

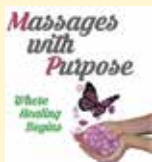


A local CSA farm, offering beyond organically raised grass-fed/grass-finished Angus beef, Berkshire pork, Katahdin lamb, chicken eggs, raw cow and goat milk, vegetables, and more.

## 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)

### 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)

### OCEANSIDE MASSAGE THERAPY, LLC

1790 A1A, Ste 206  
Satellite Beach, 863-398-2470  
OceansideMassageTherapy@gmail.com

In a 15-year career as an LMT I've achieved knowledge of many treatment modalities. All massages include hot/cold stones. Low introductory pricing. (MA42392, MM40008)

### JUDY PORTER, LMT

Studio in Motion, LLC  
Vero/Sebastian 772-577-3057  
TheStudioinMotion.com



Licensed and Board-Certified Massage Therapist; Palm Beach State College Graduate. Healing Massage, post-surgical, cupping, sports, deep tissue, hot stone, Reiki/Chakra, organic facials and more. (MM37640, MA38153)

### RAMSEY MASSAGE THERAPY & SKIN CARE

660 NE Ocean Blvd, Stuart  
Call or Text 772-485-9439  
RamseyMassageTherapyAndSkinCare.com



Specializing in Massage for the Senior Citizen, Reflexology and Therapeutic Massage. By appointment only, Tuesday-Saturday. Online Booking Available. Can't wait to see you! (MA37514, MM20172)

### SPACE COAST WELLNESS CENTER

725 S. Apollo Blvd  
Melbourne, 321-917-4529  
HoshinoTherapyofMelbourne.com



Hoshino Therapy® is a deep yet agreeable massage technique for rejuvenating the tendons for relieving pain conditions and restoring normal movement. Jan Harazda. (MA24421) Posturcize™ instructor.

### STUDIO 1250

1250 W. Eau Gallie Blvd, Suite A  
Melbourne, 321-425-2050  
Studio1250Spa.com



Offering massage, natural skin care and body care, including facials, body wraps and scrubs in a relaxing and healing environment. Call to book today. (MM37698)

### THRIVE: INTEGRATIVE LIFE SOLUTIONS

218 Brevard Avenue  
Cocoa, 321-499-0868  
Facebook.com/  
ThriveIntegrativeLifeSolutions



Sarah Batson, LMT, provides standard, deep tissue, lymphatic drainage and cellulite Massage Therapy in Cocoa Village. Available by appointment only. (MA90965)

## MEDICAL MARIJUANA

### ESSENTIALS MEDISPA & SALON

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



If you are looking for an alternative method of relief to chronic health problems, you may be eligible for the use of medicinal marijuana. See ad, page 63.

## MEDITATION

### KASEYCLAYTOR.COM

Your Wealth & Wellbeing resource  
321-383-4005



A Certified Meditation & Ayurveda instructor, author, and financial planner. Kasey's teachings include prosperity and wellbeing. Sign up for our newsletters, inspirational messages, upcoming events.

### THRIVE: INTEGRATIVE LIFE SOLUTIONS

218 Brevard Avenue  
Cocoa, 321-499-0868  
Facebook.com/  
ThriveIntegrativeLifeSolutions



Sarah Batson is a Meditation Specialist who works with those struggling with anxiety and depression. She is experienced in addressing test anxiety in students.

## METAPHYSICAL STORE

### CREATIVE ENERGY ENCHANTED GIFTS FOR THE MIND, BODY AND SOUL

780 W New Haven Ave  
Melbourne 321-952-6789  
Facebook.com/CreativeEnergyFL



We offer a wide variety of divination tools to enhance your Spiritual Journey including: Crystals, gemstones,

jewelry, singing bowls, books, tarot, candles, salt lamps, sage, incense, oils, statuary, altar items & much more! Readings on weekends!

### GENIE'S GEMS

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



Offering metaphysical, eco-friendly, organic yoga and hippie clothing, CBD products, books, singing bowls,

crystals, stones, incense, unique gifts & so much more! Tea leaf reading available on Saturdays. Free hugs - Open 7 days a week.

### PSYCHIC AND THE GENIE

313 Colorado Ave  
Stuart, 772-678-6170  
PsychicNTheGenie.com



Convenient Downtown Stuart location offering a wide assortment of incense, candles, books, sage, crystals, salt lamps and more. Psychic Medium, Tea Leaf, Aura Photography and tarot readings. Readers available 7 days a week!

### SCENTED DRAGON

6993 Hancock Drive  
Port St. Lucie, 772-877-2102  
Open 7 days 10am-7pm



The Premier Metaphysical Store on the Treasure Coast offers knowledgeable staff, incense, crystals, stones, sage, candles, jewelry & more. Readers available daily. US

1 in Port St. Lucie. See ad, page 40.

## NAIL SERVICES

### PURELY ORGANIC SALON FOR HAIR

195 Jackson Ave Ste 100  
Satellite Beach, 321-243-0540  
Facebook.com/PurelyOrganicSalon



Experience our one-of-a-kind, natural nail services. Featuring a zero-gravity massage chair. Organically enriched polishes, non-porous glass pedicure bowl and Autoclave sterilization. See ad, page 60.

## NETWORKING: HOLISTIC

### THE WELLNESS CLUB

Viviana Collazo, CHC & Co-Founder  
321-473-6060



A group of like-minded professionals in the area of Holistic Health passionate about educating and serving the community. Monthly educational meetings. Guests welcome

### TREASURE COAST LIFT

Learn & Inspire From Togetherness  
321-426-0080  
Facebook.com/TCLIFTNetwork



Join us in our mission to bring together holistic, natural health, eco-friendly, like-minded practitioners and business owners in the Treasure Coast community. Monthly networking meetings to inspire and support. Brought to you by Natural Awakenings. See ad, page 64.

## NUTRITION

### ABSOLUTELY DIVINE WELLNESS

7640 N Wickham Rd, Ste 212  
Melbourne, 321-482-0345  
AbsolutelyDivineWellness.com



To function optimally, it is vital that the heart have the proper nutritional balance present in the body to maintain its correct rate, rhythm, and tone.

## CARE NATURAL WELLNESS CENTER

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



Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, ChiroThin Doctor Supervised Weight Loss Program, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 36.

### THE GUT RD

3165 Suntree Blvd, Ste 101  
Rockledge, 772-218-0858  
thegutrdr.com



Functional Nutritionist-Christy Buck, RDN, LD, CLT, brings her expertise to Brevard County. Christy is a one of a kind Health Care Practitioner who approaches health from an integrative and functional standpoint. The body has the capacity to heal itself. Hearing your story, challenges, getting to the root cause, and addressing the whole body.

### VERVANA MARKETPLACE

Stephen Sinatra, MD, FACC, CNS, CBT  
800-228-1507  
Vervana.com



Cardiologist & Anti-Aging Physician, Dr. Stephen Sinatra's Mediterranean Superfood line for a healthy, high vibration lifestyle. Good energy in, means good energy out!

## ORGANIC HAIR COLOR

### PURELY ORGANIC SALON FOR HAIR

195 Jackson Ave Ste 100  
Satellite Beach, 321-243-0540  
Facebook.com/PurelyOrganicSalon



A beachside organic salon offering organic color lines and henna. Learn about the cleaner, more natural side of hair with a free consult today! See ad, page 60.

## PAIN MANAGEMENT

**NICOLAI L HANSEN, BS, DC**  
1225 Suite F Florida Ave  
Rockledge, 321-247-0445  
NLHansenDC.com



With over 25 years of experience as a Chiropractic Physician, Dr. Hansen offers expert, affordable care. Advanced Proficiency Rated by AAI. See ad, page 74.

## PET SUPPLIES: NATURAL

**NATURAL PET SPECIALTY SHOP**  
398-B N Harbor City Blvd  
Melbourne, 321-259-3005  
NaturalPetSpecialtyShop.com



Featuring: grain-free, high-quality protein, raw & organic pet foods, treats, supplements, homeopathic and herbal remedies, chemical-free grooming products, natural flea & tick supplies and much more. See ad, page 50.

## HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE

1395 N. Courtenay Pkwy, Ste 202  
Merritt Island, 321-252-3720  
HealthyHealingClinic.com



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

## PEDIATRICIANS: HOLISTIC

**RUTH M. RODRIGUEZ, DO**  
Natural Solutions with Dr. Ruth  
Space & Treasure Coast, 321-427-6538  
NaturalSolutionsWithDrRuth.com



Dr. Ruth Rodriguez, board-certified Osteopathic Pediatrician provides holistic and individualized guidance to return children to vibrant health via home visits- and telemedicine-like one-to-one consultations.

## PEPTIDE THERAPY

**RADIANTLY HEALTHY MD**  
Rebecca Hunton, MD  
420 Fifth Ave  
Indialantic, 321-254-6803  
rh-md.com



Looking for solutions for sleep? Hair loss? Increased metabolism? Want to boost your healing and repair after an injury or surgery? Peptides may be for you! Please see our website at rh-md.com. See ad, page 51.

## PSYCHIC MEDIUM

**CHRISTOPHER JOHANSEN**  
Psychic & the Genie  
Downtown Stuart, 772-678-6170  
PsychicTheGenie.com



Third-generation psychic medium and Reiki Master, Christopher sees past, present and future events by tuning into the spirit energy surrounding you. Connect with your Spirit Guides and deceased loved ones.

**TESS, THE TREASURE COAST MEDIUM**  
Intuitive Medium, Reiki Master, Past Life Regressions  
By appointment: 772-200-0016  
TessTheHealer@gmail.com  
TreasureCoastMedium.com



Are you grieving the loss of a loved one and need closure? Did you miss the chance to say 'Goodbye'? Or are you in need of divine guidance about your career, love life, or finances? Allow the Angels to help you make the right decisions. Learn how to cultivate your own intuition through classes offered in spiritual development.

## PSYCHOTHERAPY

**CREATIVE COUNSELING CENTER**  
Helen Jessup Murray, LMHC  
Vero Beach, 772-770-4501  
CreativeCounselingCenter.net



The "problems" that bring you to therapy, often are "symptoms" ... not the underlying cause. Healing the cause begins the moment a connection is made at Creative Counseling Center.

## THRIVE: INTEGRATIVE LIFE SOLUTIONS

218 Brevard Ave  
Cocoa, 321-499-0868  
Facebook.com/  
ThriveIntegrativeLifeSolutions



Sarah Batson, MSMFT, provides systems-theory based psychotherapy, informed by her training and 20 years of experience as a Marriage and Family Therapist in Cocoa Village

## REFLEXOLOGY

**CHAD TAYLOR, LMT**  
Melbourne / Palm Bay  
321-652-3946  
MassagesWithPurpose.com



Reflexology Therapy uses foot pressure points to stimulate organs and systems (blood, lymph, and nerves), remove energy blockages, calm the nervous system, and promote health and healing throughout the body. Other therapies offered: CranioSacral Therapy, Scar Release, Lymphatic Drainage, Thai Massage, and Deep Tissue Massage. MA93522/MM35261

## REIKI

**REV. JAYADEVI (JULIA) BAGINSKI**  
Metaphysical Practitioner & Life Coach  
RevJayadevi@gmail.com, 772-418-1943  
RevJayadevi.com



Offering personalized healing and energy work. Shift the energy in any area of your life, so you can experience love, joy, peace, abundance, connection and freedom NOW!

**SPARK OF DIVINE LLC**  
1789 Old Dixie Hwy  
Vero Beach, 772-257-6499  
SparkOfDivine.com

Healing and Learning Center with Metaphysical Gift Shop. Classes and Sessions in Reiki, Angelology, Shamanism, Meditation, Yoga, Qi Gong, Nia, Crystals, CDs, Books, Candles, Statuary, Unique Local Artwork, etc.

**TRISHA SCHMALHOFER**  
Office in Palm Bay  
772-559-1993  
MedHealers.com



Learn or experience this gentle yet powerful healing technique which directs Universal Life Force Energy to multidimensional body layers to facilitate your total health. MedHealersinfo@gmail.com (MA74941)

## SALT THERAPY

### THE SALT CAVE IN THE HAIR TIKI

735 Commerce Center Dr. Ste. B  
Sebastian, 772-228-8986  
TheHairTiki.com



Dry salt therapy (halotherapy) promotes healthier breathing & skin, sounder sleep, endurance & overall wellness. It's also

healing on a variety of levels for stress anxiety & fatigue.

### SALT SANCTUARY

5505 N Atlantic Ave, Ste 208  
Cocoa Beach, 321-960-1063



Halotherapy is a scientifically proven treatment for respiratory and skin conditions such as asthma, allergies, COPD, cystic fibrosis,

sinusitis, emphysema, ear infections, eczema, psoriasis, and more.

## SAUNA THERAPY

### STUDIO IN MOTION, LLC

8128 US Highway 1  
Vero/Sebastian, 772-577-3057  
TheStudioInMotion.com



Detoxify naturally in our medical-grade sauna. Just one session can remove toxins, boost your mood and leave your skin glowing. Chromotherapy and guided imagery helps balance energies.

## SKIN CARE

### LINDY PETTET, LIC. MEDICAL ESTHETICIAN

402 N Babcock St, Ste 101, Melbourne  
1727 N Atlantic Ave, Cocoa Beach  
321-626-5144  
HealthForLifeWellnessCenters.com

Specializing in acne, anti-aging, cellulite, discoloration, dryness, eczema, psoriasis, rosacea, roughness, sagging, wrinkles and more. Schedule your FREE computerized photographic analysis now.

## SOLAR ENERGY

### SOLAR ENERGY SYSTEMS OF BREVARD, INC.

1536 Cypress Ave  
Melbourne, 321-253-3232  
321GoSolar.com



Excellence in installing & servicing commercial & residential photovoltaics, solar hot water, solar attic ventilation & pool heating. Offset or eliminate your rising utility bills.

ing utility bills.

## SPIRITUALITY

### ECKANKAR CENTER OF THE TREASURE COAST

772-223-1188

Eck-Florida.org

Facebook.com/EckankarInStuart



Eckankar offers ways to explore your own unique and natural relationship with Divine Spirit. Discover techniques for personal experience with dreams, past lives,

Soul Travel and more.

### GLENDA CARLIN WITH GREAT RAY EXPERIENCE

321-704-1678

GlendaCarlin1@gmail.com

GreatRayExperience.com



Weekly A Course in Miracles meetings. Learn to practice true forgiveness to release your inner light to know the Great Ray which connects you to God. See ad, page 55.

### THE INSTITUTE FOR SPIRITUAL DEVELOPMENT TREASURE COAST

1789 Old Dixie Hwy  
Vero Beach, 772-404-1352  
ISDTC.sm@gmail.com



ISDTC is a non-profit organization dedicated to spiritual and personal development. We offer classes, spiritual services and events. Co-located with Spark of the Divine. ISDTC.sm@gmail.com. See ad, page 37.

### UNITY OF FORT PIERCE

3414 Sunrise Blvd.  
Fort Pierce, 772-461-2272  
UnityOfFortPierce.com



Cultivate a healthy, prosperous attitude through Connecting, nurturing and expressing your Authentic Self; Rev Janice Cary provides spiritual counseling/life coaching, Classes, Meditation. See ad, page 74.

### UNITY OF MELBOURNE

"Be the Change You Want To See"  
2401 N. Harbor City Blvd (US Hwy 1)  
Melbourne, 321-254-0313  
UnityOfMelbourne.com



We believe God is within each one of us and it is that aspect that we honor and nurture. The God in us welcomes the God in you.

### UNITY ON THE SPACE COAST

2000 South St, Titusville  
321-383-0195

UnityontheSpaceCoast.org



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

### UNITY SPIRITUAL CENTER OF VERO BEACH

950 43rd Ave  
Vero Beach, 772-562-1133  
UnityOfVero.org



A Positive Path for Spiritual Living. Rev. Dan Holloway. Sunday Service: 10 am. Unity Labyrinth open to the public. Everyone is Welcome!

## STEM CELL THERAPY

### DR. ALITA GONSALVES SIKORA

1255 37th Street, Ste B  
Vero Beach, 772-228-6882  
SikoraMedical.com



Avoid surgery or joint replacement using PRP (platelet rich plasma), Stem-cell Therapy, Exosomes, Amniotic Allografts to promote new tissue growth by stimulating a healing, regenerative response. See ad, page 70.

## STRESS MANAGEMENT

### MARIE PERLONGO

Restorative Bodywork & Massage  
Melbourne/Palm Bay area  
734-564-8062  
RehaborRelax.com



Find out where you are storing stress and how to release it. Taking home tools to release it on your own, freeing yourself everyone, everything.

## TAI CHI

### ROCKLEDGE TAI CHI CHUAN

"Meditation in Motion"  
321-522-7620

RockledgeTaiChiChuan.com



Move with confidence and awareness. Tai Chi will improve your balance, flexibility, and agility as well as reduce stress. Relaxation in movement is the key.

## TAROT CARDS

### ERIC ADLER

EsotericTarotCard.com  
Treasure Coast  
203-554-0937



Looking for a positive direction on your own individual path? Eric has been reading professionally since 1996, offering unique and esoteric tarot cards sessions. In person, phone or internet.

## THERMOGRAPHY

### FOR YOUR HEALTH THERMAL IMAGING, LLC

6550 North Wickham Rd, Ste 6  
Melbourne, 321-987-7893  
YourThermalHealth.com



Whether your pain, condition, or disease is acute or chronic, a thermography scan can identify dysfunction and pathology for your healthcare professional. It's pain-free, fast, radiation-free, and non-invasive. See ad, page 53.

## STUART THERMOGRAPHY

Dr. Steven Zanfini  
Stuart, 772-781-5353  
CompleteCareTC.com



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 44.

## THERMOGRAPHY OF BREVARD

1119 7th Ave, Vero Beach  
1051 Eber Blvd, Ste 102, Melbourne  
321-312-0363  
ThermographyofBrevard.com



Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 35.

## VETERINARIAN

### COASTAL ANIMAL HOSPITAL WELLNESS CENTER

545 Gus Hipp Blvd  
Rockledge, 321-632-3800  
CoastalAnimalWellness.com

Our full-service hospital offers Animal Chiropractic, Laser Therapy, Clinical Nutrition, Acupuncture, and Homeopathy. Our patients and clients Love Integrative Care.

## WEIGHT LOSS

### CARE NATURAL WELLNESS CENTER

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



Nutrition Response Testing is used to determine underlying causes of weight issues (food sensitivities, environmental toxins, etc.). ChiroThin, a doctor supervised weight loss program, is an effective way to reset a "stuck" metabolism. See ad, page 36.

## HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE

1395 N. Courtenay Pkwy, Ste 202  
Merritt Island, 321-252-3720  
HealthyHealingClinic.com



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

## WELLNESS CENTER

### CARE NATURAL WELLNESS CENTER

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



Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, ChiroThin Doctor Supervised Weight Loss Program, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 36.

## NATURE'S HEALTHY HARVEST

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



Wellness Center, CBD flower, vitamins, herbs, skin/body care, organic products, aromatherapy.

## WOMAN ENRICHMENT

### WOMANWINEWEED.COM

Jodi Rita  
321-591-8290



An abundant resource for women seeking wisdom, empowerment and wit from the world around us and beyond; after-all knowledge is power. See ad, page

## YOGA

### HATHA YOGA WITH MARILYN

Pelican Beach Clubhouse  
1495 Highway A1A  
Satellite Beach, 321-773-6458

Balance your Body, Mind & Spirit with Hatha Yoga. Gentle, guided yoga postures with Stretching, Deep Breathing, and Relaxation. \$5 per class through Satellite Recreation Department. See ad, page 71.

# Build Your Own Wellness Dream Team

## Take Your Health to the Next Level

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# ACUPUNCTURE

## Alternative Medicine Family Care Practice (AMFCC)

Danny Quaranto, MD, DOM

2050 40th Avenue, Suite 2, Vero Beach  
772-778-8877 • AcuMD.com

Dr. Quaranto has been caring for people with every imaginable health issue for more than 30 years utilizing conventional and alternative medicine modalities. “AMFCC is the most comprehensive functional health care facility on the Treasure Coast,” says Dr. Quaranto. “You will get comprehensive care for emotional or physical problems.”

**Wellness services offered:** Acupuncture, Acupuncture Without Needles, Zhu Scalp Acupuncture, Chinese Herbal Medicine, Classical Homeopathy in the Tradition of Hahnemann, Natural Allergy Elimination Technique, Neuro-Emotional Technique (NET), Prolotherapy (Heal Your Injuries Without Surgery), Bio-Cranial Technique, Cupping, Auriculotherapy

**Areas of specialty:** “When do I know whether I should come to your office or go to the conventional medicine doctor?” The answer to that question is, “If you don’t have to call 911, then you can call us.”

**Philosophy of healing:** The most important consideration in treating anyone is to treat the person that has the problem, instead of the problem. Five different people with the same problem may need 5 different treatments. Dr. Quaranto blends modern medical concepts with ancient wisdom from Chinese Medicine and homeopathy to find a solution to your health concerns.



## Healthy Healing Acupuncture

Michelle Connell AP, DOM

1395 N. Courtenay Pkwy, Suite 202, Merritt Island  
321-252-3720 • HealthyHealingClinic.com

Healthy Healing Acupuncture offers a full spectrum of Holistic Services provided by founder Michelle Connell, AP, DOM, whose education spans both Classical and Traditional Chinese Medicine with an integrative approach. The office offers an inviting calming environment encouraging your healing from the moment you enter the door.

**Wellness services offered:** All aspects of Chinese Medicine, including Acupuncture, Dry Needling, Motor Point Therapy, Cupping, Gui Sha, Cosmetic Facial Acupuncture, Chinese Medical Massage, herbal formulas and nutritional supplements as well as, homeopathic and nutritional injection therapy, and Celluma LED light therapy for anti-aging and to decrease pain and inflammation.

**Areas of specialty:** Treatment for internal and external issues including neck pain, back pain, sciatica, depression, allergies, women’s health, fertility, menopausal balance, cosmetic acupuncture, migraines, men’s health, ED, libido, high blood pressure, insomnia, weight management, addiction therapy, and smoking cessation.

**Philosophy of healing:** “Our highest goal is to help our patients along an empowering journey toward balance, health, and a pain-free life,” says Connell.



## Indian River Acupuncture & Functional Medicine

Angela King, AP, DOM

Christine Nielson, MD

Chelsey Dodd, AP, DOM

Amanda Milian AP, DOM

1300 36th St, Ste H, Vero Beach  
772-564-8383

IndianRiverAcupuncture.com



Indian River Acupuncture & Functional Medicine helps people overcome their physical and emotional health limitations and enjoy greater wellbeing. Their team of dedicated practitioners is led by Angela King, AP, DOM, who founded the practice in 2006. “By blending modern medical science with the traditions of Eastern medicine, our multi-dimensional treatment approach provides the most comprehensive natural health care in our community,” says King.

**Wellness services offered:** Private, Community (\$40) and Cosmetic Acupuncture; Functional Medicine and Clinical Nutrition with specialized lab testing for gut microbiome, food sensitivities, micronutrient, thyroid, adrenal, cardiometabolic, organic acids, mold/ mycotoxin and Lyme; Neuro-Emotional Technique (NET), weight loss and detox, herbal medicine, Cupping, Moxa, Vitamin B12 injections and Muscle Response Testing.

**Areas of specialty:** Pain and inflammation, headaches/migraines, fatigue, stress, anxiety, depression, insomnia, digestive and GI disorders, allergies and sinus, hormones and women’s health, diabetes, weight loss, hypertension, auto-immune conditions, emotional and behavioral issues in children and teens, general wellness.

**Philosophy of Healing:** “We explore the physical, emotional and energetic factors that cause symptoms to appear and design an individualized treatment plan to correct the imbalances and restore health,” says King.

## ACUPUNCTURE

### Ni's Chinese Medical Center

Bo-Shih Ni, LAc, DOM

Beth Myers, LAc

Yang-Fen Sun, LAc

1250 W. Eau Gallie Blvd., Suite H, Melbourne

321-757-9731 • DrBoNi.com

With more than 50 years of combined clinical experience, the physicians at Ni's Chinese Medical Center are dedicated to providing the best acupuncture and Chinese herbal medicine to optimize your healing potential and promote wellness.

**Wellness services offered:** Acupuncture, Cupping, Celluma LED light therapy, and Chinese herbal medicine.

**Areas of specialty:** The physicians at Ni's Chinese Medical Center treat all health problems for all ages from everyday care to critical care, from pain to internal illness. Some of the more common ailments the physicians see are allergies, pain, chronic fatigue, digestive disorders, depression, anxiety, skin conditions, headaches, infertility, memory disorders, PMS, respiratory illnesses, sleep disorders, and tinnitus.

**Philosophy of healing:** "Traditional Chinese Medicine (TCM) is a complete medical system that has been used to diagnose, treat, prevent illness, and promote wellbeing for thousands of years," says Dr. Ni. "TCM places emphasis on treating the cause of the symptoms early before they develop into disease. Prevention is the best medicine."



### Stuart Acupuncture, Inc.

Hillary Morris, AP, MSTOM

7000 SE Federal Hwy, Suite 205, Stuart

772-266-8165 • StuartAcupuncture.com

In practice for 20 years in both NYC and Stuart, Hillary Morris offers a unique healing experience for each patient. Using traditional Chinese medical modalities along with more modern therapies, she helps patients work through a wide variety of health issues with her signature gentle needling technique.

**Wellness services offered:** Acupuncture, customized Chinese herbal formulas, cosmetic acupuncture, electric stimulation, moxibustion, needle-less laser acupuncture ("photobiomodulation"), cupping, GuaSha, Tuina, sound therapy, essential oil therapy, Reiki, crystal and gemstone healing, infrared heat therapy, and life coaching.

**Areas of specialty:** Morris has a general practice and works with many issues. She often sees patients with back pain, emotional issues, fertility, fibromyalgia and musculo-skeletal pain. Morris is also certified in Constitutional Facial Acupuncture for the face and body changes associated with aging.

**Philosophy of healing:** Morris strongly believes in the intertwining of the emotional and physical body, and that patients benefit most when treatment addresses both aspects. By using a variety of therapeutic modalities, she tailors for each patient a unique and highly effective strategy, helping each along their path towards their best, most vibrant life.



## ART & SPIRITUAL GROWTH

### Ubuntu Fish Gallery (UFG)

508 Osceola St., Stuart

772-210-2931

UbuntuFishGallery.com

Ubuntu (oo-boon-too) is an African word meaning "I am because we are." Dana Sardano, artist/owner of UFG, contends that "Ubuntu" is not just the name of her gallery, it's a philosophy—the philosophy in which she lives her life, runs her business, and by which she raises her children; thus, in the spirit of Ubuntu, she has gathered a very special group of intuitive artists to assist in the evolution of this creative space.



**Wellness products offered:** Art Gallery and gift shop which contains a line of products combining creativity and intuition, including a beautiful line of crystal artwork as well as artwork and unique handmade pieces created by local artists with the intention of wellness and alignment.

**Areas of Specialty:** UFG offers spiritual readings and services by a variety of uniquely gifted intuitives as well as offers a variety of painting, spiritual, meditation, sound healing, hypnosis, and crystal workshops.

**Philosophy:** Ubuntu Fish Gallery is an artists' gallery created by artists for artists, intended to provide a safe and comfortable environment in order to cultivate personal, creative, and spiritual growth— all with the understanding that "we are all in this together."



## BIOLOGICAL DENTISTRY



### Smile Design and Wellness Center

Dr. Chris Edwards

Dr. Rob Brown

Dr. Haley Freymiller

5445 Village Drive, Viera

321-751-7775

SmileDesignCenter.US

From safe mercury removal to the biological extraction where the patient's own stem cells enhance healing, the team at Smile Design and Wellness Center (SDWC) treats patients in a caring way. "Our inviting office and the extensive array of technology enable us to deliver innovative comprehensive dentistry for the whole family," says Dr. Edwards.

**Wellness services offered:** Offering a full spectrum of dental services, with an emphasis on prevention. SDWC has technologies like Cerec, lasers, microscopes, 3D X-ray, ozone therapies and minimally invasive techniques. They do safe mercury removal.

**Areas of specialty:** Biological dentistry where they partner with patients and their health specialists to achieve optimal oral and systemic health. Minimally invasive dentistry with safe mercury removal and safe dental materials. They also do Smile Design!

**Philosophy of healing:** "We listen to our patients and partner with them in developing a plan that works for them," says Dr. Brown. "We educate our patients as to their conditions and concerns and their options. We have a strong preventive approach that helps the patient to take the responsibility for their oral health."

## CHIROPRACTIC HEALTH & WELLNESS

### CARE Natural Wellness Center

Dr. Brian Walsh, Chiropractic Physician/Owner

1051 Eber Blvd, Suite 102, Melbourne

321-728-1387 • CareWellnessFL.com

CARE Natural Wellness Center offers a variety of holistic services for all ages. Dr. Brian Walsh focuses on healing the whole person – body, mind and spirit - using safe and natural solutions. Patient education is paramount in the healing process.

**Wellness Services Offered:** Designed Clinical Nutrition using Nutrition Response Testing®, ChiroThin Doctor Supervised Weight Loss Program, various chiropractic techniques, massage and thermography services, and Pulsed Electromagnetic Field Therapy (PEMF).

**Areas of specialty:** Dr. Walsh focuses on identifying and handling the underlying cause of health issues so the body does the healing. Causes may include heavy metal and chemical toxicity, food or environmental sensitivities, and immune challenges. Digestive problems, hormonal imbalance, autoimmune, cardiovascular, chronic fatigue, sleep issues and more have been helped with this approach.

**Philosophy of healing:** "The body was designed to be self-healing," says Dr. Walsh. "Our responsibility is to identify the obstacles preventing the healing from occurring, and design a health improvement program tailored for the individual's needs. This may include the above modalities, nutritional supplementation, diet/lifestyle recommendations and prayer."



### Complete Care Chiropractic and Stuart Thermography

Dr. Steven M. Zanfini

500 SE Dixie Hwy, Suite 2, Stuart

772-223-9777 • CompleteCareTC.com

Complete Care Chiropractic and Stuart Thermography is a cutting-edge holistic health care center. Specializing in brain hemisphericity and having a passion to teach this understanding to his patients, Dr. Steve Zanfini explains his work, "Healing starts with the brain, the brain is the main unit of control, therefore is connected to imbalances. Understanding how to control it can lead to a healthier life. Through the results of my neurological exam I can teach you about you and find a pathway to resolving the brain hemisphere issues you may have."

**Wellness services offered:** Thermography, Chiropractic, Laser therapy, and Functional Medicine.

**Areas of specialty:** Vertigo, ADD, ADHD, and Autism. "Every one of these conditions are a brain hemisphere issue. If they are not resolved, the brain remains underdeveloped and conditions will take them into adulthood," says Dr. Zanfini.

**Philosophy of healing:** "Everyone is different. I believe each of our bodies has the opportunity to heal itself in a drug-free approach, if given the right tools. The right tools come from the right understanding; I understand the brain and can help you understand yours," says Dr. Zanfini.



# CHIROPRACTIC HEALTH & WELLNESS

## Dr. M.J. Ward, D.C.

2405 N. Courtenay Pkwy A7, Merritt Island  
321-453-7005

In an attempt to help others to live their highest healthiest potential – physically mentally, emotionally and spiritually – Dr. Ward, in 2002, incorporated two techniques into her health care practice of 34 years. For the person who acknowledges their inner problem, surrenders it to a Higher Power and is open to assistance, there is The Body Talk System. Complementarily, NeuroEmotional Technique (N.E.T.) helps to identify stuck patterns and to resolve long standing health problems that have an emotional component.



**Additional Wellness services offered:** homeopathic remedies, stretching/strengthening exercise, myofascial release, trigger point release, health coaching, muscle testing/applied kinesiology, neuromuscular reeducation and gentle chiropractic.

**Areas of specialty:** Relief for stress, trauma, addictive repetitious defeating behavior, chronic painful whole person (body-mind-spirit) manifestations, auto accident injuries, struggling couples, children with behavioral issues and their parents, care takers and end-of-life loved ones.

**Philosophy of healing:** Dr. Ward agrees with Dr. Daniel Monti of “What the Bleep” fame when he references research participants feeling a dramatic impact after 3-5 N.E.T. sessions: “What you find, over time, is you weather the storm of life so much better because your adaptive mechanisms just get better and better as you experience the intervention.”

## Space Coast Advanced Health

### Dr. Steve Alukonis, DC, DABCO

401 N Wickham Road, Suite U, Melbourne  
321-425-2519

SpaceCoastAdvancedHealth.com

Space Coast Advanced Health is a very diverse functional medicine practice that also offers chiropractic orthopedist services. Dr. Alukonis, a Functional Medicine Practitioner, develops his own spinal adjusting techniques and gets to the root causes of chronic, complex health conditions.



**Wellness services offered:** Functional medicine, nutrition to restore optimal health, chiropractic care using advanced techniques Dr. Alukonis developed, non-surgical spinal decompression, chiropractic neurology, brain neuroplasticity, interactive metronome provider, cold laser therapy, homeopathy, herbal therapy, and vitamin therapy.

**Areas of specialty:** Thyroid conditions, weight-loss, autoimmune conditions, peripheral neuropathy, chronic fatigue syndrome, Irritable Bowel Syndrome, auto accidents, low back, leg, and neck pain, migraines, acid reflux, autism spectrum, whiplash, knee, hip, and foot pain, TMJ, fibromyalgia, sleep issues, posture, spine degeneration.

**Philosophy of healing:** “Our bodies can heal themselves,” says Dr. Alukonis. “In my practice, I look for the root underlying causes that keep you unhealthy. Chiropractic spinal adjustments remove nerve interference allowing your nervous system and immune system to function properly. We balance gut flora, remove overgrowth of yeast and bad bacteria, repair the lining of the gut and look for food sensitivities.”

# EDUCATION

## Wavecrest Academy

### Brandy Arrajj

1244 Water St, Melbourne,  
321-795-3458

WavecrestMelbourne.org



Wavecrest Academy serves students from pre-K to 12<sup>th</sup> grade providing an individualized curriculum that meets students where they are and allows for one-on-one help in challenging areas. Their educational approach allows students to excel as much as they like in preferred subjects and teaches students critical social skills, from simply asking for clarification to perspective taking and collaborating with peers. Their students enjoy the arts district community with weekly trips to area businesses and the library for hands-on learning, making connections and using newly learned material in real life.

**Learning modalities:** Wavecrest Academy pulls from all different teaching modalities matching the teaching style to student’s learning style.

**Areas of specialty:** Very successful with students that are gifted and college-bound, as well as, typically developing. Also proficient with children with a wide range of abilities and talents including Attention Deficit Disorder (ADD) and students on Autism Spectrum Hyperlexia and with dyslexia.

**Philosophy:** Wavecrest Academy believes in making learning enjoyable. They teach students how to learn, fact find, and apply newly acquired information and skills in way that is meaningful.

## ENERGY HEALING

### Kumari Healing Inc

Kumari Mullin, owner

Sebastian

772-589-9803

KumariHealing.com

DivineHumanInstitute.com



Kumari is founder of Divine Human Institute, a modern-day mystery school offering training in energy healing, intuitive development, manifesting your dreams and awakening your Soul potential through live and online courses, retreats, TV show, and small group apprenticeships.

**Wellness services offered:** Training: Reiki Energy Healing, Animal Communication, Quantum Creating, Energy Alchemy. Intuitive mentoring, spiritual meditation retreats, Awakening Healers online community — weekly healing, intuitive guidance, energy training for profound healing and spiritual transformation. Bliss TV show.

**Areas of specialty:** Heal: Learn energy healing to release physical and emotional pain, get unstuck, gain clarity. Manifest: Find your bliss, align your purpose, achieve your dreams. Awaken: Activate your intuition, divine potential and spiritual mastery. Energy medicine apprenticeship.

**Philosophy of healing:** Kumari transmits a powerful loving presence where healing shifts occur spontaneously, and the wisdom of the Soul is unveiled. “Everyone can be a healer,” says Kumari. “I teach fully anchored in the knowing that everyone, yes even you, can awaken to their divine nature and intuitive healing gifts.”

## EXPOS

### Awaken Wellness Fairs

Paula Caracappa, CEO and Founder

Port St. Lucie FL and Westchester NY

772-345-7218 • 914-422-1784 • AwakenFair.com

Awaken Wellness Fairs educate people about the many paths to a healthy body, mind and spirit, including ancient techniques and cutting-edge technologies. The Awaken Fair will be held at the Civic Center in Port St. Lucie on January 26 and July 26 and at the Double Tree Hotel in Tarrytown NY, on April 19 and November 22.

**Services and products offered:** More than 125 exhibitors, including speakers, healers, vendors and readers, offering information about wellness.

**Areas of specialty:** Past exhibitors have included M.D.s blending Eastern and Western medicine; aromatherapists; energy healers offering Reiki, polarity and Therapeutic Touch; unique, often handmade, natural and healthy products including toiletries, lotions, nutritionals, supplements and unique jewelry (usually imbued with special intentions or made from recycled materials); and intuitive readers that connect on a psychic level. (Readings are for entertainment purposes only.)

**Philosophy:** “Awaken to your best self,” says Caracappa. “My event is a holistic smorgasbord of possibilities for the public to sample—not every offering is for everyone. But everyone can find at least one resource to help them feel better, be better, do better!”



## FLOWER ESSENCE THERAPY

### Herbs & Owls

Gina Kearney, Certified Herbalist & Flower Essence Therapist

422 SW Akron Avenue, Stuart

516-984-4615 • HerbsandOwls.com

Flower Essence Therapy is a form of vibrational healing derived from living flowers that assists in emotional and energetic healing and personal growth. Discovered in the 1930’s by Dr. Bach, Flower Essences have been used by practitioners to help clients cleanse and balance the Chakras (our energetic system that receives, assimilates, and transmits life energy) in order to shift deep-seated trauma, woundings and limiting beliefs, often from childhood.

**Wellness services offered:** Flower Essence Therapy including custom flower essence blends and herbal, nutritional and lifestyle recommendations, Herbal Medicine, shamanism workshops, guided meditations.

**Areas of specialty:** Resolution of painful or negative emotions, clarity about life work and direction, improvement of self-image, enhanced creativity and self-expression, stress/anxiety reduction, inner-growth, improvement in relationships, increase in positivity and resilience.

**Philosophy of healing:** “I believe that each client’s healing journey is unique. That each of us have experienced trauma and challenging life events that have lodged themselves in our energetic (chakra) system and inform how we live our lives,” says Kearney. “In working with Flower Essences, we can dislodge that trauma and begin to heal on a very deep and profound level.”



## HERBALISTS

### Mama Jo's Sunshine Herbals

Joanna Helms, Registered Herbalist, BA  
1300 Pine Tree Drive, Indian Harbour Beach  
321-779-4647 • Facebook.com/  
MamaJosSunshineHerbals

Joanna Helms, Registered Herbalist and Professional Member of the American Herbalist Guild (AHG) with 24 years of clinical experience has created more than a local herb store. Mama Jo's Sunshine Herbals' homey atmosphere encourages visitors to sample herbal tea and enjoy the historical experience of herbalism.

**Wellness services offered:** Helms offers client consultations with an in-depth evaluation of the client's health state, resulting in a customized herbal therapy plan to achieve homeostasis. Her ability to collaborate with health care professionals ensures remedies support an overall health plan. Mama Jo's offers organic herbs, customized formulations, time-tested herbal products, 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 more.

**Areas of specialty:** "With the onsite Herbal Apothecary, all products are made on the premises to allow for the highest integrity," explains Helms. "We are honored to offer a full Good Manufacturing Practice (GMP) compliant apothecary and dispensary."

**Philosophy of healing:** "Our Sunshine family excels in fellowship to deliver an infusion of past and present herbal information with our community," says Helms.



### The Herb Corner

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

Cecelia Avitabile, Master Herbalist and Certified Nutritional Consultant, works with clients to understand better what their body needs. "At The Herb Corner we take the time to listen to your specific needs so you can get to the root cause of your situation," says Avitabile.

**Wellness services offered:** As a Learning Center and Herb Shop the staff empowers clients with knowledge of how to support the body using nutrition, supplements and herbs utilizing their large selection of organic bulk herbs, teas, tinctures, salves and individualized blends or essential oils. Private consultations and customized herbal formulas available. Avitabile periodically offers "Reclaiming our Roots" herb classes, a 7-month learning journey providing students with an in-depth study of the healing properties of herbs.

**Areas of specialty:** Over twenty years of experience guiding and educating people with information on conditions such as arthritis, diabetes, cancer, thyroid, respiratory, digestive disorders and much more.

**Philosophy of healing:** "We believe that everyone has the ability to bring their body back into balance using nutrition, herbs and supplements," says Avitabile. "We will always do our best to help."

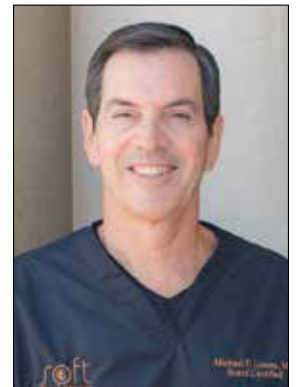


## HOLISTIC HEALTH

### Essentials MediSpa & Salon

Dr. Michael Lesser, MD  
1705 Berglund Lane, Viera  
321-722-2860  
EssentialsMediSpaAndSalon.com

Essentials MediSpa & Salon is a comprehensive wellness and rejuvenation medical center headed by board-certified, anti-aging physician Dr. Lesser.



Their facility offers the best of luxury and medical in one space, allowing the client to feel refreshingly at ease no matter the reason for their visit.

**Wellness services offered:** Relaxation, rejuvenation, and wellness therapies, such as weight loss and nutrition, massage and aesthetics, medical marijuana, IV therapy, advanced stem cell therapy, bio-identical hormone therapy, and facial reconstructive rejuvenation.

**Areas of specialty:** Broad spectrum including, but not limited to weight-loss/nutrition, menopause, anti-aging, fatigue. Their providers and services work together to deliver methods for overall wellness, disease prevention, relaxation, and anti-aging. Their unique and broad-spectrum approach is optimum to serve every individual's specific needs.

**Philosophy of healing:** "Wellness is primary to maintaining good health," says Dr. Lesser. "The variety of medical and wellness services that are offered here are designed around this concept. While we are well versed in healing treatments, it is our intention to maintain good health for each individual beginning with prevention."

## HOLISTIC HEALTH

### Rebecca's Organics

All-Natural Community Market and Gathering Place

301 Orange Ave, Fort Pierce

772-529-1811 • Facebook Rebecca's Organics

Rebecca's Organics' long-standing reputation for master level hairstyling using organic and chemical-free products has led to the growth of an all-natural, community market and gathering place. The market

offers local produce, eggs, herbal products, and more. In addition, master level massage therapist Pete Whitridge lends his 30 years-experience in sessions and CEU classes; Guided Wellness Health Coaching with Debbie Robel helps clients manage or even reverse chronic diseases by offering education on nutrition and related diabetes and thyroid support; and microblading with Dana Ashton using all vegetable ink to shape and perfect eyebrows.

**Products offered:** Gruwell Honey; Moe Muffins; Lillibears Farm-Fresh Eggs; bulk foods, beeswax candles, and organic and chemical-free personal products.

**Areas of specialty:** All-natural marketplace for natural health, beauty and nutritional needs. Gathering space for special events, movie and music nights, arts and crafts, vegan and vegetarian cooking classes and group discussions on environmental issues that impact communities.

**Philosophy:** Rebecca's Organics has been serving the community since 2011 with the mission to bring local, all-natural options to the community through a market and gathering place that all can benefit from.



### Salt of the Earth Halotherapy & Spa

Wanda Bresette, Proprietor

422 SW Akron Ave, Stuart

772-266-9961 • SaltSpaFL.com

Salt of the Earth is a health and wellness destination located in historic downtown Stuart. The warm and welcoming center is located in a 1930's era home where

licensed specialists provide professional, innovative spa services.

**Wellness services offered:** Halotherapy (dry salt therapy) in an all pink Himalayan salt room, Salty Yoga, massage, organic, customized skin care, foot soaks prepared in detoxifying copper bowls, flower essence therapy, Shamanism workshops, guided meditations, essential oils and many special wellness events.

**Areas of specialty:** Pink Himalayan salt therapy room provides relaxation with 200-million-year old salt bricks on the walls and floor. Salt therapy has been used in Europe for over 200 years and is now available in Stuart. Salt room treatments may alleviate symptoms of COPD, asthma, allergies, sinusitis and many more respiratory and skin issues. Salt is a natural antibacterial, anti-fungal, anti-microbial, and anti-inflammatory mineral and the ionic atmosphere produced helps to relieve stress and anxiety.

**Philosophy of healing:** "Our holistic center is comprised of a group of women who believe in helping the body heal itself through a combination of modalities," says Wanda Bresette



## HYPNOTHERAPY

### Elizabeth L. Campbell, BCH, MNLP, CTH

611 SW Federal Highway,

Suite K-1, Stuart

772-291-7813

TranceformU.com

Elizabeth Campbell is a Board-Certified Hypnotist, Master NLP Practitioner, and Certified ThetaHealer, providing private



sessions, group events and professional certification courses in Hypnotism, ThetaHealing and NeuroLinguistic Programming. Serving Stuart for 17 years, Campbell sees clients in her office and internationally via the internet.

**Wellness services offered:** Hypnosis, NeuroLinguistic Programming, ThetaHealing, Past Life Regression, Smoking Cessation. "There are actually limitless ways to harness the power of the mind to provide healing when you are able to access the subconscious," says Campbell. "It is there that all the programming, habits, emotions, and interpretations of a lifetime are held."

**Areas of specialty:** Habit changes, self-esteem, motivation, mood difficulties, pain management, purpose in life, and anything pertaining to the way we think and feel about our lives and our experiences, including, and perhaps especially, spiritual growth.

**Philosophy of healing:** "Sometimes life brings us problems that we cannot handle alone," says Campbell. "I use my modalities in combination, as needed, to create my clients' desired change. A session is never about what I think my clients need; it is about their personal goals and desires."

# INTEGRATIVE MEDICAL DOCTORS

## Cancer Care Centers of Brevard

Diely Pichardo-Johansson, MD

1430 S Pine Street, Suite 201, Melbourne  
321-674-5050 • CancerCareBrevard.com

Dr. Pichardo is a Board-Certified Hematologist-Oncologist with an interest in the body-mind-spirit connection. As firm believers in the healing powers of love and laughter, she and her staff strive to maintain an uplifting environment and make every patient visit the most pleasant possible.

**Wellness services offered:** Dr. Pichardo believes that conventional and alternative medicine should not be mutually exclusive but should complement each other. Besides offering traditional treatments such as chemotherapy, immunotherapy and radiation, she is open to her patient's inquiries on holistic approaches and encourages them to become leaders of their health team. A cancer survivor herself, Dr. Pichardo knows the danger of generalizing treatment and believes in tailoring medical decisions to the patient's specific needs.

**Areas of specialty:** Dr. Pichardo has a special interest in breast cancer, but she also treats a wide variety of oncologic conditions including lung cancer, colon cancer, CLL and lymphomas. She also treats blood disorders such as anemias, hemochromatosis and blood coagulation disorders.

**Philosophy of healing:** "I'm convinced that the most effective health boost in the world is wanting to be alive. Therefore, ensuring *quality of life* for my patients is my biggest priority."



## Center for Anti-Aging Aesthetic and Rejuvenation Medicine

Yale Smith, MD

7000 Spyglass Court, Suite 300, Viera  
321-421-7111 • AntiAgingIM.com

The Center for Anti-Aging uses methods different to traditional medicine. They look at your body as individual systems working together in harmony to be a whole unit. If one small piece of the system goes awry subtle changes will start to occur often unnoticed, eventually causing an escalation of bigger concerns.

**Wellness services offered:** Integrative medicine, holistic practice, lifestyle changes, peptide healing, detox, diet, supplementation, specialized testing, shock wave therapy and more.

**Areas of specialty:** Treating heart disease, heart attack prevention, diabetes, cancer support, autoimmune disease, sleep disorders, chronic fatigue, thyroid disease, stress hormones, erectile dysfunction, gastrointestinal disease and weight loss.

**Philosophy of healing:** Integrative medicine emerged from a need to respect the individuality of the person. This means learning to view a person from a physiological, psychological, social and spiritual perspective. In addition, integrative medicine is focused on healing and emphasizes the doctor-patient relationship. It focuses on the least invasive, least toxic, and least costly methods to help facilitate health by integrating the best of both worlds.



## Dean Wellness Institute

Melissa Dean, MD

1345 36th St., Ste B, Vero Beach  
772-567-1500

DeanWellnessInstitute.com

Dean Wellness Institute is focused on providing a holistic approach to wellness and improved health. Dr.

Dean and her staff work with each patient to provide the most up-to-date information in an integrative manner

that empowers each patient to focus on healing the root cause of a health issue, not just treating the symptoms. They work closely with patients to improve their quality of life as they age. Dr. Dean is an expert in treating menopause, andropause, diabetes management, hormone replacement and nutrition. Dean Wellness Institute has been serving Vero Beach and the surrounding areas for over 15 years.

**Wellness services offered:** Hormone Replacement Therapy, IV Therapy, detoxification, nutritional support, Integrative Medicine, cancer support, oxidative therapies, regenerative aesthetic procedures, qualified medical marijuana physician.

**Areas of specialty:** Hormonal imbalance, adrenal fatigue, diabetes, cardiovascular disease, heavy metal toxicity.

**Philosophy of healing:** "Hormone balancing, optimal nutrition, detoxification, exercise, and spiritual fulfillment are the areas that I believe are essential elements of well-being and longevity," says Dr. Dean.



## INTEGRATIVE MEDICAL DOCTORS

### Radiantly Healthy MD

Rebecca Hunton, MD

420 5th Avenue, Indialantic  
321-254-6803 • RH-MD.com

Rebecca Hunton, MD and Lisa Johnson, PA are committed to helping you find your answers. Starting with an hour-long in-depth analysis of you, they combine traditional medicine and natural options to create an individual plan to help you optimize your health and vitality. Rebecca Hunton, MD, board-certified physician, is on faculty for the American Academy of Anti-Aging Medicine to ensure she is bringing the most up-to-date knowledge of the aging process to her patients.



**Wellness services offered:** Functional and Integrative Medicine, Vitamin Infusion Drip Lounge. Anti-aging medicine including the analysis of genomics, lifestyle, cognitive status, body composition, laboratory and imaging results to take a 'deep dive' into your unique status.

**Areas of specialty:** Offering many solutions for conditions that are not solved by a traditional approach. Whether you are suffering from fatigue, irritable bowel, autoimmune, fibromyalgia, insomnia and the like, the RHMD healthcare team pride themselves on the many success stories in these areas.

**Philosophy of healing:** "We embrace the principles of Integrative Medicine and focus on the whole person: body, mind, emotions and spirit," says Dr. Hunton.

### The Institute for Health & Wellness

Deborah DeMarta, MD, FACS, FAARFM

218 SW Atlanta Avenue, Stuart  
772-539-9556 • InstituteHealthWellness.com

Deborah DeMarta, MD, owner of the Institute of Health & Wellness, is a Board-certified Colorectal Surgeon who specializes in Integrative, Functional, Anti-aging and Aesthetic medicine. She uses a holistic approach and offers an array of services that can help a the patient feel their best including hormone balancing, vaginal rejuvenation, sexual enhancement, laser and broadband light treatments, laser resurfacing and skin tightening. She has over 25 years of experience and has received the Patients' Choice Award, Compassionate Doctor Recognition.



**Wellness services offered:** Anti-aging, Functional and Regenerative Medicine, Hormone Replacement, Medical Aesthetics, Nutritional Testing, IV Vitamin Therapy, Micro Laser Peels

**Areas of specialty:** Hormonal imbalance, thyroid disorders and other autoimmune conditions, nutritional imbalances and micronutrient deficiencies, food sensitivities, digestive issues, vaginal laxity, incontinence, skin laxity, fine lines and wrinkles, rosacea, sun damage, body contouring, fat reduction, Botox Juvederm fillers and more.

**Philosophy of healing:** "I believe in early detection and prevention when it comes to age-related illnesses. The reversal or management of age-related conditions help the patient live a healthier life," says Dr. DeMarta.

## METAPHYSICAL STORES

### Aquarian Dreams

414 N. Miramar Ave (Hwy A1A),  
Indialantic

321-729-9495

AquarianDreams.com



Aquarian Dreams, open since 1986, is a family-centered and community-oriented business, dedicated to providing alternative products for a healthy, conscious lifestyle. Founder and owner of Aquarian Dreams, Cheri Hart, runs the business with her daughter, Shana Shanks, store manager; eldest son, Jamin Nichols, an acupuncture physician; and her son, Teren Nichols, a massage therapist and a yoga teacher. The business also houses The Lightworker Community Center, a not-for-profit healing, meditation and learning center which hosts over 20 weekly yoga and meditation classes.

**Wellness products offered:** A complete selection of holistic health and conscious living books, products and tools. Aromatherapy products, unique visionary gifts, global imports, yoga and meditation supplies, natural fiber clothing, and natural children's products.

**Areas of specialty:** The center offers full-time offices for an Acupuncture Doctor and Massage Therapist. It also hosts a variety of special events, workshops as well as over 20 weekly yoga and meditation classes.

**Philosophy:** Aquarian Dreams is a positive lifestyle store with classes and community services for healing and higher consciousness.

## METAPHYSICAL STORES

### Genie's Gems

21 SW Flagler Ave, Stuart  
772-678-6228  
PsychicNtheGenie.com



Genie's Gems is a new age metaphysical crystal shop offering unique gifts and clothing for your inner hippie. It is an extension and sister store for Psychic and the Genie, putting the ying and yang into metaphysical stores in downtown Stuart. Psychic and the Genie is dedicated to providing products, classes and services for mind, body and spirit.

Genie's Gems is proud to offer Soul Flower clothing – a boho, organic, earth-loving sustainable clothing line made with eco-friendly materials, including recycled materials and, in most cases, recycled water bottles.

**Products offered:** A varied selection of stones, crystals, Soul Flower clothing, hippie clothes, t-shirts, dresses and accessories including scarfs, headbands, handbags, purses and jewelry.

**Areas of specialty:** The stores offer tea leaf readings, Kai Chi Do and sound healing sessions, and also hosts Psychic Fairs that offer Tarot, Tea Leaf and Angel Card readers as well as readings with Christopher Johansen the Psychic Medium.

**Philosophy:** Psychic & the Genie and Genie's Gems both actively support the community. They carry local products from small businesses and showcase over 36 local artists in the store. In addition, they support local Martin County charities.

## WELLNESS PRODUCTS

### CranioCradle

1241 SE Indian Street, Suite 101, Stuart  
888-380-6748 • CranioCradle.com

The CranioCradle is an effective natural health care tool that gently relaxes tight tense muscles from the head to the low back. Its design and applications are based on osteopathy, craniosacral and massage techniques.

**Products offered:** The CranioCradle comes in two therapeutic styles; light pressure or deep pressure. The light pressure style provides effective pain relief in minutes and is recommended for head, neck and back pain. The deep pressure version is designed for the athlete and plus sized and is recommended for body and back pain. The specifically designed Hot/Cold Pack can be added to either style and provides additional therapy warm or cold.

**Areas of Specialty:** Simple and easy to use, the CranioCradle products ease the discomfort from chronic head and neck pain, headaches, migraines, Fibromyalgia, TMJ and whiplash and effectively encourages cramped tense muscles of the shoulders, back and sacrum to relax helping with low back and sciatica pain.

**Philosophy:** Simple. Natural. Pain Relief. CranioCradle is a home therapy system that relaxes tense tired muscles, relieves nagging aches, pains and fatigue and restores your body to a deep state of comfort naturally.



### Rainbow Oil Company

2020 Murrell Road, Rockledge  
321-537-9430 • KureItNow.com

Rainbow Oil Company offers powerful products designed to address the root problem as well as the immediate symptoms caused by mineral deficiencies, which is the leading cause of most disease. "Our line of topical natural healing oils use the largest organ of the body, which is your skin to deliver transdermal nutrition on a cellular level," says Gordon Pennington.

**Wellness products offered:** Kure-It healing oils for pain relief and skin issues, natural herbal teas, herbal capsules, incense and salts. Monthly one-hour class the first Thursday of each month at 7 p.m. in Rockledge. Participants learn the root causes and herbal solutions to disease and sample products.

**Areas of specialty:** Revealing and relieving the root causes of pain and inflammation, chronic pain, muscular tension, high blood pressure, diabetes, cancers, liver and kidney disease and many more.

**Philosophy of healing:** "Rainbow Oil Company products are based on the principle that the force that created us has put within our environment everything needed to heal naturally, including the instructions for their use which we find hidden within the texts of the Bible, both new and old testament," says Pennington.





## WELLNESS PRODUCTS

### Voxxlife Wearable Neurotech

Lynn Howard

Port Saint Lucie

772-201-1490

TechWear.Voxxlife.com



Voxxlife is a neuro-technology company that has harnessed the power of Neuro-Muscular Science and Neuro-Activation by creating VOXX Human Performance Technology (HPT) to optimize brain health. This specific sequence/pattern has been molded into insoles or woven into socks and other products. It works with neuroreceptor activation points on the ball of the foot, that triggers a signal through the central nervous system that aides the brainstem in reaching homeostasis. When the brain stem is relaxed and calm, the brain and body can communicate more effectively and function better.

**Products offered:** Socks, Insoles, Neuropatches, Medical Grade Compression Socks, VoxxTherapy Knee Brace, Shapewear, and eSmartr Sleeve for focus, clarity, calm and better memory, Cognitive Boost Technology (CBT). All products are designed for ultimate comfort, wellness and performance.

**Areas of specialty:** Provides drug-free pain relief; increases focus/clear thinking, strength, endurance stability and balance; enhances range of motion; and provides for faster reaction times. Reduction in fall risk by 8x; supports muscles, joint function, nervous system function, and healthy sleep patterns; improves posture, energy and reduces painful diabetic neuropathy (PDN).

**Philosophy:** Voxxlife is devoted to drug-free wellness, optimal health and improved human performance.

### Your CBD Store Port St. Lucie

2818 SW Port Saint Lucie Blvd, Port Saint Lucie

772-207-7302 • YourPSLCBDStore@gmail.com

Your CBD Store offers CBD products that are natural and organic. Each product is third-party lab tested multiple times through-out the manufacturing process. Every bottle has a QR Code, lot number, and expiration date. The company's tinctures, topical creams and skin care were voted 2019 CBD Best at the USA CBD Expo in Miami. Defining excellence through quality and transparency while educating community is their goal.

**Products offered:** Oil tinctures/sublinguals, water solubles, topical creams and lotions, edibles, bath bombs, skin care, honey, pet products, vape cartridges and pens.

**Areas of specialty:** Specializing in educating consumers about CBD products. They pride themselves on training from their PhD analytical chemist and direct communication with health leaders across their network of stores, allowing them to provide quality products and education.

**Philosophy:** At Your CBD Store of Port St. Lucie their specialty training gives them the tools to understand the needs of their clients. They provide a CBD product that utilizes natural plant synergies and feel it is important to create an informed consumer who will demand transparency and high-quality CBD products to push the industry to new heights.



YOUR CBD Store™  
Port St. Lucie

## YOGA

### Twin Spirits Yoga & Barre

Jamie Hickey-Ivey,  
Owner and RYT

2325 NE Dixie Highway,

Jensen Beach

772-232-5949

TwinSpiritsYoga.com

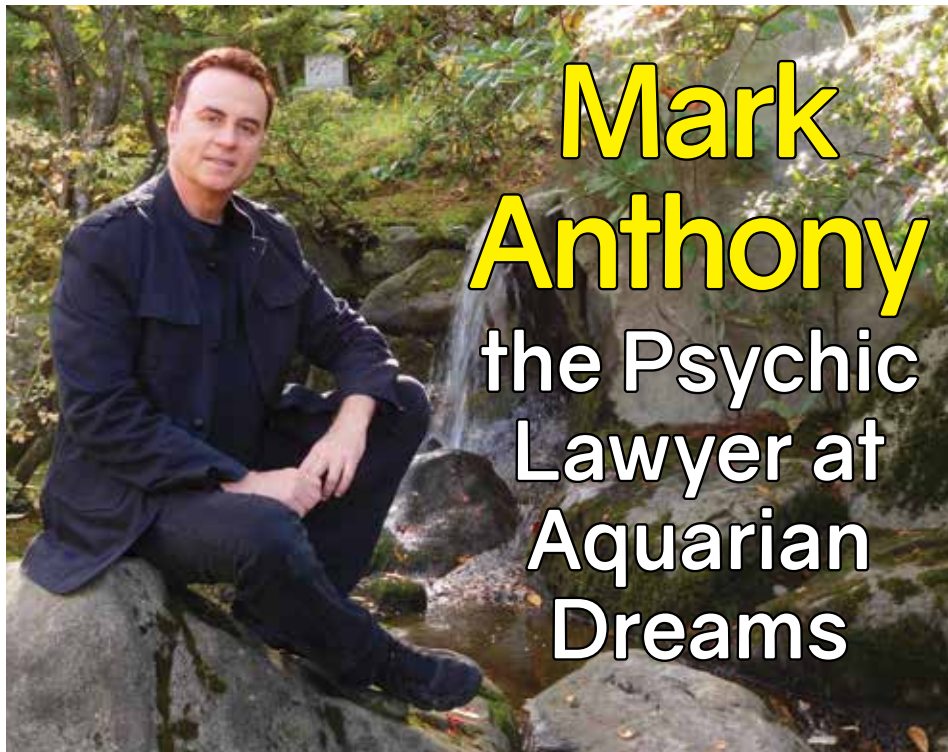


Since opening their studio door in August of 2016, Twin Spirits Yoga & Barre has strived to create a welcoming, accessible and supportive yoga and barre community. "Yoga creates space within, focuses the mind and the body, and brings awareness to the present moment," says Jamie Hickey. "We welcome all students, at any place on their journey. We are excited to meet you on your mat."

**Classes offered:** A variety of classes that will resonate with any practice, including barre, yoga tone, hot and unheated vinyasa, gentle yoga, hot and unheated slow flow, yin and yinyasa.

**Areas of specialty:** Their teachers have each been trained in a degree of different yoga and barre practices, bringing a unique quality of instruction.

**Philosophy of healing:** "It is the passion of our teachers to help our students reach their goals and deepen their practice of yoga and find that fun inside with barre," says Hickey. "Our studio centers around guiding and inspiring positive change in ourselves, others and our community."



# Mark Anthony the Psychic Lawyer at Aquarian Dreams

**M**ark Anthony the Psychic Lawyer (aka Psychic Explorer) will connect random audience members with their loved ones on the other side. Join him for an Evening of Spirit Communication and “Edu-tainment” for your Soul on Saturday, January 18 at Aquarian Dreams. Then on Sunday, January 19 he will lead a Light Circle with Mark Anthony for a special up-close experience limited to just 10 people. During this

experience he will connect every attendee with loved ones on the other side.

Anthony is a world-renowned psychic medium, paranormal expert and legal analyst who appears on national TV and radio. He headlines at conferences and expos internationally and is the author of the award winning critically acclaimed best-sellers *Never Letting Go* and *Evidence of Eternity* submitted for a Pulitzer.

Anthony has a reputation as the

“Psychic Indiana Jones.” In addition to his expertise as an attorney, he has an extensive background in science, quantum physics, survival of consciousness and near-death experiences, history, archaeology, philosophy and theology. One day he may be found lecturing at an Ivy League University about Quantum Physics and the next off to mystical locations in remote corners of the world to explore ancient ruins and supernatural phenomena.

Anthony can be found presenting lectures on Science and Education, Inspiration and Healing and his Ancient Mystery Series. He is known as a charismatic, intelligent and humorous accomplished public speaker who educates and entertains the audience. Many who have read his books, seen him speak or who have had a personal reading, have benefited from his insights. His life mission is to use his abilities to assist those suffering with grief caused by the loss of a loved one and to help them realize we are all spiritual beings in the Light.

*Location: Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Saturday Cost: \$40 prepaid /\$50 at door. Sunday Cost: \$200 – limited to just 10 people. For reservations call 321-729-9495 or order online at [AquarianDreams.com/special-events](http://AquarianDreams.com/special-events). To learn more about Mark Anthony and to subscribe to his newsletter, visit [EvidenceofEternity.com](http://EvidenceofEternity.com) and like his social media pages. See ad, page 37.*

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**772-529-1811**

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- Microblading
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Classes and Workshops

.....

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Gatherings and Workshops!**

# The Awaken Fair Returns to Port Saint Lucie



The Awaken Wellness Fair, NY's best-loved body, mind, spirit, green expo for nearly 20 years, returns to the Port St. Lucie Civic Center on Sunday, January 26, 2020 from 10 a.m. to 5 p.m.

"The Awaken Fairs began in 2002 with just 42 holistic practitioners working on each other in a small office. Today it has grown to well

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

Guests will be able to explore the exhibitor hall and find crystals, lavender and hand crafted jewelry, featuring Swarovski crystal angel bracelets, natural gemstone bracelets and one of a kind pendants. An opportunity to contact one's higher self: one of which is thru spinning the Wheel of ECK, pointing in the best direction for personal journey of Soul. Learn about non-traditional healing, and enjoy perusing books, healing stones and crystal jewelry. Guests can stop by an essential oils table to get a personalized report of essential oils and supplements that will improve health.

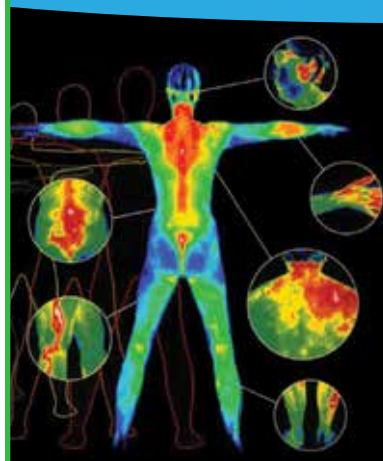
This year the event features over a dozen speakers, including Psychic Medium Joan Carra who will demonstrate her ability by communicating with the family, friends, and even pets of attendees.

Intuitive readers and holistic healers will be available for sessions, including readers Avilone Bailey, Janet Reynolds and Susan Keiffer and others. Schedule your readings and healing appointments with the Awaken Fair on arrival or pre-book discount appointments online.

*For more information, visit AwakenFair.com. Port St. Lucie Civic Center, 9221 SE Civic Center Pl, Port St. Lucie (located at US 1 and Walton Road). See ad, page 8.*

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## health briefs

# Eat Fermented Dairy to Lower Heart Risk

Eating and drinking fermented probiotic dairy products such as yogurt, kefir, cheese and sour cream reduces the risk of heart disease for women, report researchers from the Netherlands that analyzed data from nearly 8,000 Australian women over a 15-year period. The effect was particularly strong for those that were obese and had Type 2 diabetes, according to the research. "In the process of dairy fermentation, beneficial compounds are released that have shown promise for improving glycemic control, blood lipids, cholesterol concentrations and blood pressure," write the study authors.



ines.Behrens-Kunkel/Shutterstock.com

# Munch More Nuts to Stave Off Weight Gain

Chomping on more nuts daily keeps the pounds at bay, according to research published in the journal *BMJ Nutrition, Prevention & Health*. Using records from three long-term longitudinal studies spanning 20 years and including nearly 300,000 health professionals, the report from Harvard University's T.H. Chan School of Public Health found that increasing nut intake by a half serving a day—about 12 almonds or seven walnut halves—was linked to lower instances of weight gain and obesity. Swapping out a serving of meats, refined grains or desserts for half a serving of nuts was associated with staving off weight gain of between 0.9 and 1.5 pounds in any four-year period. A consistently higher nut intake of at least half a serving a day was associated with a 23 percent lower risk of putting on 11 or more pounds and becoming obese in the same timeframe. No such links were found for eating more peanut butter. The researchers suggest the high fiber content of nuts can make a person feel full longer, and that that the fiber also binds well to fats in the gut, affecting a greater discharge of calories.



onair/Shutterstock.com

# Eat Garlic and Onion for Breast Health

Women eating more onions and garlic reduced their risk of breast cancer by 59 percent compared to those that ate less of these, according to a study in the journal *Nutrition and Cancer*. Researchers from the State University of New York at Buffalo and the University of Puerto Rico surveyed 660 women in Puerto Rico to measure their intake of onions and garlic, as well as sofrito, a local dish also cooked with bell peppers, tomatoes, cilantro and black pepper. Women that ate the onion- and garlic-rich sofrito sauce more than once a day slashed their risk of breast cancer by 67 percent compared to those that didn't eat it. Both garlic and onions contain compounds with anticarcinogenic properties, and earlier studies have found a link between higher onion and garlic intake and fewer cancers of the lung, prostate and stomach. Puerto Rican women eat more onions and garlic than women in Europe and the U.S., mainly due to the popularity of those two ingredients in sofrito, and also have markedly lower breast cancer rates.



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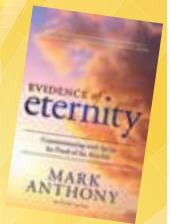
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## global briefs



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### Trays Up

#### Air Meals May Get an Eco-Makeover

According to researchers, each airline passenger produces about three pounds of trash per flight, from disposable headphones and plastic cutlery to food scraps and toilet waste. To increase mindfulness about the trash, British design firm PriestmanGoode has refashioned the economy meal tray, replacing plastic with renewable materials such as coffee grounds, banana leaves and coconut wood. Associate Strategy Director Jo Rowan says, "Onboard waste is a big issue. Knowing that you have 4 billion passengers per year, it all adds up very quickly." The redesigned items are featured in an exhibit, "Get Onboard: Reduce. Reuse. Rethink." at the Design Museum, in London.

The biggest environmental issue with air travel is carbon emissions, which are growing at a faster rate than previously projected. But as air travel becomes increasingly accessible and more people fly, airlines have been making public pledges to curb their environmental footprint, including the plastic forks and leftovers their passengers leave behind.

## Gender Gap

### Sea Turtles Skew Female



Scientists warn that as the Earth gets hotter, sea turtle hatchlings worldwide are expected to trend dangerously female. The West African island of Cape Verde is home to a sixth of the planet's total

nesting loggerheads, and 84 percent of youngsters are now female, researchers from Britain's University of Exeter stated in a July report. "Males here could vanish in two or three decades," says Adolfo Marco, a Spanish researcher. "There will be no reproduction."

Sea turtle eggs that incubate in sand below 81.86 degrees Fahrenheit produce males, according to the National Oceanic and Atmospheric Administration, while nests in the mid-80s create a gender mix. Temperatures higher than 87.8 degrees effect 100 percent females. In Cape Verde, the sand temperature has risen about 2.3 degrees Fahrenheit since 1964. Populations in Florida and Australia are also showing dramatic sex imbalances, casting the shadow of extinction over the ancient species. Sea turtles can live for 100 years and lay more than 1,000 eggs. They are polyamorous, and one male can fertilize dozens of females.

## Rethinking Rice

### Farmers Respond to Climate Change

Growing up in Gambia, Nfamara Badjie's parents taught him it's much healthier to eat food they grew rather than food bought in a store. Badjie, a well-known drummer who moved to the U.S. in 2005, bought a plot of marshy land in Ulster Park, New York, two hours north of New York City, and is learning how to adapt the rice-growing practices of his West African ethnic group, the Jola, to East Coast climates. Agronomists hope the innovative operation, Ever-Growing Family Farm, can provide a blueprint for other area farmers to introduce new crops due to the threat of climate change. Erika Styger, an agronomist from nearby Cornell University, says, "We can reinvent agriculture even today, and if we have that mindset, there is a lot that can be done. We shouldn't get stuck in how we have done things, and we need to adapt to climate change."

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**global briefs**

**Time's Up**

**Renewable Energy Should Speed Progress**

The International Energy Agency predicts that renewable energy will surpass coal as the world's leading source of electricity by 2030. Its 810-page annual *World Energy Outlook* also notes that even though offshore wind farms, solar installations and battery-powered cars keep getting cheaper, they aren't progressing fast enough to slash global greenhouse gas emissions and bring global warming under control because the world's appetite for energy keeps surging.



Bright spots include large, offshore European turbines that can harvest the stronger and steadier winds over the ocean; electric car factories in China; and new building codes and fuel economy standards. Africa currently poses about 40 percent of the world's potential for solar energy, but has less than 1 percent of the world's solar panels.

**Beach Junk**

**Microplastics Found in Brand-New Sand**



A Hawaiian beach that was formed by lava from the erupting Kilauea volcano in 2018 is already littered with invisible pieces of tiny plastic. The black sand beach named Pohoiki, which stretches for 1,000 feet on Hawaii's Big Island,

was created from shards of hot lava coming in contact with seawater, and looks pristine. Nic Vanderzyl, a University of Hawaii at Hilo student, saw the new beach as an opportunity to study sediment that was perhaps untouched by human influence, and discovered 21 bits of microplastics per 50 grams of sand on average.

The microplastics were smaller than five millimeters and rarely larger than a grain of sand. Most of them, he says, were microfibers, the hair-thin threads shed from common synthetic textiles like polyester and nylon. This invisible plastic has washed ashore on some of the world's most remote beaches, uninhabited by humans. It's still unclear how it will affect marine ecosystems, but scientists think it may have dangerous consequences for wildlife and human health.



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provided by long-lived populations. Those residing in what National Geographic Fellow and bestselling author Dan Buettner calls “Blue Zones”, for example, are more likely to celebrate their 100th birthday and escape chronic maladies such as heart disease and cancer—the two biggest killers in the U.S.

Buettner has identified the “Power 9” lifestyle habits commonly practiced by centenarians living in the five designated Blue Zones—Sardinia, Italy; Okinawa, Japan; Ikaria, Greece; Nicoya Peninsula, Costa Rica; and the Seventh Day Adventist community in Loma Linda, California.

Regardless of genetics, the following behaviors can help anyone slow the aging process and improve quality of life:

- Eat a plant-based diet.
- Stop eating when 80 percent full.
- Practice stress reduction techniques.
- Find a sense of purpose.
- Engage in physical activity throughout the day.

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# LIVING LONG & WELL

## Age-Defying Habits and the Fountain of Youth

by Melinda Hemmelgarn

At age 29, Betty Holston Smith, of Rockville, Maryland, weighed more than 200 pounds, smoked cigarettes and ate processed junk food. Now, almost 79 years young, she is a vegan ultra-marathon runner and an inspiration to anyone wanting to age well.

Smith’s story underscores the findings of researchers that have long pursued the keys to a long and healthy life. Some of these factors—heredity, for instance—are beyond our control. However, the most critical ingredient seems to be our daily habits.

Although we’ve all likely heard or read about someone that lived into their 90s, ate bacon, drank whiskey and smoked a pack a day, these individuals are outliers: In truth, longevity is determined by a combination of genes, environment, lifestyle choices and luck.

For example, some individuals may be born with genes that confer longevity, but

be unlucky due to where they live. The National Center for Health Statistics reports that life expectancy varies by zip code. That’s because where we live influences how we live, predicting access to healthful food, clean air and water, safe neighborhoods and stress-relieving green spaces such as parks and gardens. Genes are important, but our social and physical environments play a greater role in predicting our “healthspan”—the essence of a long and healthy life.

According to researchers at the Columbia Center for Children’s Environmental Health, in New York City, even our first environment—the womb—can spawn diseases later in life if pregnant women are exposed to air pollutants, pesticides and the toxic stress of poverty.

### Learning From the “Blue Zones”

In their search for secrets to longevity, investigators often look for lifestyle clues

- Consume moderate amounts of alcohol with food and friends.
- Join a faith community, regardless of denomination.
- Belong to a social network that engages in healthy behaviors.
- Share love and time with children, parents and partners.

### Survival of the Fittest

Tom LaFontaine, Ph.D., a clinical exercise physiologist based in Columbia, Missouri, says, “Mounting evidence shows that engaging in regular aerobic and strength exercise offers robust defenses against life-threatening diseases such as heart disease and several cancers.” One important marker of long-term health, particularly among women, notes LaFontaine, is bone mineral density (BMD). After menopause,

BMD decreases in women and can lead to osteopenia—low BMD—and osteoporosis—pathological loss of BMD. “Women with osteoporosis are particularly at risk for fractures, especially of the hip, which can lead to a reduced lifespan.”

LaFontaine recommends weight-bearing exercises such as walking, jogging and high-intensity weight training to significantly improve BMD; and he’s proven that it works. “In 2012, we started a program called Older Women on Weights (OWOW), in which 40 post-menopausal women with an average age in the low 60s train with heavy weights. Some even participate in weightlifting competitions.”

“We have observed women in this group move from osteopenia to normal BMD and from osteoporosis to osteopenia based on pre- and post-bone density DXA scans,” he says. What’s more, the women in LaFontaine’s program have formed new friendships, benefitting from a strong network of social support.

## Finding Inspiration

Smith, the septuagenarian marathoner, was inspired to make a change nearly 50 years ago when her 3-year-old daughter teased, “You can’t catch me!” during an innocent game of tag. She knew she had to make a change.



Studies in centenarians have suggested that people who live long and in good health have a regular lifestyle. They spend time in community, eat meals and go to bed at regular times, in sync with circadian rhythms.

~Eve Van Cauter

She tried diet pills, fad diets and other quick fixes, but realized they were worthless. However, each evening Smith tuned in to Gabe Mirkin, a physician who hosted a national radio program about health and fitness.

Following his advice, Smith began eating a diet rich in organic fruits, vegetables,

whole grains, beans, nuts and seeds, and says today she doesn’t want to put anything in her body that interferes with her lifestyle. She outlines the steps to her transformation in the book, *Lifestyle by Nature: One Woman’s Break from the Unhealthy Herd to Roam Forever Healthy in Nature’s Lifestyle Change Herd*. The first step—finding internal strength—is the most important, she says. “Most people have something in their lives they can point to for strength.”

In addition to running 60 to 100 miles each week, Smith practices tai chi, meditates and enjoys camaraderie with her running mates. She also has an upbeat attitude, believing in the importance of passion, perseverance and “taking negative experiences and making them positive.” According to a report in the *Journal of the American Medical Association Network*, this spirit of optimism is protective against heart disease and other causes of death.

## Eating Well, but Not Too Much

Food is a major contributor to both quality of life and life extension. Global and national recommendations to eat more fiber-rich whole grains, fruits, vegetables, nuts and seeds, and omega-3 fatty acids, while decreasing added sugars and sodium, all help reduce our risk for life-shortening diseases. The plant-based Mediterranean diet consistently rises to the top for its health-fortifying benefits.

However, in contrast to our Western culture’s practice of eating until belt-busting full, Blue Zone Okinawans practice *hara hachi bu*—eating until one is no longer hungry, but stopping before feeling full.

“We know caloric restriction extends life,” says Lori Taylor, clinical dietitian and Core Faculty of Integrative and Functional Nutrition at Saybrook University, in Pasadena. “But no one wants to do it, because it’s no fun.” Instead, Taylor recommends intermittent fasting, eating only during a set window of 10 or 12 hours each day to reduce caloric intake.

Similarly, Dorothy Sears, Ph.D., a professor of nutrition at the Arizona State University College of Health Solutions, has researched the impacts of both intermittent fasting and circadian rhythm on how our bodies handle calories.

# LEARN MORE, LIVE LONGER

**Blue Zones:** [BlueZones.com](http://BlueZones.com)

**Reducing Environmental Cancer Risk, President’s Cancer Panel Report:** [Tinyurl.com/CancerRiskReport](http://Tinyurl.com/CancerRiskReport)

**Life expectancy by zip code:** [Tinyurl.com/ZipCodeLongevity](http://Tinyurl.com/ZipCodeLongevity)

**Plant-based diets explained:** [Tinyurl.com/PlantDietExplained](http://Tinyurl.com/PlantDietExplained)

**Dietary Guidelines for Americans:** [Health.gov/dietaryguidelines/2015](http://Health.gov/dietaryguidelines/2015)

**Hara Hachi Bu:** [Tinyurl.com/HaraHachiBuDiet](http://Tinyurl.com/HaraHachiBuDiet)

**Food Sleuth Radio segments:**

**Lori Taylor: keto diets and intermittent fasting:** [Tinyurl.com/LoriTaylorInterview](http://Tinyurl.com/LoriTaylorInterview)

**Dorothy Sears: intermittent fasting and circadian rhythm:** [Tinyurl.com/DorothySearsInterview](http://Tinyurl.com/DorothySearsInterview)

**Eve Van Cauter: importance of sleep:** [Tinyurl.com/EveVanCauterInterview](http://Tinyurl.com/EveVanCauterInterview)

**Tips to cope with loneliness:** [Tinyurl.com/TheEffectsOfLoneliness](http://Tinyurl.com/TheEffectsOfLoneliness)

**Vitamin N: 500 Ways to Enrich Your Family’s Health & Happiness,** by Richard Louv

**Improve sleep quality by reducing exposure to blue light at night:** [JustGetFlux.com](http://JustGetFlux.com)

She recommends a “prolonged nightly fast” of 12 to 13 hours, as well as reducing caloric intake after 6 to 8 p.m. to help maintain a healthy weight and stave off such diseases as Type 2 diabetes and obesity-related cancers. Most significantly, she found that a 13-hour nightly fast reduced breast cancer recurrence by 36 percent among 2,300 breast cancer survivors in the Women’s Healthy Eating and Living study.

Both improving diet quality and restricting calories appear to help slow the rate of aging at the genetic level, in part by preserving the length of our telomeres—the structures at the end of chromosomes that protect our DNA. The Mediterranean diet, with its abundance of protective antioxidant and anti-inflammatory nutrients such as vitamins C and E, polyphenols and omega-3 fatty acids, help prevent age-associated telomere shortening.

### The Sleep Connection

Michael Grandner, Ph.D., director of the Sleep and Health Research Program at the University of Arizona College of Medicine, says Americans tend to see sleep as



Most people have something in their lives they can point to for strength.

~Betty Holston Smith

unproductive time, but it’s a “biological requirement for life.”

In fact, it is one of the three pillars of health, along with good nutrition and exercise, says Eve Van Cauter, Ph.D., former director of the Sleep, Metabolism and Health Center at the University of

Chicago. “Studies in centenarians have suggested that people who live long and in good health have a regular lifestyle. They spend time in community, eat meals and go to bed at regular times, in sync with circadian rhythms.”

No matter how long we live, we want to make the most of our time on Earth. Beyond diet and exercise, finding our personal passion, reducing stress and spending time in nature and with those we love can add years to our lives.

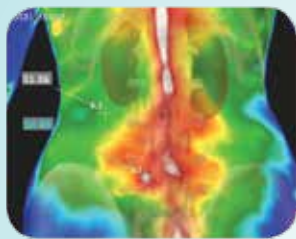
Despite our virtual social networks, real human connection is vital for physical and mental health. According to a report in the journal *Heart*, loneliness is as dangerous as smoking for heart disease and stroke risk. So volunteer, join a club, sign up for a community garden plot, yoga or dance class, or host regular potlucks or game nights—these just might be among the best prescriptions for staying young.

*Melinda Hemmelgarn, the “Food Sleuth,” is an award-winning registered dietitian, writer and nationally syndicated radio show host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.*

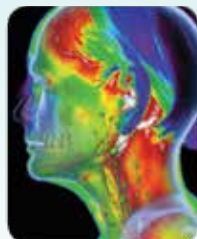
# STUART THERMOGRAPHY

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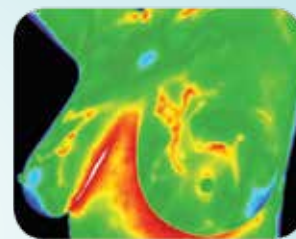
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## conscious eating



# GUT CHECK

## Feeding the Immune System

by Julie Peterson

**R**educing stress, sleeping enough, exercising and getting sunlight are all known strategies for improving the body's ability to protect itself from harm. However, the most important factor in building a rock-star immune system is nutrition. Here is a guide to the care and feeding of the inner fortifications that fight off disease, supporting long-term wellness.

### Ground Zero: The Gut

About 70 percent of the immune system resides in the gastrointestinal tract—home to a microbiome that contains trillions of bacteria. It works as a complex ecosystem in which the good bacteria prevent the bad bacteria from taking hold and causing illness or disease.

Eating plants promotes the robust growth of that good bacteria. “The GI microbiome evolved closely with our immune systems and under the influence of the plants our ancestors ingested,” says Holly Poole-Kavana, who practices herbal medicine in Washington, D.C. Yet about 90 percent of Americans don't eat enough fruits and vegetables, according to the U.S. Centers for Disease Control and Prevention. The consequent weakening of the microbiome is a double-edged sword, because the processed foods Americans commonly consume promote the growth of harmful microbes. The *2015-2020 Dietary Guidelines for Americans* indicates that added sugars, saturated fats and sodium eaten by most Americans are far above recommended amounts. This tipping of the scales causes weight gain, toxin buildup and immune system dysfunction.

### What Not to Eat

Plants and grains on grocery shelves today are typically processed into bread, cereal, pasta, desserts and snacks, abundant in added sugars, salt, detrimental fats and chemical additives. These altered foods slam the gut's immune protection and increase the risk of chronic disease. A Czech Republic study on food additives found that gut microbes

The level of germ-fighting activity your immune system is able to maintain after a sugary meal decreases for a number of hours.

~Heather Tynan

that fought inflammation were harmed by additives. According to the research, “Permanent exposure of human gut microbiota to even low levels of additives may modify the composition and function of gut microbiota, and thus influence the host's immune system.”

And of course, be wary of sugars. Anything that turns into sugar in the system—think carbs like refined bread products and pasta, not just sweets—is an immune-depressing culprit, says Heather Tynan, a naturopathic doctor at Evergreen Naturopathic, in San Diego. “The level of germ-fighting activity your immune system is able to maintain after a sugary meal decreases for a number of hours.” Saturated fats also alter immune cells, disrupting their functions and triggering inflammation.

Getting away from processed food cravings can be a challenge, because the foods provide a temporary energy boost. Dorothy Calimeris, of Oakland, California, a certified health coach and author of three anti-inflammatory cookbooks, suggests that cravings mean the body needs something, but it may be rest or water. “By focusing on eating higher-quality nutrients, we can limit and eventually eliminate the cravings.”

### Eat the Rainbow

Fruits and vegetables get their colors from phytochemicals, which provide the human microbiome with antioxidants, minerals and vitamins that keep the gut healthy and help the immune system combat cellular damage. National guidelines suggest Americans eat 10 servings of plants a day, ideally two each from the green, red, white, purple/blue and orange/yellow categories. But data from the National Health and Nutrition Examination Surveys show that eight out of 10 people in the U.S. don't get enough of any color category.

“A good strategy is to add one new vegetable a week to your grocery cart,” suggests Canadian nutritionist Lisa Richards, founder of *TheCandidaDiet.com*. “Blending fruits and vegetables into shakes or smoothies is also an effective way to eat the rainbow for those who are busy.”

Whatever goes into the grocery cart should be certified organic, the only sure way to avoid ubiquitous genetically modified organisms (GMOs) in the food chain, which animal studies have linked to immune system damage.

Herbs are also helpful to boost the body's inherent ability to protect itself. Poole-Kavana points to medicinal herbs like astragalus and reishi mushroom, which support immunity and balance gut bacteria; antimicrobial herbs like garlic, thyme and oregano; and elderberry, an anti-inflammatory fruit that boosts the body's ability to identify and eliminate viruses and bacteria.

“The single greatest thing anyone can do for their health is to eat whole foods, including organic vegetables, fruits, high-quality proteins, whole grains and healthy fats,” says Calimeris.

*Julie Peterson writes from rural Wisconsin and can be reached at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).*

# IMMUNE-BOOSTING RECIPES



photo by Jennifer Davick

## Creamy Turmeric Cauliflower Soup

Turmeric is the darling of the anti-inflammatory spices. For best absorption, it should be combined with pepper. This soup gets its creamy texture from coconut milk, but other nondairy milk can be used instead.

Yields: 4 servings

2 Tbsp extra-virgin olive oil or coconut oil  
1 leek, white part only, thinly sliced  
3 cups cauliflower florets  
1 garlic clove, peeled  
1¼-inch piece fresh ginger, peeled and sliced  
1½ tsp turmeric  
½ tsp salt  
¼ tsp freshly ground black pepper  
¼ tsp ground cumin  
3 cups vegetable broth  
1 cup full-fat coconut milk  
¼ cup finely chopped fresh cilantro

In a large pot, heat the oil over high heat. Add the leek, and sauté until it just begins to brown, 3 to 4 minutes.

Add the cauliflower, garlic, ginger, turmeric, salt, pepper and cumin, and sauté to lightly toast the spices, 1 to 2 minutes. Add the broth and bring to a boil.

Reduce the heat to a simmer and cook until the cauliflower is tender, about 5 minutes.

Using an immersion blender, purée the soup in the pot until smooth.

Stir in the coconut milk and cilantro, heat through, and serve.

Total cooking time is about 15 minutes.

*Excerpted from the book The Complete Anti-Inflammatory Diet for Beginners: A No-Stress Meal Plan with Easy Recipes to Heal the Immune System, by Dorothy Calimeris and Lulu Cook.*

## Lentil Stew

Most stews take hours to cook, but this restorative dish, perfect for dinner or lunch, cooks up in a hurry. The plant-based recipe takes advantage of canned lentils and is loaded with nutritious, anti-inflammatory power foods.

Yields: 4 to 6 servings

1 Tbsp extra-virgin olive oil  
1 onion, chopped  
3 carrots, peeled and sliced  
8 Brussels sprouts, halved  
1 large turnip, peeled, quartered and sliced  
1 garlic clove, sliced  
6 cups vegetable broth  
1 (15-oz) can lentils, drained and rinsed  
1 cup frozen corn  
1 tsp salt  
¼ tsp freshly ground black pepper  
1 Tbsp chopped fresh parsley

In a Dutch oven, heat the oil over high heat.

Add the onion and sauté until softened, about 3 minutes.

Add the carrots, Brussels sprouts, turnip and garlic, and sauté for an additional 3 minutes.

Add the broth and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 5 minutes.

Add the lentils, corn, salt, pepper and parsley, and cook for an additional minute to heat the lentils and corn.

Total cooking time is about 15 minutes. Serve hot.

Another tip: This soup is as versatile as it is simple. Feel free to use any kinds of beans or vegetables you have—it's a great way to use up leftover vegetables at the end of the week. Store in a covered container in the refrigerator for a week, or in the freezer for longer.

Nutritional information per serving (4 portions): calories: 240; total fat: 4g; total carbohydrates: 42g; sugar: 11g; fiber: 12g; protein: 10g; sodium: 870mg

*Excerpted from the book The Anti-Inflammatory Diet One-Pot Cookbook: 100 Easy All-in-One Meals, by Dorothy Calimeris and Ana Reisdorf.*

Also visit [DorothyEats.com](http://DorothyEats.com).



photo by Stephen Blanceff

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

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# NATURAL HEALING FOR HANDS

## Getting a Grip on Pain

by Marlaina Donato



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**M**ost of us take our hands for granted until buttoning a shirt or opening a jar becomes a daunting task. Getting a grip on that pain and loss of function with holistic solutions can be a game-changer. Inflammatory conditions like rheumatoid arthritis and osteoarthritis, as well as repetitive motion syndromes like carpal tunnel, are commonly linked to hand and wrist pain, and effective treatment relies on identifying the underlying cause.

“Systemic inflammation will be an issue in any case, but the root condition needs to be addressed,” says Kiva Rose Hardin, a New Mexico-based herbalist and co-editor of *Plant Healer Magazine*. Carpal tunnel, for instance, is not always a repetitive injury syndrome; it can sometimes be triggered by endocrine imbalances such as hypothyroidism, she says.

Susan Blum, M.D., author of *Healing Arthritis: Your 3-Step Guide to Conquering Arthritis Naturally*, agrees on both the role of inflammation and the importance of looking beyond the diagnosis itself. “Inflammation is a process in the body, an end result, and we have to go upstream, so to speak, to find triggers including stress, gut health, toxins and infections.”

By finding the trigger, relief is within reach with non-surgical solutions and

We have to go upstream, so to speak, to find triggers including stress, gut health, toxins and infections.

~Susan Blum

natural approaches such as physical therapy, specialized yoga, acupuncture, essential oils and inflammation-taming foods and herbs.

### Gut Check

Factors like leaky gut syndrome, stress and inadequate nutrition can all kick inflammation into overdrive. The right dietary adjustments can go a long way toward putting on the brakes. “Inflammation from compromised gut health can contribute to both rheumatoid and osteoarthritis,” Blum notes. “Abdominal fat releases inflammatory molecules into the joints, so metabolic syndrome should [also] be looked at as a factor in osteoarthritis.”

The simplest place to begin is to pay attention to food quality, she says. “Choose whole foods high in nutrients and fiber; eliminate all processed food; read labels to spot hidden sugars and food dyes.”



Systemic inflammation will be an issue in any case, but the root condition needs to be addressed.

~Kiva Rose Hardin

Blum, the founder of the Blum Center for Health, in Rye Brook, New York, initially guides her patients on an elimination diet to find dietary triggers like soy, corn, gluten, dairy, sugar and eggs. She also recommends a diet that is 70 percent plant-based and includes cold-pressed, solvent-free oils such as high-quality olive oil. Blum cautions against nightshade vegetables like eggplant, tomatoes, peppers and white potatoes that can trigger osteoarthritis pain.

## Exercise and Prevention

Improper posture can set off a domino effect from neck to fingertips, resulting in carpal tunnel syndrome and other troublesome conditions. Prevention can go a long way. “Stretching and strengthening are the best ways to prevent injury or pain,” says physiotherapist Kelly Picciurro, of Spring Forward Physical Therapy, in New York City.

Picciurro emphasizes exercise for rheumatoid arthritis sufferers. “It’s vital that these patients maintain a certain level of mobility, and [physical therapy] can improve that.”

Those with repetitive strain injuries also respond well to gentle yoga postures like tree pose, upward hands and upward fingers. In general, yoga helps upper body muscles support and align the hands, wrists and elbows.

## Snuffing Out Pain

Acupuncture, especially with a focus on postural muscles of the neck and back, can be effective in reducing pain and inflammation. Hot and cold treatments can bring relief for arthritis flare-ups. Circulation and resulting improved cell nutrition can be achieved by employing heat via showers, baths and heating pads. For acute pain, cold from an ice bag or frozen vegetables wrapped in a towel for 20-minute intervals reduces swelling by reducing circulation and dulling pain signals.

Pain-reducing herbs such as cat’s claw, aloe vera, green tea, ginger, borage oil and chili pepper can all help fight systemic inflammation. Curcumin, the active ingredient in turmeric, is also a heavy hitter. Blum recommends at least 1,000 milligrams daily of curcumin that is formulated with pepper or a phospholipid for optimal absorption. A 2018 study published in *The Journal of Nutritional Biochemistry* found that the combination of curcumin and black pepper can repress inflammation signals in the intestines.

Essential oils such as peppermint, eucalyptus, ginger, Roman and German chamomile, lavender and balsam fir are also effective in reducing pain, and have anti-inflammatory properties. A few drops can be added to Epsom salts for a bath or diluted and rubbed onto the area three times daily.

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



## STRATEGIES FROM THE EXPERTS

### Food tips from Susan Blum, M.D.

Replace refined sugar with maple sugar, coconut sugar or honey, all of which offer nutrients and minerals. Avoid overly processed agave nectar.

If meats are consumed, choose organic and grass-fed. Choose whole grains.

### Herbal suggestions from Kiva Rose Hardin

For topical pain-relieving applications, look for a fat/oil-based preparation with mint or cayenne for faster action.

Powdered herbs in mass-produced capsules can lose medicinal efficacy quickly. Alcohol or glycerine-based tinctures are good choices that can be convenient when traveling.

**Ginger** is an effective anti-inflammatory that can be added to food.

**Solomon’s Seal** (*Polygonatum*), sustainably sourced, is especially useful in the treatment of rheumatoid arthritis; the rhizome of this plant seems to work on the synovial fluid of the joints.

**Reishi** (*Ganoderma lucidum*) is an important part of any autoimmune formula. A decoction or extract is beneficial for arthritis, fibromyalgia and lupus.

**Ashwagandha** (*Withania somniferum*) reduces stress and anxiety while moderating inflammation; it is especially effective in the treatment of autoimmune disorders and endocrine disruption.

**Hawthorn** (*Crataegus*) reduces systemic inflammation and has a moderating effect on most forms of arthritis and joint pain; it also strengthens the collagen matrix of the body and supports overall joint health.

### Computer posture reminders from Kelly Picciurro

Elbows should rest at about a 90-degree angle and comfortably at the side. Wrists should lie in a neutral position; not be too extended or flexed.

The keyboard and mouse should be close to the body to avoid excessive reaching of the hands.

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# WHEN OLDER PETS GET QUIRKY

## Dealing With Cognitive Dysfunction Syndrome

by Julie Peterson

As dogs and cats get older, they may slow down or have other physical issues. Some experience cognitive decline which resembles Alzheimer's disease in humans. It presents differently in every pet and can include numerous symptoms that begin gradually, sometimes just seeming like quirky behavior instead of a disease.

Cognitive dysfunction syndrome (CDS) can affect dogs or cats, and there is currently no known cause or prevention. Progress has been made on Alzheimer's research in humans, with neurologists discovering that plaque buildup in the brain does not cause the disease: That is the immune system's response to the disease. Necropsies on dogs with CDS have shown similar plaque buildup in the brain.

"Unfortunately, little research has been done regarding this condition, so we can only hope to use human studies to gather information that will help our affected pets," says Dennis W. Thomas, DVM, a holistic veterinarian in Spokane, Washington, and author of *Whole-Pet Healing: A Heart-to-Heart Guide to Connecting with and Caring for Your Animal Companion*.

With no test available for CDS, pets are diagnosed by excluding medical and behavioral problems that can resemble having the ailment.

### Signs to Watch For

Issues that could point to CDS include:

- Confusion or disorientation: standing in a corner, difficulty walking through doorways, walking in circles or trouble following familiar routes
- Decreased activity: sleeping excessively, seeming withdrawn, lack of grooming, loss of interest in toys, people or food
- Restlessness, anxiety or compulsiveness: waking often at night, whining or yowling, new fears, pacing or constantly licking
- Attention seeking: wanting to be near humans and showing high distress when left alone
- Incontinence: soiling the house after previously being house-trained
- Irritability or aggression: growling/hissing or biting without cause

These troubles could also be indicative of a treatable condition, such as a urinary tract infection or an injury, so it's essential to have the pet examined.

## Caring for the Patient

While CDS will continue to alter brain and nerve function, there is some hope for pet lovers faced with the diagnosis in the early stages. Thomas recommends a natural approach that includes diet modification, filtered water, vitamin and herbal supplements, and eliminating stress. Diffusing calming essential oils can be helpful for dogs (and humans), but is not recommended for cats.

Kathryn Sarpong, DVM, a veterinarian at Metro Paws Animal Hospital, in Dallas, also recommends dietary changes to her patients. "Recent studies have shown that medium-chain triglycerides may be helpful, and they are in some senior pet foods. Supplementation of melatonin may help with sleep-wake cycles."

Anxiety often becomes part of the animal's new normal, but pet parents can help cats and dogs with this by keeping them as active as possible, introducing new toys and interacting. "Keep your dog's mind active by providing games and opportunities for play. Daily walks provide not only exercise, but also mental

**Keep your dog's mind active by providing games and opportunities for play. Daily walks provide not only exercise, but also mental stimulation.**

~Lisa Lunghofer

stimulation," says Lisa Lunghofer, Ph.D., executive director of The Grey Muzzle Organization, in Washington, D.C.

Pets with anxiety or pain may benefit from cannabidiol (CBD) products. Clarissa Valdes, a homemaker in Homestead, Florida, has a 15-year-old cat with CDS. Minini would wander around in the house, looking lost. Then, the all-night howling sessions began. "We started to worry that she was in pain," says Valdes. However, a veterinarian diagnosed CDS. "The vet suggested medication, but I wanted to go in a natural direction," says Valdes, who started Minini on CBD oil. The cat finally slept through the night. A month in, Minini is doing better overall.

With time, CDS patients may lose hearing or sight in addition to experiencing a progression of symptoms. "Make sure your home is predictable and safe," says Lunghofer. Use gates to close off stairs or move furniture or other items that could be hazardous.

## Prevention on the Horizon

Because inflammation caused by an inappropriate diet is the underlying problem of most chronic diseases in pets, Thomas believes that prevention for CDS is possible. "Feeding a non-inflammatory, species-specific, balanced diet that is fresh and not heat-processed is critical," he says.

In addition, he advises his patients get probiotics, digestive enzymes, omega-3s and antioxidant nutrients. Vaccinations, when necessary, should not contain heavy metal preservatives. "The goal is to keep the gut and immune systems healthy, avoid toxins that affect the nervous system and minimize environmental stress."

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

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# Bill Moyers on Covering Climate Now

by Julie Marshall

**B**ill Moyers, an American icon of broadcast journalism, continues to inspire generations through his political commentary, documentaries and award-winning books, including the landmark 1988 PBS series *Joseph Campbell and The Power of Myth*. Beginning his career at 16 as a cub



reporter in Marshall, Texas, he went on to earn more than 30 television Emmys, as well as prestigious career awards in film and television.

Moyers announced his retirement in 2017 at the age of 83. However, this past spring, the journalist spoke at a *Columbia Journalism Review* conference, calling upon the nation's reporters and news outlets to join the Covering Climate Now project in order to push a cohesive message of science and truth—that it's not too late for our planet and all of its inhabitants, but first we all need to grasp what's at stake.

## **When did you first hear of global warming?**

Early in 1965. I was a special assistant to President Lyndon Johnson, and famous oceanographer Roger Revelle was a member of the White House science advisory committee. The scientific community had largely believed that we didn't have to worry about carbon dioxide because the oceans would quickly absorb any excess. Revelle blew that consensus apart with his discovery that it was instead rising into the atmosphere—which meant slowly, then more swiftly turning up the temperature of

the planet, as if the Earth was now a vast furnace; warming oceans, melting Antarctica, rising seas.

## **What was your response?**

A twinge of disbelief, a little shock. But this was no wild alarmist sitting at that table. Well, LBJ took science seriously. As president, he gave the green light for the first official report

on the potential threat to humanity from rising CO<sub>2</sub> levels. Go online to “Restoring the Quality of Our Environment—1965,” and read Appendix Y4—Atmospheric Carbon Dioxide. He told us to distribute the report widely. One year later, his energy and attention and our resources were diverted to the war in Vietnam.

## **What prompted your sense of urgency now in taking the media specifically to task for its general lack of coverage of the climate crisis?**

Reality. The hottest temperatures on record, fueled by greenhouse gas emissions. Hurricanes of extraordinary force and frequency. Floods, tornados, wildfires. Mass migration as a result of crop failures. A president who calls climate disruption a hoax. A cabinet and Congress protecting the profits of the fossil fuel industry. David Attenborough told the UN Climate Summit, in Poland, that we're talking about “the collapse of our civilizations and the extinction of much of the natural world.” But our corporate media was more obsessed with the new “royal” baby born in Britain.

## **What is the nature of the Covering Climate Now project?**

Covering Climate Now is a big cooperative effort to tell the true story of what is happening and what we can do to change it—the story of fighting back against extinction, of coming to our senses. Our aim is to help beleaguered journalists and news organizations to abandon old habits, adopt best practices and overcome the usual obstacles—such as how to convince their own management to invest in better climate coverage and how to pay for it.

## **How crucial will the role of media be in influencing meaningful action on the most critical issue of our time?**

Who else will sound the trumpet and be heard? We can take our readers, viewers and listeners to the ends of Earth, where oil palm growers and commodities companies are stripping away forests vital to carbon storage—and connect the dots. We can take them to the American Midwest, where this past spring's crops brought despair and bankruptcy as farmers and their families were overwhelmed by floods—and connect the dots. And we can take them to Washington, D.C., and a government that scorns reality as fake news, denies the truths of nature and embraces a theocratic theology that welcomes catastrophe as a sign of the returning Messiah—and connect the dots.

## **What accounts for your own sense of urgency?**

Photographs of my five grandchildren above my desk. Facts taped to the wall, like this one: The UN Intergovernmental Panel on Climate Change—an essentially conservative body—gives us 12 years to make the massive changes to drastically reduce global greenhouse gas emissions 45 percent below 2010 levels. And something Roger Revelle said many years ago that is lodged in my head: “Earth's our home. Let's not burn it up.”

*Julie Marshall is a Colorado-based journalist and author. Connect at [FlyingBurros@gmail.com](mailto:FlyingBurros@gmail.com).*

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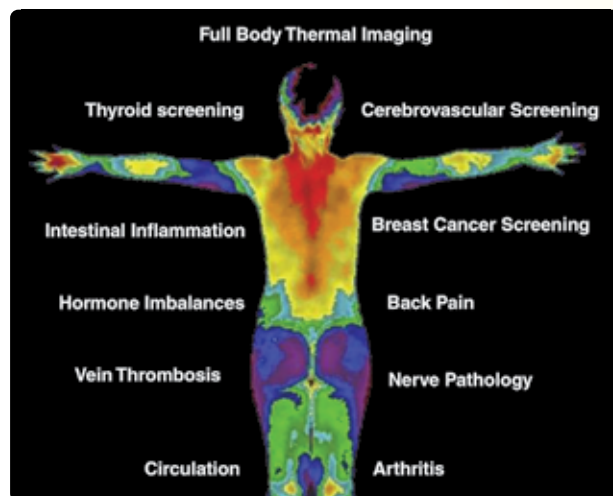
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# When Workouts Don't Work

## Why Less Is Sometimes More

by Marlaina Donato

**E**xercise is a proven component in losing weight and preventing cardiovascular disease and diabetes, but not all exercise regimens yield the same results for everyone, especially when daily stress is a factor.

While workouts are often intended to reduce the body's physiological response to mental and emotional stress, exercise itself can serve as a physical stressor that exacerbates the problem. This delicate balance revolves around the stress hormone cortisol.

While cortisol is needed to kickstart metabolism and burn fat, too much of it can increase the body's fat stores. Stephanie Mansour, host of *Step It Up With Steph*, a weekly TV fitness program in Chicago, sees this correlation in her private practice for women. "Aggressive workouts definitely perpetuate stress, and aren't always necessary for weight loss. If one of my clients is stressed-out, sleep-

The key is to not overtrain and to do just enough to adequately stimulate the system.

~Beth Shaw

deprived, overworked and doing intense workouts but not seeing weight-loss results, that's a signal that cortisol is potentially too high and needs to be addressed."

Fat-burning, high-intensity interval training

(HIIT)—bursts of exercise with minimal periods of rest in between—raises levels of cortisol. These tend to decrease after a workout, but can remain on overdrive if HIIT is not balanced with low-intensity movement. Add jam-packed schedules to the mix, and the side effects of chronically elevated cortisol result not only in longer recovery time, but insomnia, fatigue, low immunity and failure to lose weight, especially around the midsection—a phenomenon that has earned cortisol the nickname "the belly fat hormone".

Balancing HIIT with yoga, Pilates, elliptical training, swimming or walking can help to reset the nervous system and bring the rest of the body back up to speed.

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## Cortisol-Conscious Workouts

Mansour works with a naturopath that analyzes her clients' cortisol and other hormone levels. "One of the first things we focus on is helping the body move into the parasympathetic nervous system and out of the fight-or-flight stress response. One way we do this is by shifting into more relaxed workouts—gentle yoga, beginners' Pilates class, light cardio or light strength training."

Fitness expert Beth Shaw chose a zealous approach in her own exercise regimen until high cortisol levels unraveled her health. The founder of YogaFit, a yoga teacher training program headquartered in Toronto, she emphasizes moderation. "The key is to not overtrain and to do just enough to adequately stimulate the system." She recommends 30-to-45-minute cardio sessions and no longer than 45 minutes for weights. "Endorphin release from these two types of exercises should offset any release in cortisol."

When we exercise may be as important to achieving weight loss and enhancing overall energy as the type of workout we choose, a factor based on circadian rhythm—the body's biological clock. There are some schools of thought that cortisol is higher in the morning, and therefore this is the best time to exercise, says Mansour, while others believe we should target the mid-afternoon slump. "I advise my clients to pick a time that simply feels good to them."

## Mixing It Up

Hopping on a bike, going for a brisk walk or catching the waves on a surfboard can provide a great low-intensity, steady-state (LISS) cardiovascular workout, which

Aggressive workouts definitely perpetuate stress, and aren't always necessary for weight loss.

~Stephanie Mansour

aims for a low level of exertion for a long, continuous period. Repetitive motion for 30 to 45 minutes not only helps to balance cortisol levels, but according to a 2014 Australian study published in the *Journal of Obesity*, it evens out fat distribution in overweight individuals. LISS also nudges the body to use fat as fuel, rather than taking valuable glycogen from the muscles.

Yoga and Pilates classes, though distinctly different, offer valuable benefits. "If cortisol backlash is an issue, you definitely want to work with someone who knows the anatomy and physiology of breathing," says Tori Brown, owner of The Pilates Room & Antigravity Studio, in Ithaca, New York. "By learning proper breathing techniques, practitioners are able to downregulate the nervous system into a more parasympathetic state, which leads to better focus, lower heart rate, better digestion, more optimal cortisol levels and improved sleep patterns. All of this leads to more focused workouts that build muscle while creating less stress on the nervous system."

Mansour suggests simple walking for stress-busting alternative cardio. "Brisk walking three times a week for 20 to 30 minutes is great to help reduce stress."

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

## More Low-Stress Workout Tips

**Beth Shaw:** I recommend high-intensity training first thing in the morning on an empty stomach three times a week, and adopting a yoga practice a few days a week that includes restorative yoga in the evenings to reduce cortisol.

**Stephanie Mansour:** Try high-intensity workouts for a few weeks. Take inventory of how you feel each day. Look at your progress over a few weeks to find a healthy balance. If it's not working, change it up.

**Tori Brown:** If Pilates is your go-to exercise for strength training, opt for private training three times a week (minimum). If you are combining Pilates with other modes of exercise and really just need the cortisol downplay and core work, choose mat classes two times a week. Pilates private instruction will completely change the way you do all other forms of exercise. It is very different than all other exercise and very complementary.

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## healthy kids



photos by Aaron Baker

# RAISING ENVIRONMENTALISTS

## Teachers Prep Kids for the Future

by Yvette C. Hammett

Educators have switched from preaching to kids about environmental degradation to using hands-on lessons to get K-12 students not only interested in the world's environmental priorities, but also actively participating in solutions, maybe even seeking out related careers.

"You hope students can translate passion into intellectual curiosity on these subjects and develop the expertise so they can go beyond being an activist to being an advocate," says Kenneth Walz, Ph.D., who works on the Wisconsin K-12 Energy Education Program at the University of Wisconsin-Stevens Point. Walz, who teaches chemistry, engineering and renewable energy at Madison Area Technical College, also serves as its director of the Center for Renewable Energy Advanced Technological Education.

While K-12 environmental education still has no specific niche in curriculum, according to a case study of The National Academies of Sciences, Engineering and Medicine, numerous groups and educators are working to ensure the next generation

is prepared for the environmental challenges it will certainly face.

Today's educators believe hands-on learning will prepare Generation Z and those that follow to look for solutions and even seek active roles to implement them. Aaron Baker, a Sussex, New Jersey, advanced placement environmental science instructor and a two-time winner of the U.S. Environmental Protection Agency Region 2 Presidential Innovation Award, says the key to getting through to the next generation is showing them a problem that's close to home that they can touch and feel, and then relating it to a global issue.

"A major part of my philosophy for environmental education is to try to engage students in environmental issues in our own community," Baker says. "We collaborate with the Wallkill River Watershed Management Group to restore riparian areas and increase biological diversity."

The high school students have planted more than 750 trees in the last three years along the creek that runs right below their school. "This type of hands-on work not only has a direct relationship to their lives

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here in Sussex County, but is also relevant to similar issues on a global scale.”

The 30-year-old National Environmental Education Foundation (NEEF) no longer sends speakers to schools. Instead, it encourages teachers to get the students outside working with partners like the National Park Service or the U.S. Forest Service to learn about real world problems near their homes, says Robert Sendrey, program director of environmental education.

Motivation and inspiration are key, he says. “We were created to help make the environment more accessible, relatable, relevant and more connected to the average American’s life.”

Rather than focusing on the negative aspects of climate change and the challenges ahead, NEEF promotes a healthy lifestyle and emphasizes the need for clean air and water. “We emphasize the well-being of people, which is directly related to the health of the environment,” Sendrey says.

Success starts with a change in attitude and awareness, and ultimately needs to culminate with action, he says. For example,



**We emphasize the well-being of people, which is directly related to the health of the environment. ~Robert Sendrey**



**A major part of my philosophy for environmental education is to try to engage students in environmental issues in our own community. ~Aaron Baker**

NEEF teamed up with zoos and aquariums for the Skip the Straw campaign, educating the public about the environmental harm caused by single-use plastics. The University of Wisconsin K-12 education program focuses on environmental impacts of the energy sector—especially on air and water quality.

“If you are burning coal to produce electricity, it creates all kinds of atmospheric pollution—acid rain and soot that causes respiratory illness,” says Walz. “If we weren’t burning fossil fuels, urban smog wouldn’t even be a thing.” The energy curriculum for students includes content on biofuels and electric transportation. “For them, it is more thinking about the types of transportation they use, whether they are driving, riding a bike or taking a bus.” They don’t get to choose what kind of fuel the bus runs on, but they can be educated to be good future consumers, he notes.

“I think they appreciate the issue,” Walz says of the students. “Middle schoolers bring the passion. That sort of raw, emotional angst is something we left behind in our teenage years. Adults have been way too complacent for way too long.”

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




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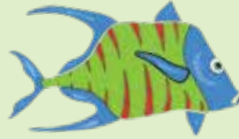
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# TIDYING UP THAT BUCKET LIST

## Deciding What We Really Want

by Carl Greer

Many people have a bucket list of things they want to make sure they experience in this life. Tidying up that bucket list when it no longer reflects a person's values and deepest desires makes sense.

When reviewing our bucket list, we might feel inadequate or embarrassed because we haven't accomplished what we thought we would. It's okay if a goal is no longer as exciting as it once was. Guilt, frustration or embarrassment about what's been lingering

on a bucket list for years might be signs that it's time to dream different dreams.

What's on a bucket list might have been based on a need to prove ourselves to others. If we no longer feel the need to impress people or win their approval, we can move on to new goals. Maybe our family has always talked about traveling to the land of our ancestors as an important thing to do someday, but we don't feel the same way. We might prefer to travel someplace where we can swim with dolphins or meet people from

a completely different culture than our own. Releasing the weight of having a bucket list heavy with other people's expectations can help us feel much lighter.

Maybe those bucket list items still spark some excitement, but it's time to change the form of the experience. A goal to write a novel might turn into a goal to write our life story and turn it into a book. A goal to marry again might become a promise to ourselves to enjoy life with a new romantic partner, regardless of whether that leads to marriage someday.

As we go down our bucket list reviewing each item, we can acknowledge which goals still inspire us and which make us feel dispirited. Tidying up a bucket list written in the past can be a good exercise in becoming more conscious of what we want to experience and why—and what dreams we are ready to release—because we have new aspirations now. If we're spending our time doing what gives us a sense of vitality, happiness and well-being and there is something we haven't done that generates a feeling of joy and anticipation, it should go at the top of our bucket list—and we should find a way today to start making it happen.

*Carl Greer, Ph.D., Psy.D., is a practicing clinical psychologist, Jungian analyst and shamanic practitioner. He teaches at the C.G. Jung Institute of Chicago and is on staff at the Replogle Center for Counseling and Well-Being in Chicago. Learn more at CarlGreer.com.*

**West Palm Beach Sunday, January 12, 2020 10 a.m. – 4 p.m.**

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# calendar of events

## NEW CALENDAR FORMAT

SPACE COAST EVENT LISTINGS: PAGE 59  
TREASURE COAST EVENT LISTINGS: PAGE 64

**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

#### WEDNESDAY JANUARY 1

**Radiantly Healthy Vitamin Infusion Drip Lounge New Year's Day Celebration** – 11am-3pm. Come celebrate the New Year, our 3 Year Anniversary, and a Healthy New You with specials on our most popular IV's and enjoy a complimentary gourmet coffee or mimosa with your scheduled appointment. One day only. Myers, Hydration, and Hangover Drips for only \$85. Schedule your Drip before we're booked. IV Drips starting at \$85. Radiantly Healthy Drip Lounge 150 5th Ave, Suite B, Indialantic. 321-243-1859. [rh-md.com/rhvi/](http://rh-md.com/rhvi/).

**New Year's Transformation Experience** – 7-8:30pm. Clear & heal the stresses and traumas of 2019, and program a positive, joyful 2020. Bruce will guide you through a transformational trance experience, while receiving healing frequencies through Maria's Reiki healings and crystal bowls. \$20. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

#### THURSDAYS JANUARY 2- FEBRUARY 20

**Spiritual Intuitive Development and Healing Course** – 7:30-9pm. The 8-week course teaches spiritual interdependencies and helps build a strong foundation to prepare for the more advanced practices. Teachings include: Techniques for balancing the Chakras, Techniques for Reading the Aura, Spirit Guides, Past Life Regression technique, Intuitive Development and more. Cheri Hart is a professional clairvoyant, a Medical Intuitive, and a Certified Master-Healer. Bring a journal and pen. \$250. (includes handouts & mentoring). Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

#### FRIDAY JANUARY 3

**New Year, Better Health with Ayurveda** – 6:30-8pm. Learn how to eat and heal your way back to balance and introduction to Ayurvedic principles. Discover your baseline body type, how to identify imbalances and how to treat them through nutrition and Ayurveda with Aisling Cunningham. \$20. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

#### SATURDAY JANUARY 4

**Kundalini Yoga Workshop** – 9:30-11am. Class focusing on releasing unconscious patterns and realigning with truth. Includes a meditation and gong relaxation. Led by Jessica Martin. \$15. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

**Golden Lotus Tribe presents Zen Tea** – 11am-1pm. Yin and Yang Reiki, Meditation Enhancement, Organic Herbs and Teas. The Tribe is dedicated to educating and assisting those on the way of enlightenment. An event to balance the body, mind and spirit. \$35. Unity on the Space Coast 2000 South Street Titusville. 321 383 0195. [UnityOnTheSpaceCoast.org](http://UnityOnTheSpaceCoast.org).

**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](http://TheHolisticWoman.com). \$199. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.



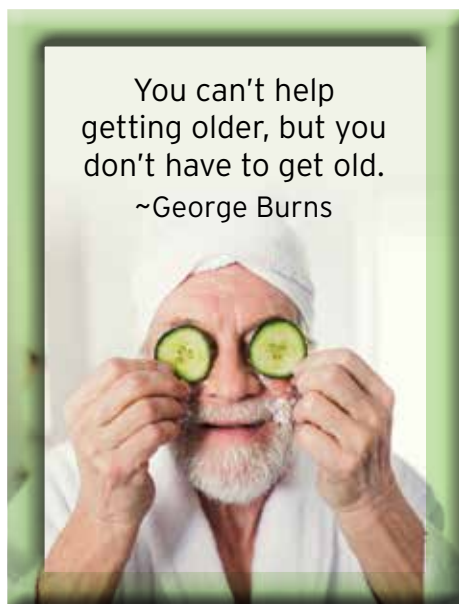
### REIKI WITH KUMARI

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Reiki 1 Certification • Sebastian  
**January 18 • 9-5**  
Reiki 11 Certification • Sebastian  
**January 19 • 9-5**  
Advanced Immersion • Sebastian  
See calendar for details or visit  
[KumariHealing.com/ReikiCertifications](http://KumariHealing.com/ReikiCertifications)

**How to Heal Emotions: Metaphysical Workshop** – 3-5pm. In this experiential workshop with Kumari, you will discover: 3 main reasons that block healing; 3 techniques to release repressed emotions, reduce pain and feel lighter immediately. Kumari is an internationally recognized visionary, intuitive coach, master healer and animal mystic. \$25 paid in advance or \$30 day of event. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

#### SUNDAY JANUARY 5

**ABC's for Beginner Yoga – Series** – 1-2:45pm. 3-week series offering basics for anyone starting a yoga practice, more information found on our website: [YogaGardenFl.com](http://YogaGardenFl.com). \$50 for full series. \$20 for drop in. The Yoga Garden - EGAD, 1482 Pineapple Ave., Melbourne. 321-345-6197.



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### TUESDAY JANUARY 7

**Sacred Sound Immersion Meditation with Crystal Bowls** – 7-8:15pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Led by Susan Rizzo. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

**Natural and Permanent Weight Loss Solutions** – 7-,8pm. Tried everything but still can't lose weight? The doctor supervised ChiroThin Weight Loss Program that blends science and physiology may be the answer. Discover hidden causes that hinder weight loss such as food sensitivities and environmental toxins. Learn how you can get healthier and have successful weight loss. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. CareWellnessFL.com.

### WEDNESDAY JANUARY 8

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

### FRIDAY JANUARY 10

**Ketosis- A Natural Solution for Weight Loss & Detoxification** – 10-11am. Sylvie Morin, DOM discusses why weight loss can be difficult and how everyone can boost their metabolism with a Ketogenic lifestyle. Please RSVP by calling 321-633-1792. Free. Catherine Schweinsberg Rood Central Library 308 Forrest Ave Cocoa. HealthForLifeWellnessCenters.com.

### SATURDAY JANUARY 11

**Reiki I Certification Course** – 10am-5pm. Reiki I with Usui/Holy Fire III consists of an Attunement/Placement given to the student and teaching by Usui, recognized worldwide. Holy Fire energy is a more refined source of higher consciousness that empowers the energies of the symbols and techniques used in Usui and Karuna Reiki. Topics covered: How Reiki works, The Holy Fire, Chakra functioning and balancing and more. 7 CEUS for Yoga Alliance teachers. Maria Banas is a certified Reiki Master-Teacher. \$160. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

**Focused, Fierce & Feminine One Day Retreat** – 1-7pm. Join us for a day; Receive tools for a lifetime. Learn to calm your mind and listen to your inner voice, helping you to make the best decisions for your highest good. Connect to your divine frequency, empowering you to craft the life you love. Creating energy and magic in your everyday life. Redefine what femininity means to you, the divine feminine ~ Nurturing, Earth-Based, Strong. Retreat material and dinner included. For more information, visit Fo-

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## SATURDAY JANUARY 12

**Plant-Based Meal Planning: Vegan Workshop & Lunch** – 1-3pm. Workshop led by Keenun Barley will cover a week's worth of meals (and a couple of desserts) that your whole family will love. Recipes will be simple, delicious and easy to prep. Includes 30 minutes of information sharing and discussion followed by food demos, sampling and Q & A session. \$25 pre-paid by January 1 or \$30 after. Vegan lunch and recipes included. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

**Chair Yoga Series** – 1-2pm. Gentle yoga offering using a chair as support, exploring new and inventive ways to adapt yoga to fit any ability level. Full Series \$45 Drop in \$20. The Yoga Garden – HQ 5270 N US Hwy 1, Palm Shores. 321-345-6197.

## MONDAY JANUARY 13

**Better Vision Is Possible** - Free Community Education – 9-10am. Learn about the benefits of MicroAcupuncture for degenerative eye conditions and serious vision conditions led by Sylvie Morin, DOM. RSVP as space is limited. Free. Health For Life Wellness Centers 1727 N Atlantic Ave, Cocoa Beach. 321-259-0555. HealthForLifeWellnessCenters.com.

## TUESDAY JANUARY 14

**Reiki Healing Journey with Crystal Bowls** – 7-8:15pm. A Reiki healing experience: Journey in the River of Life with Holy Fire Reiki and sound

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### SATURDAY FEBRUARY 1 & SUNDAY FEBRUARY 2

**43rd Rock and Gem Show** – Saturday 10am-5pm, Sunday 10am-4pm. Vendors provide a host of mineralogical specimens, fossils and handcrafted jewelry. Hourly door prizes, silent auction, children's activities, demonstrations and grand prize drawing. \$5 admission, children 12 and under free when accompanied by adult. Sponsored by Central Brevard Rock and Gem Club. For more information contact Roz.Mestre@att.net. Kiwanis Park, 951 Kiwanis Island Park, Merritt Island. CentralBrevardGems.org.

### SATURDAY FEBRUARY 22

**Winter Music Festival** – Noon-4pm. Powerful, uplifting, heart opening and inspiring music performed by some of our top-leading positive music artists. An afternoon of Music, Fun (bounce house for the kids), Delicious Food and Community. Bring your blankets and lawn chairs. \$15 per person, children 10 and under free. Tickets available at UnityOnTheSpaceCoast.rsvpify.com. Unity on the Space Coast 2000 South Street Titusville. UnityOnTheSpaceCoast.org. 321-383-0195.

### SATURDAY MARCH 21

**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.

healing. The River of Life contains all the healing frequencies we need for every level of our being. \$10 pre-paid or \$15 day of event. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. AquarianDreams.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.

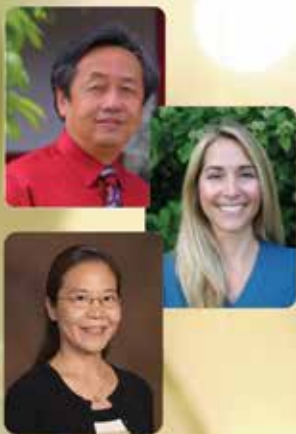
More and more women are using this safe alternative to mammograms. Katie Ainsley of Thermography of Brevard will be speaking. Free but call 321-728-1387 to register. Care Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. CareWellnessFL.com.

### THURSDAY JANUARY 16

**Slow to Rise?** - 5:30-6:30pm. Learn why Erectile Dysfunction occurs and our noninvasive holistic way

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Too many New Year Resolutions end in failure.  
Make yours a success this year by tackling your health problems first.  
When you feel good, you can accomplish much more.  
You will feel better throughout the year and it will benefit you for a lifetime.

**BIG SAVINGS!**

Ni's Chinese Medical Center

**Initial Visit Coupon**

- ◆ Initial consultation
- ◆ TCM exam
- ◆ Acupuncture treatment with Licensed Acupuncturist Beth Myers

**\$70**

1250 W. Eau Gallie Blvd., Ste L, Melbourne (321) 757-9731 Expires 1/31/20

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1250 W. Eau Gallie Blvd., Ste L, Melbourne (321) 757-9731 Expires 1/31/20



Ni's Chinese Medical Center  
1250 W. Eau Gallie Blvd., Ste L | Melbourne  
(321) 757-9731 | www.drboni.com

Coupons cannot be used in combination with any other coupon or special and can only be used with the physician specified. Must be used within the month of January 2020, no money back, no cash value.

## mark your calendar

**SATURDAY, JANUARY 18**

**7:30-9:30PM**

### **Mark Anthony the Psychic Lawyer**

Mark will connect random audience members with their loved ones on the other side, for an evening of spirit communication and “edu-tainment” for your soul. He is a world-renowned fourth generation psychic medium, an Oxford-educated attorney, regularly seen on network television and major talk radio, and the author of *Never Letting Go* and *Evidence of Eternity*.

**\$40 prepaid /\$50 at door.**

For tickets call 321-729-9495

Or order online:

**AquarianDreams.com/special-events**

to treat you. Get 15% off when you attend our seminar. Please RSVP if you'd like to attend. Free. Center for Anti-Aging Aesthetic and Rejuvenation Medicine 7000 Spyglass Ct Suite 300, Viera. 321-421-7111.

## **SATURDAY JANUARY 18**

**Overcoming Procrastination & Self-Sabotage** – 10-11:30am. Are you having difficulty keeping those New Years' resolutions? Do you want to make some positive changes in your life but you're finding it difficult to get started (or stay motivated)? Learn the underlying

causes of procrastination and self-sabotage and how to overcome them. Pre-registration required. \$35. Lori Burke, Clinical Hypnotherapist. 5445 Village Dr., Viera. 321-652-1039. LoriBurkeHypnosis.com.

**Manifest Synchronicities for 2020** – 10am-4pm. Spiritual Retreat with Maria Banas and Karen Hedley. Through meditation, sound bath, journaling, and rituals, you can manifest synchronicities for the new year. The Reiki journey will guide you to the realms of the 3<sup>rd</sup> heaven and above, a place of Limitless possibilities to manifest Synchronicities into your life. Maria will give the Deeksha blessing for abundance and the retreat will end with a Despacho Ceremony, a beautiful way to express and experience gratitude. Please bring paper, pen, and a special object. \$119 pre- paid discount by Jan 12 or \$139 after Jan 12. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. AquarianDreams.com.

## **MONDAY JANUARY 20**

**Donation Yoga Nidra Meditation for Healing the Throat Chakra** – 7-8:15pm. Honoring Martin Luther King Jr. Yoga Nidra means yogic sleep. Effortlessly lie down and listen to the guided meditation. Free of tension and thought, we tap into the body's innate healing abilities and creative energy. A gentle warm-up, Reiki and Essential Oils help you expand into the bliss state. Donation. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. AquarianDreams.com.

## **WEDNESDAY JANUARY 22**

**Mini Facial Event** – 10-5pm. Join us for a free event to test out our product line and meet the aesthetician. She will be performing 20-minute mini facials and as

## mark your calendar

**SUNDAY, JANUARY 19**

**3-4:30PM**

### **Light Circle with Mark Anthony the Psychic Lawyer**

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

**Tickets: \$200**

For tickets call: 321-480-2785

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

**Aquarian Dreams**

414 Miramar Ave (Hwy A1A), Indialantic

a thank you you'll receive 15% off your next one-hour facial service when booked that day. Please RSVP so we can reserve your spot. Free. Center for Anti-Aging Aesthetic and Rejuvenation Medicine 7000 Spyglass Ct Suite 300 Viera. 321-622-6020.

## **THURSDAY JANUARY 23**

**Are You Having Trouble Sleeping?** – 5:30-6:30pm. Do you wake up in the middle of night and just can't get back to sleep? Come to our seminar and learn why you can't sleep and how we can help. Please RSVP if you'd like to attend. Free. Center for Anti-Aging Aesthetic and Rejuvenation Medicine 7000 Spyglass Ct Suite 300. Viera. 321-421-7111.

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Asheville, NC | Boulder, CO | Ottawa, ON | San Marcos, CA | St. Paul, MN | Vancouver, BC | Tampa, FL

**The Mysteries of the Thyroid Revealed** – 7-8pm. Did you know that proper thyroid function ensures that all the cells in your body are working properly? Learn more about the functions of the thyroid gland and what other glands support its purpose, as well as natural tips for improving and maintaining the health of your thyroid. Free but call 321-728-1387. Care Natural Wellness Center 1051 Eber Blvd. Suite 102 Melbourne. CareWellnessFL.com.

**SATURDAY JANUARY 25**

**Reiki 2 Certification Class** – 11am-6pm. Deepen your knowledge and experience of the high frequencies of Usui/Holy Fire III Reiki. Learn three primary hand symbols and their uses, distance healing, body scanning, and full treatment for yourself and others. Included: Attunement/Placement, Reiki 2 Certificate, and lots of practice. (with lunch break). \$160. Yoga Art Lounge West Melbourne 51 NW Carolina St. (Off Rt. 192) Melbourne. 321-506-9444. KarenHedley.com.

**SATURDAY JANUARY 25 & SUNDAY JANUARY 26**

**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.

**SUNDAY JANUARY 26**

**Reiki 1 Certification Course** – 12:30-6 :30pm. See description Saturday January 11.

**MONDAY JANUARY 27**

**Astrology for Personal & Spiritual Transformation** – 7-8:30pm. Learn how astrology has influenced most of the world's religions, and how the planets influence our personality and predict the time and type of challenges we face in life. Explore how the powerful outer planetary transits are intensely affecting you and others. Call in advance with your birth data and Bruce will have your chart prepared for the workshop. For more information, visit BruceOrion.com. \$20, chart included. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. Pre-Register online or call 321-729-9495. AquarianDreams.com.

**TUESDAY JANUARY 28**

**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.

**THURSDAY JANUARY 30**

**New Year, New You Detox Event** – 5-6pm. Ortho Molecular and The Center for Anti-Aging have teamed up together to bring you a night of fun and gathering. Bring a friend or two to learn how to be the best new you, get those pesky holiday pounds off we're all guilty of and feel good doing it. This 7-day liver detox will help you to shed up to 10 pounds quickly. Plus, we will be with you every step of the way and teach you to keep the weight off. RSVP by calling 321-421-7111. Early bird special 10% off the cleanse when you preorder. Free. Center for Anti-Aging Aesthetic and Rejuvenation Medicine 7000 Spyglass Ct Suite 300, Viera.

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- MS (Multiple Sclerosis) | A terminal condition

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**MEETING THIS MONTH  
IN STUART!**

**Please Join us for this  
Informal Gathering**

**WHEN:** Tuesday, January 28

**TIME:** 5 - 7pm  
Meeting Start: 5:30pm

**PLACE:** Genie's Gems  
21 SW Flagler Ave  
Downtown Stuart

**COME AS YOU ARE!**  
Casual and comfortable encouraged.

**Light refreshments will be served!**  
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## TREASURE COAST EVENTS

### SATURDAY JANUARY 4

**Friends After Diagnosis** – 10-11am. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Sebastian River Medical Center, 13695 US Hwy 1, Sebastian. 772-978-9392. FriendsAfterDiagnosis.com.

**Reiki Level I Training Certification** – 11am-6pm. 6 Learn the Art of Healing using energy technique. \$175 includes book, attunements, instruction, practice and continued mentoring. Taught by Usui/Tibetan/Karuna&; Reiki Master and Jikiden Reiki Practitioner Beth Franks. CEUS available. Spark of Divine 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

### SUNDAY JANUARY 5

**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. 772-461-2272

### SUNDAYS JANUARY 5 & JANUARY 19

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

### TUESDAY JANUARY 7

**Arthritis: Prevention & Relief** – 6-7pm. Help you with: Rheumatoid Arthritis, Joint Pain, Knee & Wrist Pain, Hip Discomfort, Fatigue, Reduced & Painful Activity. Get Pain Free 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.

### WEDNESDAY JANUARY 8

**"ECK Wisdom on Life After Death"** – 6:30-7:30pm. New 6-week book discussion each Wednesday evening in Jan, beginning Jan 8 through Feb.12. No cost. You are invited to explore the eternal nature of you! Find answers to questions using stories, spiritual techniques and spiritual exercises included in the complimentary book. Brackett Library, Indian River State College, Mueller Center, 6155 College Lane, Vero Beach. Call Karrin 407-461-8600. eck-florida.org.

**Essential Chakra Meditation Practice** – 6:30am-8pm. Learn this technique of clearing, energizing and balancing your own chakras. Learn the importance of balancing your energy field for having a more positive overall life experience. Tess, the Treasure Coast Medium, will facilitate the guided meditation that can be used daily by participants. This energetic alignment is priceless. \$20. Cash. Northgate Plaza Suite K-1, 611 SE Federal Hwy, Stuart. 772 200-0016.

### THURSDAY JANUARY 9

**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 leave feeling relaxed and refreshed. \$35. Salt of the Earth 422 SW Akron Street, Stuart. 516-984-4615. HerbsAndOwls.com/classes.

**7th Path Self-Hypnosis Workshop Part 1** – 6-7:30pm. 7th Path is a revolutionary approach to self-improvement. This Mind-Body-Spiritual approach to self-hypnosis is the only one of its kind. Taught by Michelle Golinski while in a state of hypnosis, learn to re-program yourself for success by eliminating limiting beliefs. Part 2 scheduled for Thursday, January 23. \$45 per part. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com

### THURSDAYS JANUARY 9, 16, 23

**ISDTC Inspired Speech** – 6:30am-8:30pm. If you have an interest in speaking before a group of people, this course will greatly enhance your abilities to engage your audience with success. It will free you to speak with confidence for introductions, inspired speech, briefings, and other public platforms. Thursdays: Jan. 9, 16, 23, \$15 per class. Discounts for members, ISDTC, Co-located Spark of the Divine 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. ISDTreasure.org.

### THURSDAYS JANUARY 9, 16, 23, 30

**The Procrastination Remedy** – 6:30-8pm. What would you accomplish, how much pressure, anxiety and stress would you eliminate from your life if you could cure yourself of procrastination? Learn the new brain science and skills that give you increased energy, dramatically reduces stress and gets you organized. No will power required. \$150. To register or for more information email ClientCare@TheInspiredLivingCenter.com or call 772-359-8924.

### FRIDAY JANUARY 10

**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 JANUARY 11

**Basic ThetaHealing Practitioner Basic Course** – 9am-6pm. Foundational Practitioner Course taught by Certified Instructor, Elizabeth Campbell. Saturday, 1/11/20 through Monday, 1/13/20. The spiritual/meditation techniques can be used professionally, and for yourself, family, and friends. Improve overall



health of the body/mind by changing the subconscious response to stress in life, past and present. Includes Basic Practitioner Certification. TranceformU.com. \$444. Office of Elizabeth Campbell, 611 SW Federal Hwy, Suite K-1 Stuart. 772-291-7813. TranceformU.com.

**2020 Vision Board Workshop** – 10am-3pm. Create a powerful vision for your life committed upon a beautiful vision board that will inspire, motivate and drive results in your life. Includes steps for visualizing what you want and proven methods for achieving results. Applicable for individuals, couples or friends working to manifest change. \$20. Pre-registration required. Materials and snacks provided. Contact Kathryn Joy 508-423-7753 or email Kathryn@Kahoya.com. Kahoya.com/vision-board. Unity of Fort Pierce 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

**Know Your Chakras** – 2-4pm. Explore: Each of the 7 main Chakras, how to tell if your chakra system is clear and balanced, what to do if your chakras are out of alignment, crystals work to balance chakras, and other techniques to keep your chakras in alignment with Wendy Becerra. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com.

## SUNDAY JANUARY 12

**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. \$225 with this ad: 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.

**Kashi Sunday Market** – 10am-2pm. Organic Vegetarian Lunch Buffet: 12-1pm. \$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, Locally hand-made soaps and body products. Household and vintage items. Locally grown organic produce, free children's craft table and go-cart rides for \$5 donation. Free. Kashi Ashram 11105 Roseland Rd., Sebastian. 404-308-8392.



## THURSDAY EVENINGS, JANUARY 9, 16, 23, AND 30TH

**The Procrastination Remedy • 4-week workshop with Life and Relationship Coach Carol Baxter • 6:30 - 8pm**

Procrastination. We all do it. We start with great intentions only to see our resolve quickly disintegrate. What would you accomplish, how much pressure, anxiety and stress would you eliminate from your life if you could cure yourself of procrastination? Stop the self-recrimination, blaming and shaming! The truth is - IT'S NOT YOUR FAULT! Stop Putting Life Off. Learn the new brain science and skills that give you Increased Energy, Dramatically Reduces Stress and Gets You Organized: NO WILL POWER REQUIRED. Cost \$150

To register or for more information contact  
772-359-8924 • TheInspiredLivingCenter.com  
ClientCare@TheInspiredLivingCenter.com

## treasure coast save the date

### SATURDAY FEBRUARY 1

**Scented Dragon PSL Psychic Fair** – 10am – 5pm. Some of the Treasure Coast's best readers will be on hand for private one-on-one sessions. Bring your questions and find the answers you've been seeking. Call to book in advance or just stop by. 6992 Hancock Dr., Port S. Lucie (just off US 1). 772-877-2102 for more info.

### SATURDAY FEBRUARY 22

**Vision Journaling Workshop** – Are you having trouble getting focused? Are you stuck in a rut? Are you unsure where to start on your New Year's resolution? Jodi Rita will coach you using techniques she developed and uses. Embark on this two-hour spiritual journey and learn how to tap into your inner strengths to transform your life with focus, passion and energy. Leave ready to make your dreams come to life. Refreshments and a journal included. Reserve your spot and bring someone special. Venue to be decided based on number of participants. Individual coaching appointments also available. Workshop: \$40 each or \$70 for two. Call or text Jodi Rita 321-591-8290 or visit JodiRita.com.

**Kriya Yoga Meditation Seminar** – 10am – 4pm. Join Center for Spiritual Awareness Senior Minister Ron Lindahn and CSA Board President Clifford Rosen, both Ordained by Roy Eugen Davis (1931-2019), for instructions on helpful routines and techniques. A Kriya Yoga Initiation will be offered at 2pm. Donations gratefully accepted; reservations not needed. Invite your spiritual friends. Embassy Suites Hotel, 1601 Belvedere Rd. (near airport) West Palm Beach. If you are unable to attend, request free literature from: Center for Spiritual Awareness, PO Box 7, Lakemont,

GA 30552. 706-782-4723, Info@CSA-Davis.org or visit CSA-Davis.org.

**Ascended Master Gatherings** – 1-2:30pm. Meditation Masters Kumari and Kumara will lead sound healing with 5th Dimensional Alchemy bowls, chant & mantra, channeling, healing and meditation with the Ascended Masters. Second Sunday of every month. Gathering will take place both in person (limit 26 people) and livestream (replays too). Address will be emailed for in person gathering after registration. Love offering. Sebastian. Kumarihealing.com/Aruna

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- Classical Homeopathy



- Chinese Herbal Medicine
- Bio Cranial Therapy
- Natural Allergy Elimination Technique

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January 14 • 6-7pm

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

## MONDAY JANUARY 13

**Friends After Diagnosis** – 2-3:30pm. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Friendship House 3404 Aviation Blvd. Vero Beach. 772-978-9392. FriendsAfterDiagnosis.com.

## TUESDAY JANUARY 14

**Auto-Immune Issues: Solutions & Relief** – 6-7pm. Take your life back today. Natural Solutions to Auto-Immune disorders such as: Rheumatoid Arthritis, Lupus, Celiac Disease, Multiple Sclerosis, Thyroid Disease, Addison's Disease, Pernicious Anemia, Guillain-Barre Syndrome, and Myasthenia Gravis, and more! Find out what's wrong. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

## WEDNESDAY JANUARY 15

**Cosmetic Acupuncture Happy Hour** – 4-7pm. You're invited to our New Year, New You Happy Hour! Watch and learn how cosmetic acupuncture works for facial rejuvenation and weight loss. Demos every hour from 4pm to 6pm. See before and after photos of satisfied clients. Limited Seating RSVP 772-564-8383. Indian River Acupuncture 1300 36th St, Ste H Vero Beach. 772-564-8383. IndianRiverAcupuncture.com.

**"ECK Wisdom on Life After Death"** – 6:30-7:30pm. New 6-week book discussion each Wednesday evening in Jan, beginning Jan 8 through Feb.12. No cost. You are invited to explore the eternal nature of you! Find answers to questions using stories, spiritual

techniques and spiritual exercises included in the complimentary book. Brackett Library, Indian River State College, Mueller Center, 6155 College Lane, Vero Beach. Call Karrin 407-461-8600. eck-florida.org.

## FRIDAY JANUARY 17

**Reiki Level I Certification** - 9am-5pm. "Reiki" (ray-key) is Japanese for "universal life energy". The Usui System of Natural Healing applies this energy through gentle touch or distance treatments for balancing mind, body, and spirit. Reiki is a powerful tool for self-healing and personal growth, a way to give energy to family, friends and animals, or a gentle complementary therapy. Kumari is a "Healer's Healer" with 28 years' experience. Synergy Institute, 735 Commerce Center Drive, Sebastian. Visit KumariHealing.com/ReikiCertifications or call 772-589-9803.

**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. 772-461-2272. UnityOffFortPierce.com.

## SATURDAY JANUARY 18

**Reiki Level II Certification** - 9am-5pm. Prerequisite Reiki Level I. The Reiki II attunement greatly increases your healing power, sensitivity and intuition. Learn sacred symbols to amplify distant, mental and emotional and situational healing so you can send healing for any issue, anywhere. Kumari is a "Healer's Healer" with 28 years' experience. Reiki Alliance Certificates awarded. Pre-registration required, limit 10 participants. Synergy Institute, 735 Commerce Center Drive, Sebastian. For more

information visit KumariHealing.com/ReikiCertifications or call 772-589-9803.

**Scented Dragon Ft. Pierce Grand Opening** - 10am-7pm. Come join us as we celebrate the Grand Opening of Scented Dragon Ft. Pierce. Special savings throughout the store on everything from incense to books, stones to sage. 223 Ave. A, east of US 1 in beautiful downtown Ft. Pierce. 772-877-2102 for more info.

**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. 772-978-9392. FriendsAfterDiagnosis.com.

**How to Use Your Spiritual Tools** - 2-3:30pm. This workshop has been designed to provide clarity and give you helpful and insightful tips on how to work with various spiritual tools to further empower and enhance your healing experience with Wendy Becerra. \$33. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com

## SUNDAY JANUARY 19

**Reiki Advanced Immersion** - 9am-5pm. Deepen your Reiki healing skills and receive personal healing in this highly experiential course through special Reiki partner practice, exercises, meditations and contemplations. Learn advanced techniques on how to use Reiki to increase Abundance, solve problems, achieve goals, clear past traumas, increase your intuition, and heal animals. Synergy Institute, 735 Commerce Center Drive, Sebastian. For more information visit KumariHealing.com/ReikiCertifications or call 772-589-9803.

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**An Infomercial for God** – 11:30am. Through curriculum and supportive items, John Woods, author of the poem “I Understand, encourages all to connect with the superconscious mind. For it is in a state of Oneness that a common progression of understanding takes place and makes us receptive to inclusivity and peaceful global coexistence. A poem that began in 1999, has turned into a spiritual movement. Suggested Love offering \$10 Unity of Fort Pierce, 3414 Sunrise Blvd. UnityOfFortPierce.com. 772-461-2272.

**Crystal Grid 101** - 2-4pm. The Pixie and the Bull, Brenda and Guy will lead you in creating your own personal grid, how to activate it 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 JANUARY 21

**Acupressure for Everyone: Heal Yourself Today** – 6-7pm. Learn acupressure techniques to naturally heal yourself and your family. Bring a partner to practice with. Work on issues of: Fatigue, Radiating Pain, Weight Gain, Pain that comes and Goes, Deep Aches, Burning Sensations and so much more. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877,

## WEDNESDAY JANUARY 22

**“ECK Wisdom on Life After Death”** – 6:30-7:30pm. New 6-week book discussion each Wednesday evening in Jan, beginning Jan 8 through Feb.12. No cost. You are invited to explore the eternal nature of you! Find answers to questions using stories, spiritual techniques and spiritual exercises included in the complimentary book. Brackett Library, Indian River State College, Mueller Center, 6155 College Lane, Vero Beach. Call Karrin 407-461-8600. eck-florida.org.

## THURSDAY JANUARY 23

**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 leave feeling relaxed and refreshed. \$35. Salt of the Earth 422 SW Akron Street, Stuart. 516-984-4615. HerbsAndOwls.com/classes.

**ISDTC Mini Metaphysical Service** - 6-7pm. The Institute for Spiritual Development Treasure Coast is hosting mini metaphysical services focused on education and tools for positive living. The content is based on New Thought teachings. Change Your Thinking, Change Your Life. Love Donation. Into the Mystic, 1614 US-1, Sebastian. 772-404-1352. ISDTreasure.org.

## FRIDAY JANUARY 24 -SUNDAY JANUARY 26

**Advanced ThetaHealing Practitioner Advanced Course** – 9am-6pm. Receive Advanced Practitioner Certification, as you deepen understanding and learn higher level skills, with Elizabeth Campbell, Certified Instructor. In addition, the instructor provides changes for the practitioners so they can work at this higher level and do their work more easily. TranceformU.com. \$444. Office of Elizabeth Campbell 611 SW Federal Highway, Suite K-1 Stuart. TranceformU.com.

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## SATURDAY JANUARY 25

**Wellness HealthRHYTHMS; Group Empowerment Drumming Program** – 9-11am. ISDTC and Treasure Coast Percussions co-hosting HealthRHYTHMS Group Empowerment Drumming Program. Wellness through sound vibrations. Suggested Love Donation. ISDTC, Co-located Spark of the Divine 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. ISDTreasure.org.

**Paint Your Joy** - 2-4pm. Join Dana Sardano for an afternoon of carefree creativity while we express our joy on canvas. Because many of us have busy lives with our jobs, our families, and our day to day routine, we often forget to slow down and do things that just make us happy. No artistic talent necessary. \$45. Ubuntu Fish Gallery, 508 SE Osceola St., Stuart 772-210-2931 UbuntuFishGallery.com.

## SUNDAY JANUARY 26

**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, handmade, 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. Port St. Lucie Civic Center, 9221 SE Civic Center Pl, Port St. Lucie (located at US 1 and Walton Road). 772-345-7218

**Eckankar Booth** – 10am-5pm. Visit our Eckankar booth at the Awaken Fair. There will be plenty of free literature: books and CDs for visitors. Stop by and

spin the Spiritual Wheel to get a hint at your spiritual future. Listen to and learn how to sing the calming and healing ancient spiritual HU Chant. PSL Civic Center, 9221 SE Civic Center Pl, Port St. Lucie.

**ECK Light and Sound Service** – 11am-12pm. “The Reason for Living” 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.

## MONDAY JANUARY 27

**Friends After Diagnosis** – 2-3:30pm. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Friendship House 3404 Aviation Blvd., Vero Beach. 772-978-9392. FriendsAfterDiagnosis.com.

## TUESDAY JANUARY 28

**Natural Allergy Solutions that Work** – 6-7pm. Be allergy free. This class offers natural solutions and answers for: Asthma, Food Allergies, Sinus Congestion, Environmental Allergies, Headaches, Fatigue and more. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2 Vero Beach. 772-778-8877.

## WEDNESDAY JANUARY 29

**“ECK Wisdom on Life After Death”** – 6:30-7:30pm. New 6-week book discussion each Wednesday evening in Jan, beginning Jan 8 through

## mark your calendar

TUESDAY, JANUARY 28 – 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.*

### GENIE’S GEMS

21 SW Flagler Ave • Downtown Stuart  
For more information, call 321-426-0080.

Feb.12. No cost. You are invited to explore the eternal nature of you! Find answers to questions using stories, spiritual techniques and spiritual exercises included in the complimentary book. Brackett Library, Indian River State College, Mueller Center, 6155 College Lane, Vero Beach. Call Karrin 407-461-8600. eck-florida.org.

**Spirits Speak Gallery Reading** - 6:30-8:30pm. 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. Learn how to connect to Divine guidance and your own spirit people. Not everyone will receive a message but will be healed by the experience of love. \$40. Cash per/person. Must Reserve. Northgate Plaza Suite K-1 611 SE Federal Hwy Stuart. 772 200-0016.

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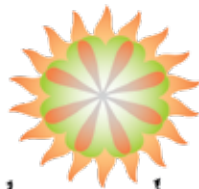
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## on going events

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.

**Sunday Church Service** – 11am-12:30pm. Unity is a positive, practical approach to Christianity based on the teachings of Jesus and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path. Free. Titusville - North Brevard 2000 South Street Titusville. 321-383-0195. UnityOnTheSpaceCoast.org.

**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.

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

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

**Restorative Yoga w/Yoga Nidra Mediation** – 5-6:30pm. Restorative Yoga is the centering of your breath & body - aligning the physical and mental by practicing stillness w/ extended periods of time. The props assist in helping you to hold poses longer. Followed by 20 minutes of Yoga. \$17 for existing clients. 2 for 1 for new clients. Down To Earth Yoga 1649 SE Port Saint Lucie Blvd, PSL. 520-661-7798. Dte-Yoga.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.

**Bone 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. Free class for first-time visitors. DRS Community Center Gym, 1089 S. Patrick Dr., Satellite Beach. 321-759-4962.

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**Yoga for Beginners** – 4-5pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Aisling. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Vinyasa Flow** – 5:30-6:30pm. This 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 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

**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. Downton Stuart. 772-678-6170. PsychicNTheGenie.com

**Kai Chi Do** - 6:15-7:15pm. Kai Chi Do is a meditation in energy movement. 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.

**Yin Yang Yoga** – 6:15-7:30pm. This class will combine active movement and periods of stillness. This class is a perfect way to find movement and relaxation. Led by Kim. \$17 for existing clients- 2 for 1 New Clients. Down To Earth Yoga Studio 1649 SE Port St. Lucie Blvd Port St Lucie. 518-779-0055.

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

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

**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

**Facelift Massage Tuesdays** – 9am-12 noon. Improve the look and feel of your face using massage techniques that relax tension, tone, reduce puffiness and increase circulation to the muscles around the eyes, forehead jawline and neck. Cost: Save \$20 on Tuesdays. Studio In Motion, 8128 US 1, Vero Beach. Call Judy Porter for reservations. 772-577-3057.

**Sunlighten Sauna Tuesdays** – 9am-12 noon. Detoxify and relax in a medical grade sauna. Regular use of infrared sauna is said to improve your sleep, relieve pain, help with weight loss and more. Cost: First-time 30-45 session. Save \$20 on Tuesdays. Studio In Motion, 8128 US 1, Vero Beach. Call Judy Porter for reservations. 772-577-3057.

**Lunch Break Flow** – 12:15-1pm. Slow movement to break up your day. In this class you will strongly focus on mindful breath and movements. Appropriate for all levels. \$17 for existing clients. 2 for 1 for new clients. 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

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

## wednesday

### SPACE COAST

**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.

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

**Bone Makers** – 9:45-10:30am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certi-

fied teacher, Vicki Buckley. Free class for first-time visitors. 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.

**Posturize** – 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.

**Sessions and Readings** – 11am-3pm. 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.

**Posturize** – 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.

**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.


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

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

### TREASURE COAST

**Insight Meditation** - 11am-Noon. Experience a calm and centered mind in 2020 with Rev. Janice Cary. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. Love offerings accepted. UnityofFtPierce.com. 772-461-2272.

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**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.

## 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.

**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

**Facelift Massage Thursdays** – 9am-12 noon. Improve the look and feel of your face using massage techniques that relax tension, tone, reduce puffiness and increase circulation to the muscles around the eyes, forehead jawline and neck. Cost: Save \$20 on Thursdays. Studio In Motion, 8128 US 1, Vero Beach. Call Judy Porter for reservations. 772-577-3057.

**Sunlighten Sauna Thursdays** – 9am-12 noon. Detoxify and relax in a medical grade sauna. Regular use of infrared sauna is said to improve your sleep, relieve pain, help with weight loss and more. Cost: First-time 30-45 session. Save \$20 on Thursdays. Studio In Motion, 8128 US 1, Vero Beach. Call Judy Porter for reservations. 772-577-3057.

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

**Kids Yoga** – 5-5:45pm. Bring your children in to experience the gifts of yoga through fun poses, inspiring music as well as learn breathing techniques to encourage balance emotions. 5-11 years. \$12 for one child-- \$10 for 3 or more children. Down To Earth Yoga Studio 1649 SE Port St. Lucie Blvd, Port St Lucie. 518-779-0055.



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Get the Facts.  
Don't Guess  
About Your  
Health!




**How Healthy Are You Really?**  
*Start the New Year Off with Your Personalized Science Based Health Plan*

**Have You Ever Wondered...**

- If my tests are "normal": WHY do I still feel so bad?
- Wouldn't it be better to stop my health problems before they progressed into something serious?
- Wouldn't it be great if I could get back to the state of health I was in before I became ill?
- Is there a way to use labwork and other objective testing methods to know what supplements I need and if those brands are working for me?
- Can I use tests to document optimal health and not just the absence of disease?

Test Description	Current Rating	Four	Delta	Health	Comment
Hemoglobin A1C (HbA1c)	5.7	5.0 - 5.6	0.1	Normal	
Cholesterol (Total)	190	< 200	-10	Normal	
LDL Cholesterol	115	< 130	-15	Normal	
HDL Cholesterol	45	> 40	+5	Normal	
Triglycerides	100	< 150	-50	Normal	
Glucose (Fasting)	95	< 100	-5	Normal	
Uric Acid	4.5	< 6.0	-1.5	Normal	
Calcium	9.5	8.8 - 10.2	+0.7	Normal	
Iron	140	> 100	+40	Normal	
Vitamin D	30	> 30	0	Normal	
Vitamin B12	450	> 200	+250	Normal	
Folate	12	> 10	+2	Normal	
Copper	1.2	> 0.9	+0.3	Normal	
Zinc	100	> 70	+30	Normal	
Selenium	130	> 50	+80	Normal	
Magnesium	220	> 170	+50	Normal	
Calcium	9.5	8.8 - 10.2	+0.7	Normal	
Iron	140	> 100	+40	Normal	
Vitamin D	30	> 30	0	Normal	
Vitamin B12	450	> 200	+250	Normal	
Folate	12	> 10	+2	Normal	
Copper	1.2	> 0.9	+0.3	Normal	
Zinc	100	> 70	+30	Normal	
Selenium	130	> 50	+80	Normal	
Magnesium	220	> 170	+50	Normal	

**Come find out and get the facts!**  
**Tuesday, January 14th, 6:30pm at our office**  
RSVP to (321) 622-4447



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# friday

## SPACE COAST

**Yoga in the Village** – 10-11am. Yoga has been known to create smiles. Experience basic yoga postures, breath, and mindfulness. \$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. Free class for first-time visitors. 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 Children** – 4-5pm. Yoga and meditation for children. 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.

## TREASURE COAST

**Yin Yoga & Kundalini Yoga** – 9-10:15am. Yin Yoga is a slow-paced style where postures are held for longer periods, diving deep into the connective tissue, fascia and ligaments. Last Fri of the month is Kundalini. \$17 for existing clients- 2 for 1 New Clients. Down To Earth Yoga Studio, 1649 SE Port St. Lucie Blvd, Port St Lucie. 518-779-0055.

**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.

**Reiki Healing Circle** – 12:30-1:30pm. 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.

**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.

**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.

## classifieds

### BUSINESS OPPORTUNITIES

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

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

### COMMUNITY

**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. [CriterSavers.com](http://CriterSavers.com) 321-636-3343 ext. 214.

### FOR RENT


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

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

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# 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.

Get \$10 off each CopperZap with code **NATA16**.

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

Buy once, use forever.



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

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

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