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of Heart Health

Linda Carroll on
LOVE
SKILLS

A Feast for
All Seasons
Embracing the
Rainbow Year Round

Healing Pain
Without Surgery
Breakthroughs in
Regenerative Medicine

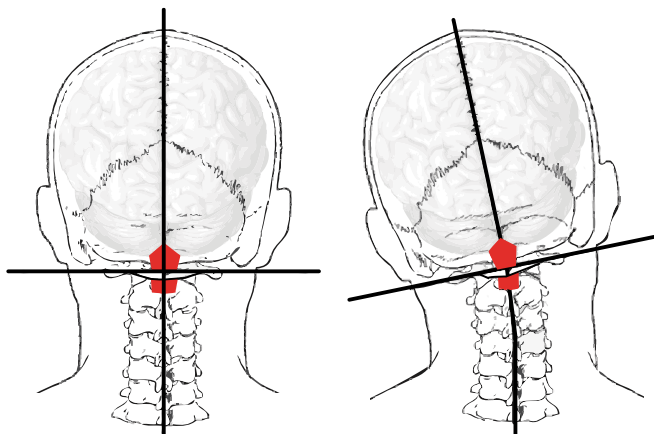


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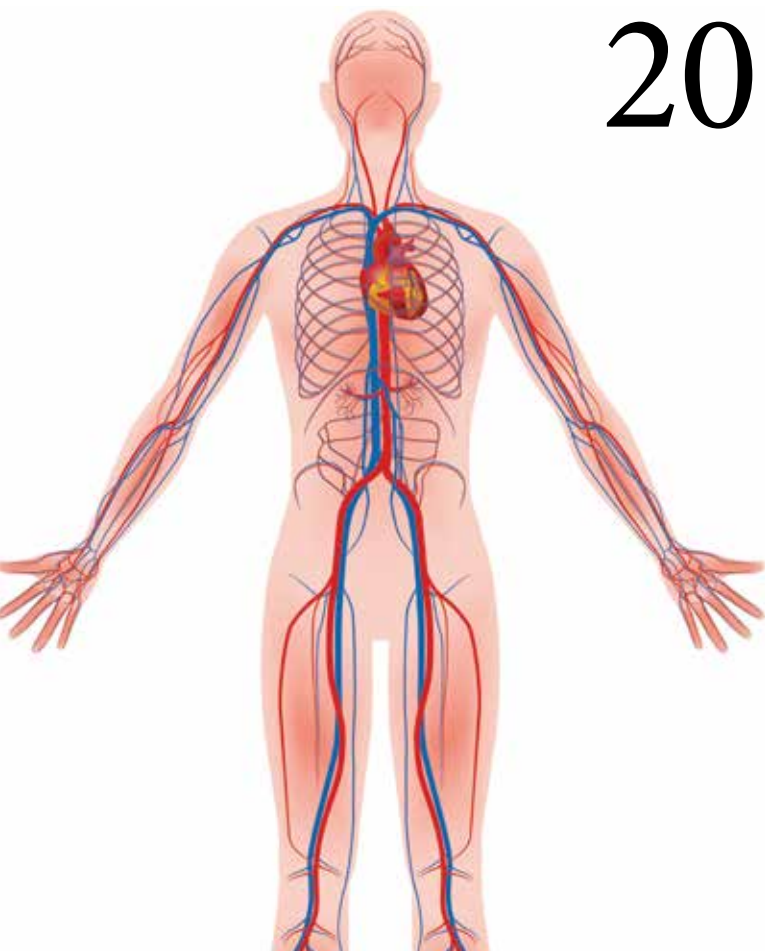
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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

Contents



20

20 SACRED VESSELS
The Lifeblood of Heart Health

24 HEALING JOINTS FROM WITHIN
The Promise of Regenerative Medicine

26 PAIN RELIEF FOR PETS
Prolotherapy Gives Joints New Life

28 A FEAST FOR ALL SEASONS
Embracing the Rainbow Year Round

30 DISRUPTING DISPOSABLES
The Drive to Banish Single-Use Plastics

32 GOOD HEARTS START YOUNG
Boosting Kids' Cardiovascular Health

34 VITAL STEPS
The Path to Vascular Fitness

36 LINDA CARROLL
on Skills That Make Love Last

38 CHOOSING LOVE
How to Cope With Fearful Times



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DEPARTMENTS

- 8 news briefs**
- 16 health briefs**
- 19 global briefs**
- 24 healing ways**
- 26 natural pet**
- 28 conscious eating**
- 30 green living**
- 32 healthy kids**
- 34 fit body**
- 36 wise words**
- 38 inspiration**
- 39 calendar**
- 50 classifieds**
- 52 natural directory**

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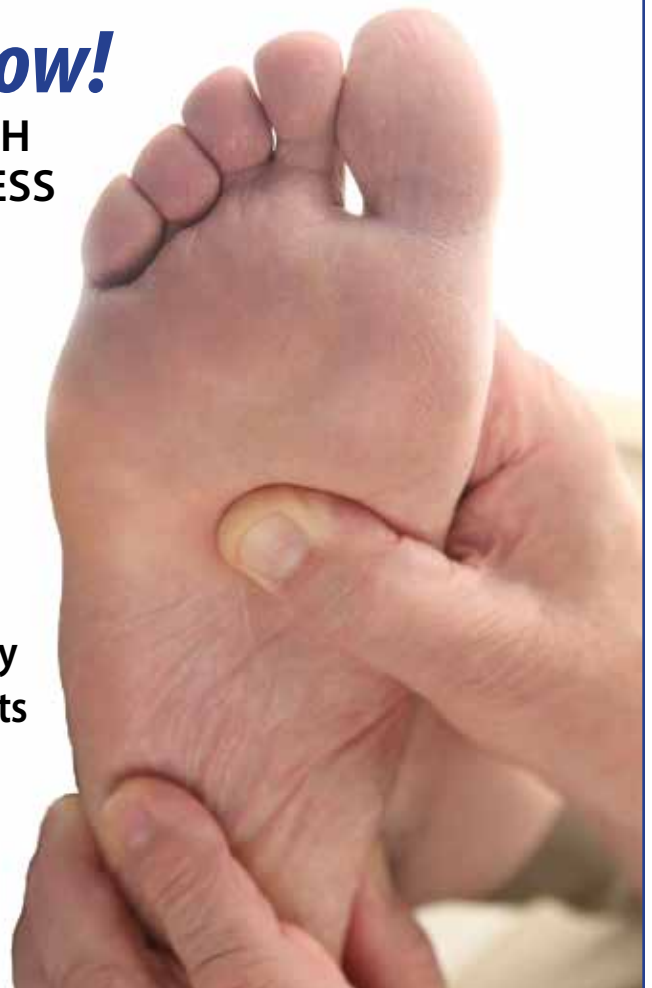
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letter from the publisher



Matters of the Heart

I'm in love with a tiny gift I received last holiday season. It came in a small box with a hinged lid and tucked inside is a collapsible metal straw with a silicone center that is handy to keep in my purse. I have other metal and glass straws I use at home, but I like to avoid single-use plastic straws when out and about. It is fun to be able to pop my new straw open and drop in my glass. It even has a pretty rainbow hue so that makes my heart happy when I use it.

In our Green Living article, *Disrupting Disposables* [page 30], we examine the movement to dramatically cut down on single-use plastics. Many businesses and individuals are working to divert plastics from our waste system and are providing plastic-free alternatives. "A lot of local folks have really changed their perspective. We see a lot more customers coming in and saying they appreciate that we are using compostable cups and compostable straws," says plastic-free cafe owner Dana Honn. Helping to protect our environment from plastic waste is a nice way to show our love for Mother Earth.

Love may be in the air this month, but our editorial team has been focused on matters of the heart – the one that keeps us alive and well. In our feature article *Sacred Vessels* [page 20], writer Julie Peterson examines the crucial role of the vascular system and how simple, natural lifestyle choices can prevent or remediate damage that can result in a heart attack, stroke, vision loss and cognitive decline. While lifestyle changes have the power to restore heart health, the field of regenerative medicine is making great strides in rejuvenating joints, ligaments, tendons and tissues by stimulating the body's natural healing process using a patient's own platelets, growth factors, adipose, stem cells and other methods [page 24]. Regenerative therapy isn't just for humans, find out how pets can also benefit from prolotherapy [page 26]. To keep your heart healthy, consider incorporating seasonal vegetables into your diet with recipes that feature winter health boosters [page 28]. This month as we take time to celebrate the ones we love, let's be sure to love ourselves with heart-healthy choices as well.

Happy Valentine's Day!

Kris Urquhart, Publisher



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Chiropractic Care Can Contribute to Safer Birth

Upper Cervical Health Center provides prenatal and perinatal care for all women who are hoping to become or are currently



pregnant. The center recently welcomed Dr. Amanda Richerson into the practice. Richerson is a member of the International Chiropractic Pediatric Association and a Webster Certified Chiropractic physician.

“Chiropractic care in pregnancy is vital to the normal physiological function of both the mother and baby throughout pregnancy and birth. The Webster Technique is a chiropractic analysis and adjustment aimed at reducing the effects of pelvic imbalance. During birth, pelvic imbalance can negatively affect labor progression, leading to unnecessary intervention. Pelvic imbalance can also adversely affect uterine nerve function, the structure of the pelvis and may hinder a baby’s ability to gain optimal positioning for labor. These are the very causes of dystocia or difficult, stalled labor. The Webster Technique helps achieve a state of balance in the pelvis that may contribute to a safer, easier birth outcome,” says Richerson.

To make an appointment with Dr. Amanda Richerson, call 321-622-4447. Upper Cervical Health Center, 1600 W Eau Gallie Blvd, Ste 104, Melbourne. UpperCervicalCare.com. See ad, page 2.

Craniosacral Therapy for Enhanced Neurological Function and Whole-Body Health

Chad and Ginger Taylor at Massages With Purpose are accepting new clients for Cranial Sacral Therapy, a soft tissue method that gently releases deeply rooted emotion, trauma and tensions within the soft tissue, calms the central nervous system and regulates the pressure of cerebrospinal fluid that cushions the brain and spinal cord.



“It relieves pain, dysfunction, enhances brain and neurological function and improves whole-body health and performance by reaching to the cellular level and helping detox the cells from antibiotics, anesthesia, smoke inhalation and more,” says Chad Taylor. “Once the restriction has been removed, the body is able to self-correct and function properly.”

According to the Taylors, the subtle qualities of touch used in Craniosacral Therapy work are what make it one of the safest methods, which is suitable during pregnancy, for babies, children, adults, the elderly and in fragile or acutely painful conditions. These therapeutic sessions may alleviate dysfunctions such as: migraines, chronic pain, stress, anxiety, depression, PTSD, brain and spinal cord injuries, trauma, autism, fibromyalgia, TMJ, neurological disorders, orthopedic problems, digestive disorders and more.

The Taylors also offer somatoemotional release therapy, lymphatic drainage therapy, Thai massage, reflexology, visceral-neural manipulation, gentle scar release, micro-current pain management, prenatal and deep tissue massage and sports stretching.

Chad Taylor, LMT and Ginger Taylor, LMT, of Massages With Purpose service Melbourne and Palm Bay. 321-480-9986. MassagesWithPurpose.com (MA75423, MA95322, MM35261).

Purely Organic Salon for Hair Welcomes New Stylist

Purely Organic Salon for Hair welcomes Wendy Sposa. With 38 years of experience, she is able to handle a wide variety of hair needs and is skilled in texture and precision cutting, color matching, and also barbering for men. “Sposa will pay attention to your personal hair needs while keeping you in the latest trending color melts, balayage, color foil, and glazes,” says Cathy Hammond, salon owner.



Currently residing in Indian Harbour Beach, Sposa has served Brevard County for 18 years, including two spas in Viera and Suntree, and another spa in West Melbourne. Now, she is happy to be working at Purely Organic Salon for Hair because it offers a healthier salon environment both for herself and her clients.

Purely Organic Salon for Hair is dedicated to the health and wellbeing of its clients by offering products that are 100% organic and free of ammonia, sulfates, paraben and fragrance in an eco-friendly setting.

Schedule your free consultation with Wendy Sposa by calling 321-243-0540. Purely Organic Salon for Hair is located at 195 Jackson Ave, #100, Satellite Beach. Appointments can be booked by phone or online at PurelyOrganicSalon.com. See ad, page 12.

Mind-Body-Eating Coaching for Total Transformation

Patricia Akers Coaching has six openings available for new coaching clients. She is encouraging people who are ready to try a different approach to challenging life issues to get in touch for a complimentary get acquainted session to see if Mind, Body, Eating Coaching is a fit for you.

Akers is a Mind, Body Eating Coach and Life Coach that has specialized training in diet, nutrition and the psychology of eating. She helps clients address subconscious issues that are driving unwanted behaviors, which works with eating and other areas.

“Every client receives a very personalized strategy for obtaining their goals in all areas. The training and education can lead to total transformation,” explains Akers. “Many people get discouraged and give up on things they really want. I utilize results-oriented, cutting-edge science in a holistic foundation. My clients not only improve one area of their life, they improve their overall quality of life.”

Patricia Akers is a graduate of the Institute of Eating Psychology and a registered yoga instructor. She can be reached at PatriciaAkersCoaching@gmail.com, on Facebook or by calling 321-652-0799.



Winter Music Festival at Unity on The Space Coast

On February 22, from noon to 4 p.m., the Winter Music Festival will be held in the gardens at Unity on the Space Coast in Titusville. The afternoon will include music, fun, food and community for the whole family and children 10 and under get free admission. People may bring blankets and lawn chairs to enjoy the festival and there will be a bounce house for the kids.

Attendees will enjoy powerful, uplifting, heart opening and inspiring music performed by some of our nation's leading positive music artists including John Stringer, Daniel Nahmod and Kim Belew. Stringer is an intuitive teacher, singer-songwriter, healer, consultant and author who has written and recorded several albums, including a top-10, best-selling Billboard chart hit single *State of Man*. Nahmod is a successful, inspirational, independent songwriter, artist and producer with more than 110,000 CD's sold. Belew is a conscious rap musician, keynote speaker, workshop leader and spoken word artist.

Tickets are available for \$15/person (children 10 and under, free) at UnityOnTheSpaceCoast.rsvpify.com. Unity on the Space Coast, 2000 South St, Titusville. A positive path for spiritual living. UnityOnTheSpaceCoast.org.

The Focused Mind Workshop for Meditation Teacher Training in Indialantic



On Sunday, February 2, Mindfulness Meditation Teacher Training with Anthony Profeta begins at Aquarian Dreams. The Focused Mind is a four-week prerequisite course for 100-hour Teacher Training. Cultivate a more focused and concentrated mind, mental clarity, compassion, and overall well-being.

Recommended for yoga students, yoga teachers, social workers, therapists, teachers, or anyone wanting to build or deepen a mindfulness meditation practice, cultivate more presence in your life, and learn tools to help you navigate this stressful and complex world. Provides 13 CEUs for registered Yoga Alliance teachers.

Dates and Times: February 2 from 1 to 5 p.m., February 9 from 1 to 5 p.m. and February 13 from 1 to 6 p.m. There will also be a phone class the week of February 16. Cost: \$297. For more detailed information or to register, call 321-729-9495 or visit AquarianDreams.com. Aquarian Dreams is located at 414 N. Miramar Ave (Hwy A1A) in Indialantic. See ad, page 3.

New Location for Elements Organic Salon

Elements Organic Salon has moved to Melbourne. “Our new space is centrally located, easy access from 95, has ample parking and gives us room for growth,” says Sarah Finney, owner and master stylist. Elements provides a natural, organic salon experience in a relaxing environment that focuses on the well-being of their clients. The hair color line is 98.6% naturally derived without ammonia and uses organic ingredients from a 100 year-old farm in Bologna, Italy. The salon's hair care and styling products are made with 100% biodynamic essential oils and are free from common toxins and irritants.

Elements Organic Salon is offering 20% off the first service for new clients. They are located at 3800 W Eau Gallie Blvd, #106, Melbourne. To make an appointment, call 321-349-0389 or visit ElementsOrganicSalon.com.



Preschool and Kindergarten Openings at Wavecrest Academy

Wavecrest Academy has immediate openings for preschool and kindergarten. The academy serves students from pre-K to 12th 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.

A new Student Entrepreneurial Program is starting February for their students of all ages to learn business and social skills through creating a real-life organic produce, hand-made jewelry, and vegan candy business. Students will be offering their products on the internet, at farmer's markets, and outside select local grocery stores. "We believe in making learning enjoyable and meaningful," says founder Brandy Arrajj.

State scholarships for private schools for the 2019-20 school year are still available at AAAScholarships.org. Call 321-795-3458 for more details. 1244 Water St, Melbourne. See ad, page 51



New Location for A Course in Miracles Meeting

Glenda Carlin's A Course in Miracles Wednesday evening meetings have moved to Unity of Merritt Island's new location at 210 North Tropical Trail, Merritt Island. Carlin's groups are held weekly on Tuesdays at Unity of Melbourne from 7-8:30 p.m. and on Wednesdays at Unity of Merritt Island at 6:30-8 p.m.

A Course in Miracles is a curriculum that helps participants navigate two distinct thought systems – knowledge and perception – learning to recognize

perceptual error and to look past it or forgive. "We do a meditation from the course, which includes seeing an altar in the mind's eye. The participants place the things they think they need to be happy on this altar. Afterwards, each person may become inspired with solutions for whatever they put on the altar. Ideas might come in the form of a tv show, conversation, or thought, etc. It is a practical exercise that helps us live our daily life while awakening to remember our immortal spirit," says Carlin.

In addition, Carlin is presenting the workshop "Letting Go of Fear Through the Principles of A Course in Miracles" on Saturday, March 21, led by renown expert Gary Renard. Participants will learn principles and practices of undoing the ego through true forgiveness.

For more information, call 321-704-1678 or email GlendaCarlin1@gmail.com. See ad, page 45.

"Reclaiming Your Roots" Herbal Certification Course in Melbourne

The Herb Corner announces an herbal certification course, Reclaiming Your Roots, to be held on alternate Sundays during March, April and May. It will consist of an in-depth study of the healing properties of herbs.

Cecelia Avitabile, a Master Herbalist with more than 20 years of experience, will help participants start on the road to herbalism. The course provides students with the health-promoting herbal skills that have nearly been lost to the modern world. During the course, attendees will learn how to treat non-emergency health problems and gain an excellent grounding in the basics: teas, tinctures, salves, syrups and compresses. The course also includes healthy choices for women, men, children and pets and discussions about herbs for the digestive, nervous, circulatory, urinary, respiratory, immune, muscular and skeletal systems.



Call The Herb Corner at 321-757-7522 to sign up. Pre-registration is required before February 22. Cost \$325 plus non-refundable materials fee of \$50 which includes all printed instruction and materials. HerbCorner.net. See ad, page 42.

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After teaching Bone Makers more than 10 years at local recreation centers and being asked by students to "just write it down," Buckley finally did. Now she proudly offers a do-it-yourself, low tech, no memory needed, low impact, modified/stretch exercise system for people wanting safe, bone strengthening, balance, posture and memory improvement. The Bone Makers program is a sequential, pocket size, flash card system. It is educational yet written in everyday language with pictures. It promotes wellness and engages with pictorial USDA bone building food guides and muscle maps.

"I just wanted to make a practical tool for others like me suffering from low bone density and experiencing a merry-go-round of overuse injuries. I wanted to empower people to stay functional so they could continue doing what they wanted but with less aches and pains and doctor appointments," says Buckley.

The flashcards are perfect for travel and don't require a gym. In addition, there are modifications on the back of each card for those who need to modify an exercise. Each muscle can have its own level: beginner, intermediate or advanced.

For more information on Bone Makers, call 321-759-4962, or email Vicki@bonemakers.com.

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Vision Journaling Workshop with Jodi Rita

Through hard work, education and real-life experiences Certified Life Coach and Business Consultant Jodi Rita has personally developed creative and innovative techniques that have led her to a more balanced and peaceful life. Now teaching these same techniques to others through her *Vision Journaling Workshops*, these practices can help participants reach their own personal expectations.



Rita's belief systems, "Nothing is impossible when you are able to combine a strong relationship with a Higher Power, persistence, focus and positive energy. Many great achievers have started on little more than a dream and determination."

When asked about her *Vision Journaling Workshop*, Rita explains, "Focusing on each individual's own goals, personal beliefs and the letting go of triggers and fears, this workshop will allow each participant to leave with a feeling of limitless possibilities for manifesting their true desires. These techniques can, and should, be used again and again as new challenges arise or new goals are set."

Limited to a small group, allowing for a more comfortable one-on-one atmosphere. February 22, 12 to 2 p.m. Refreshments and materials included. \$40 a person or bring a friend for \$60. Call or text Jodi Rita, 321-591-8290 or visit JodiRita.com. See ad, page 47.

Psychic Fair at Spark of Divine in Vero Beach



Beth Franks is pleased to announce that Spark of Divine, LLC Healing and Learning Center is hosting a Psychic Fair from 11 a.m. to 4 p.m. on Saturday, February 29. "Please join in for a divinely fun-filled day," says owner Franks.

They will have psychic readers available throughout the day. Modalities will include tarot, messages, psychic intuitives, astrology, fun demonstrations and much more.

Spark of Divine, LLC offers a small retail store for all your metaphysical needs. They carry candles, incense, crystals, drums, cards, CD's, statuary, jewelry, Tools of Evolution and more. Their calendar of events will be available during the fair or found beforehand on their website, where you can also find more information. The last reading will be booked no later than 3:45 p.m.

Spark of Divine, LLC is located in downtown Vero Beach in the Corner Shoppes. 1789 Old Dixie Hwy, Vero Beach. For more information, call 772-257-6499. SparkofDivine.com.

Happy Anniversary Downtown Ft. Pierce Farmer's Market

The Downtown Fort Pierce Farmers Market is pleased to celebrate 23 years as a Saturday morning tradition for Treasure Coast residents and beyond. The market offers a wide selection of offerings, from homemade soaps to local honey, fresh breads to locally grown organic produce. Live music helps create a fun carefree atmosphere for shoppers where merchants line the waterfront.

Ranked nationally as one of the top five markets by America's Favorite Farmer's Markets, the Downtown Ft. Pierce Farmer's Market is open rain or shine every Saturday from 8am to noon and welcomes all who are interested in exploring Fort Pierce's unique charm and historical roots. Ample parking is conveniently located throughout the surrounding area and a free trolley picks-up and drops-off from the market all morning.

For more information, calendar of events or to find out how to become a vendor, visit FortPierceFarmersMarket.com.



Unique Opportunity for Personal Growth in Vero Beach

Having facilitated workshops in the Vero Beach area as co-collaborators for over fifteen years, Leslie Haatvedt, PhD, LMHC of Child and Family Counseling Associates and Marcy Purdy, ATR BC of ArtReach are excited to offer a wellness workshop that is bound to be a favorite. Titled "The Seekers ABCs" this workshop is the newest in the Sojourn series and offers women fun activities while providing time for personal growth. The goal is for each participant to create their own unique road map for a successful and happy 2020.

Tag-lined "A joyful journey of personal evolution" by co-creator Haatvedt, this one-and-a-half day "journey-vacation" created for emotional, mental and spiritual growth utilizes a special combination of healing arts including SoulCollage, Qi Gong and meditation and is being offered in a small non-judgmental and safe group setting at the Unity Spiritual Center of Vero Beach. Participants get the extra bonus of a walking meditation on Unity's peaceful labyrinth. A healthy lunch, all materials and a notebook for future review are all included.

Friday, February 7, 7-9 p.m. and Saturday, February 8, 10 a.m.-4 p.m. Please contact Leslie Haatvedt, 772-532-8310 or Marcy Purdy, 772-538-5532. Limited space, \$85 per person or \$65 each when two or more are booked together. Location: Unity of Vero, 950 43rd Ave., Vero Beach.



Joanne's Nutrition World Expansion and Open House

Joanne's Nutrition World invites you to an Open House on Saturday, February 8 from 3 to 7 p.m. to celebrate their expansion where customers can enjoy free samples, demonstrations and giveaways. Expanding has allowed Joanne's Nutrition World to offer customers a larger variety of services. "We've created a private room for our state-of-the-art SunLighten Infrared Sauna, a peaceful space for our local favorite Ion Foot Detox sessions, an organic mani and pedi area and a private treatment room that local practitioners such as massage, acupuncture, reflexology, and Reiki can reserve at a very low daily fee," explains owner Joanne Seeger.

With over 35 years of experience in the natural health and wellness genre, Seeger has dedicated the last 16 years to offering high quality vitamins, minerals, herbs and supplements. "Recently we've seen a renewed need for a centralized place where individuals can find products, services and answers to questions they have on their paths to living a holistic life-style," says Seeger. "Our staff loves to connect with each customer in hopes to help them achieve their ultimate wellness goals."

Joanne's Nutrition World is located in downtown Fort Pierce in the historic Arcade Building, 101 N. US 1. For more information, call 772-464-3598 or visit JoannesNutritionWorld.com. Listen to Seeger live on WPSL AM 1590 Thursdays from 10-11 a.m. See ad, page 46.

Sikora Integrative Medicine Opens New Office in Vero Beach

Dr. Alita Sikora of Sikora Integrative Medicine is thrilled to announce she has opened her new, spacious office in Vero Beach. Dr. Sikora's main focus is on the regenerative procedures – stem cell therapy, exosomes, PRP injections, and amniotic allografts – which are used for arthritis, tendinitis, back pain, neck pain, chronic pain, neurological disorders, and even for cosmetic purposes to reverse wrinkles and help grow hair in the scalp.



"We are also offering the O and P shots for male and female sexual dysfunction, the Vampire Facial for wrinkles, Botox injections for pain and aesthetics, acupuncture, perineural injections for nerve pain/discomfort, and Vampire breast lifts," says Dr. Sikora. "We administer micronutrient testing to check for vitamin and mineral deficiencies." They now offer IV vitamin therapy and IV NAD for antiaging, memory loss, depression, addition, chronic fatigue, and more. Also, Dr. Sikora is a qualified ordering physician for medical marijuana for Florida residents.

Dr. Sikora will be doing monthly seminars at the new office to discuss stem cell therapy and other procedures. For more information or to schedule an appointment, call 772-228-6882. Office hours are Monday-Thursday from 9 a.m. to 4:30 p.m. and Friday from 9 a.m. to noon. Sikora Integrative Medicine is located at 1255 37th St, Ste B, Vero Beach. SikoraMedical.com. See ad, page 25.

Homeopathy Certification Weekend Training in Vero Beach

Dr. Danny Quaranto of Alternative Medicine Family Care Center (AMFCC) has set the dates for his annual Homeopathy Certification Training in Vero Beach. Scheduled for the first weekend in April the course consists of 15 hours of instruction over a two-day period, at the end of which students receive a Certification of Completion.



Dr. Quaranto bases his course curriculum on the Classical Homeopathic tradition of Samuel Hahnemann, MD. Students will develop a working knowledge of about 50 different homeopathic remedies. Dr. Quaranto explains, "At Alternative Medicine Family Care Center, education is the prime focus of our practice. The more you know about your health and alternative practices for wellness, the more you can educate your loved ones." When asked specifically about this class, Dr. Quaranto responds, "This is a great opportunity to learn basic homeopathy for common ailments and how to use these remedies safely and effectively as they were originally meant to be used."

Homeopathy Certification will be held April 4 and 5 from 9 a.m. to 5 p.m. Cost of the course is \$300 and includes: 15 hours of instruction, all class materials and a Certificate of Completion. For more information or to register, call 772-778-8877 or visit AMFCC.info. AMFCC, 2050 40th Ave., Suite 2, Vero Beach. See ad, page 16.



Leap Year Yoga Challenge in Jupiter

Join the 2020 Leap Year Yoga Challenge scheduled for February 29 from 8 a.m. to 1 p.m. at Riverbend Park in Jupiter. Facilitated by HEF Gives, a non-profit committed to advocating for Holistic Education, this event is designed for the inner yogi in everyone. Participants will practice 108 Sun Salutations. Goodie-bags, lunch and beverages are included for paid participants; music and naturally minded vendors will be on site ensuring a fun-filled day for the whole family. Each participant is asked to raise \$108 through sponsorships from friends, family and co-workers; the money will then be donated to organizations that provide awareness and holistic educational support within the community.

HEF's mission is to, "Educate the public in a variety of holistic health modalities. Our purpose is to connect with a community of like-minded individuals." With chapters in New York, Martin and Palm Beach counties, HEF encourages members to get involved and build relationships that will help support, teach and create healthy life-style choice options within the community. Members are dedicated to creating a non-judgmental environment where individuals can learn holistic health options that will benefit themselves and their families.

Location: Riverbend Park, 9060 W Indiantown Road, Jupiter. Bring your best yoga pose to share with the group. If you are connected with a yoga studio in the area that would like to participate or for any other information, visit HEFGives.org. See ad, page 27.

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Practice Qigong Massage to Improve Autism Symptoms in Children

Qigong, a traditional Chinese massage technique and movement practice, may offer hope for the one in 68 American children suffering from autism spectrum disorder. Researchers at Portugal's Oporto University reviewed 10 high-quality studies, all of which involved massage for children as young as 2, including two which also employed slow qigong movements and breathwork for older children. Previous studies have found that the qigong type of gentle massage practiced for 15 minutes daily by parents on autistic children helps the children tolerate touch, feel reassured by it and bond more deeply with parents that also feel less stress. The meta-study affirmed, "Qigong seems to be able to decrease severity of individual sensory, behavioral and language components of autism, and improve self-control, sociability, sensory and cognitive awareness, as well as healthy physical behavior."



Use Probiotics to Reduce Bone Loss and Newborn Infections

Bone loss leading to increased fracture risk occurs in half of postmenopausal women, but new research from Sweden offers a deterrent: a combination of three *Lactobacillus* probiotic strains. A total of 249 healthy, early postmenopausal women over the age of 50 that took the probiotics for a year suffered no significant bone loss in the lumbar spine compared to a placebo group, report researchers at Gothenburg University. They had slight reductions in bone loss at the neck and no changes at the hip or upper femur.

In a *British Medical Journal*-published study on probiotics that spanned 10 years and involved nearly 1,000 at-risk babies, researchers from the UK's Norfolk and Norwich University Hospital found that newborns with gut infections were twice as likely to recover when given probiotics as part of their treatment in intensive care units, with sepsis rates reduced from 22.6 percent to 11.5 percent. The strains used were *L. acidophilus*, *Bifidobacterium bifidum* and *B. longum* subspecies *infantis*. The babies were suffering from necrotizing enterocolitis, a rare infection and inflammation of the intestines which can affect low-birthweight babies.

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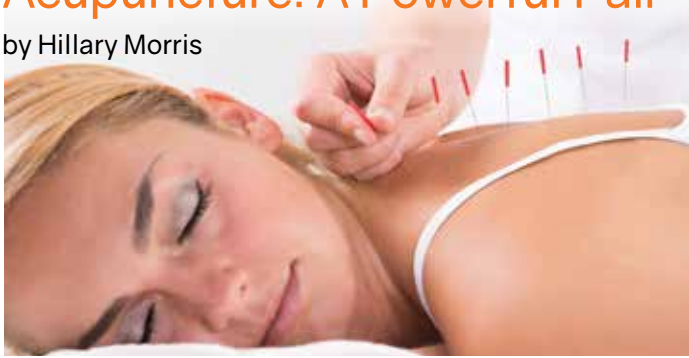
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Find additional Health Talks in this month's Treasure Coast calendar

Sound Therapy and Acupuncture: A Powerful Pair

by Hillary Morris



Sound therapy has made a resurgence in popularity in recent years. It's a unique modality that has been found to lower stress, decrease pain, improve sleep and lower blood pressure. All forms of sound therapy can be beneficial, whether it's singing bowls, gongs or tuning forks. By using specific rhythms and frequencies, sound therapy can shift the brain to a theta state of deep relaxation, and even to the delta state where deep healing can occur. Sound therapy taps into the understanding that all things have a vibrational frequency, and therapeutic sound waves can change brain frequencies. When sound therapy with tuning forks is combined with acupuncture and channel theory, the healing effect can be even greater.

Tuning forks have traditionally been used to tune musical instruments; however, when placed on certain acupuncture points on the body, tuning forks have been found to help bone and muscle pain as well as chronic pain associated with conditions like fibromyalgia. It is believed that the vibration of the tuning fork travels through the water of the body to help heal physical and emotional issues. While the exact mechanism of how this works is still not completely understood, preliminary studies seem to indicate that tuning forks put the body into a parasympathetic state. This state allows cellular healing and regeneration.

An acupuncturist using tuning forks will be able to combine knowledge of Chinese medical theory with placement of tuning forks on the body. Some practitioners find that tuning forks are just as effective as needles, and for people who are needle-phobic, it can be a fantastic alternative.

To get more technical about how it works: "Everything in the universe has a vibrational frequency," explains Mark Menolascino, M.D., an integrative and functional medicine practitioner. "We're hard-wired to have sound be part of us. In the brain, all our neurons fire at different frequencies based on the data they receive from things around us. Those vibrations interact with every cell in your body."

Hillary Morris is a licensed Acupuncture Physician with 20 years of experience. She owns Stuart Acupuncture located at 7000 SE Federal Hwy, Stuart. For more information, visit StuartAcupuncture.com or call 772-266-8165. See ad, page 30.

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Try Mind-Body Options to Reduce Opioid-Treated Pain

People suffering from acute pain often turn to addictive opioid treatments, but research from the University of Utah School of Social Work published in the journal *JAMA Internal Medicine* concluded that certain mind-body therapies significantly reduce pain and the use of opioids. Reviewing 60 randomized, controlled, published clinical trials with more than 6,400 participants, researchers found that meditation/mindfulness, therapeutic suggestion and cognitive behavioral therapy all significantly reduced pain severity along with opioid use and misuse. Hypnosis also helped lower pain. Mind-body therapies proved effective at reducing short-term, acute pain from medical procedures, as well as chronic pain. Lead author and Associate Dean for Research Eric Garland pointed out that 82,000 Americans are projected to die from opioid overdoses in the next five years and noted, "If all of us—doctors, nurses, social workers, policymakers, insurance companies and patients—use this evidence as we make decisions, we can help stem the tide of the opioid epidemic."



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Clear Thinking

UNESCO Adopts Resolution on Earth Charter

The 40th General Conference of the United Nations Educational, Scientific and Cultural Organization (UNESCO), held last November, adopted a resolution that reaffirms the importance of the Earth Charter (EarthCharter.org) as an ethical framework for sustainable development.

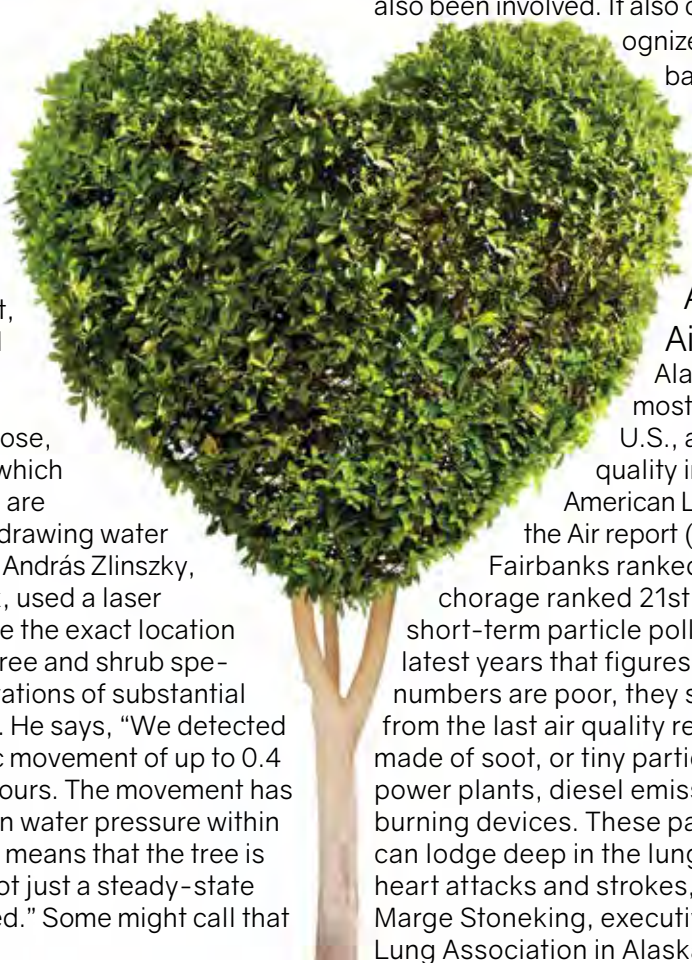
The Charter's four pillars—respect and care for the community of life; ecology integrity; social and economic justice; and democracy, non-violence and peace—have guided and underpinned UNESCO's sustainable development work. Taking into account the current world situation and environmental crises, delegates felt it was time to act and that the Earth Charter provides the needed principles and values. Although it has no binding force, like previous UNESCO resolutions, its ethical foundation may surface in future battles in international courts.



Thump Thump

Trees Exhibit 'Heartbeat'

Scientists have discovered that some trees raise and lower their branches several times in the course of the night, indicating a cycle of water and sugar transportation, but they didn't know why. Plants need water to photosynthesize glucose, the basic building block from which their more complex molecules are formed. For trees, this entails drawing water from the roots to the leaves. Dr. András Zlinszky, at Aarhus University, Denmark, used a laser scanning technique to measure the exact location of branches and leaves of 22 tree and shrub species, and published his observations of substantial unexpected movement cycles. He says, "We detected a previously unknown periodic movement of up to 0.4 inches in cycles of two to six hours. The movement has to be connected to variations in water pressure within the plants, and this effectively means that the tree is pumping. Water transport is not just a steady-state flow, as we previously assumed." Some might call that pumping action a heartbeat.



Seal Deal

Fishermen Protect Endangered Sea Mammals



In 1969, there were only 100 South American fur seals and sea lions along the coastline of Lima, the capitol of Peru, but that has increased to more than 8,000 today, thanks to local fishermen that have realized over the intervening years that a

balanced ecosystem benefits all. Once hunted almost to the point of no return for their pelts and because they ate so many fish, the sea mammals have slowly rebounded since Peru established its first marine protection area there in 1979, the Paracas Marine Reserve. Today, the Fishermen's Union has defined these areas, in which each local fishing collective is dependent economically, and has assigned responsibility to that group for protecting those marine resources. Impetus for species protection is also being driven by the rise of tourism and artisanal fisheries.

The International Union for the Conservation of Nature, which maintains a "Red List" database of species and the degree to which they are threatened with extinction, has also been involved. It also compiles a "Green List" to recognize global best practices for area-based conservation, a program working with marine reserves along the Pacific coast.

Soot Cities

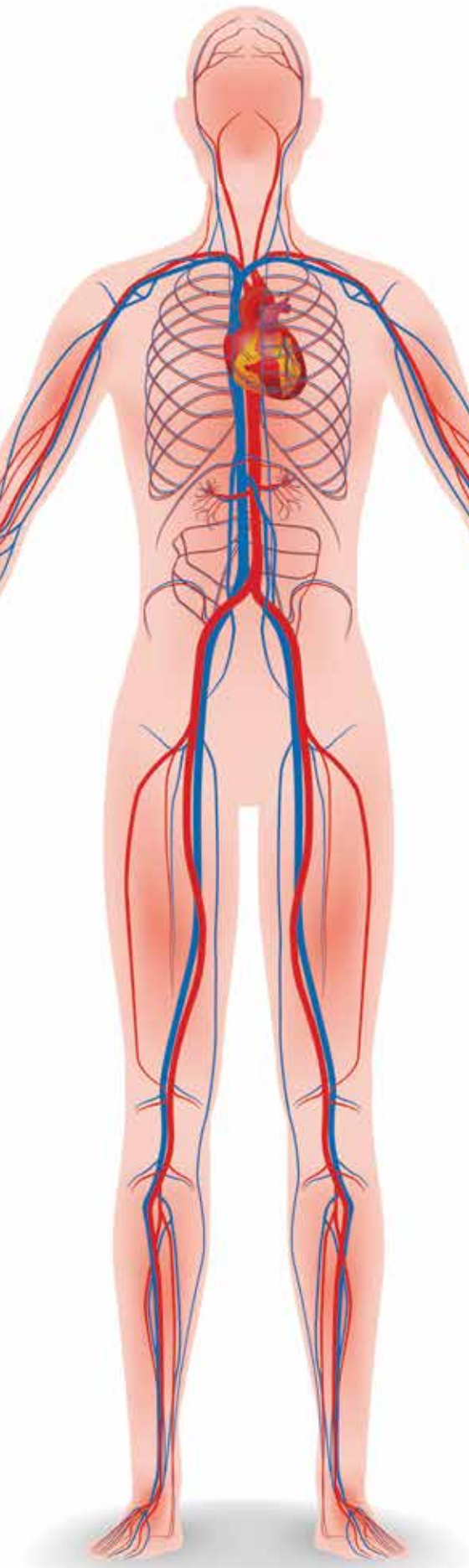
Alaska Battles Air Pollution

Alaska, which has some of the most pristine environments in the U.S., also has some of the worst air quality in its cities. According to the American Lung Association 2019 State of the Air report (Tinyurl.com/StateOfTheAirPDF), Fairbanks ranked third and a section of Anchorage ranked 21st in cities with high levels of short-term particle pollution between 2015-2017, the latest years that figures are available. Although the numbers are poor, they still represent an improvement from the last air quality report. "Particle pollution is made of soot, or tiny particles that come from coal-fired power plants, diesel emissions, wildfires and wood-burning devices. These particles are so small that they can lodge deep in the lungs and trigger asthma attacks, heart attacks and strokes, and can even be lethal," warns Marge Stoneking, executive director at the American Lung Association in Alaska.

SACRED VESSELS

The Lifeblood of Heart Health

by Julie Peterson



When people think about heart health, what generally comes to mind is the fist-sized muscle that pumps and oxygenates the body's lifeblood. However, the heart of the matter is not the pump itself, but the vascular system—the network of veins, arteries and capillaries that distributes blood to every cell in the body,

delivering nutrients and eliminating waste.

Each human adult harbors an astonishing 60,000 miles of blood vessels—enough to wrap around the planet twice. Keeping these hard-working vessels supple and open is the key not only to avoiding disease, but also to ensuring a long and healthy life.

The alternative—arteriosclerosis, or hardening of the arteries—can slowly and silently bring on cardiovascular disease (CVD), which can result in a heart attack, stroke, vision loss and cognitive decline. CVD is the leading cause of death in the U.S., killing one in four Americans, according to the

When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle. We've seen over and over again that it works.

~Brenda Davis

U.S. Centers for Disease Control and Prevention (CDC). By 2035, nearly half the population—45 percent—is predicted to have some form of the disease.

“A hundred years ago, we were farming the back 40 with a team of horses, eating what we grew. Kids don't get out and ride bikes; they're playing video games and eating crap. There's very little doubt how we got to this problem,” says John Osborne, M.D., director of cardiology at State of the Heart Cardiology, near Dallas.

Yet, the nation's number one killer, which can fester for decades without symptoms, is largely preventable and reversible. Only 15 percent of CVD is related to genetics; the rest is attributed to lifestyle, and the right choices can make all the difference. The key is to adopt heart-healthy habits before the body delivers a potentially fatal warning.

“The initial presentation of heart disease can be an acute catastrophic event that results in death in half the men and two-thirds of the women. That's not treatable,” warns Osborne.

Know the Risk Factors

The first step toward cardiovascular health is awareness. Important indicators of CVD risk include:

- ✓ High blood pressure (over 140/90)
- ✓ High cholesterol (over 240 mg/dL)
- ✓ High triglycerides (over 200 mg/dL)
- ✓ High blood glucose (over 140 mg/dL)
- ✓ Obesity (BMI over 30)
- ✓ Inflammation (hsCRP test above 2 ml/dL)
- ✓ Physical inactivity (less than 30 minutes a day)
- ✓ Smoking or vaping (any at all)
- ✓ Chronic stress
- ✓ Loneliness

Any of these factors can increase the risk of CVD, but possessing a cluster of the first five comprises a condition called metabolic syndrome, which significantly increases the potential for heart disease and Type 2 diabetes—itsself a significant risk factor that can damage blood vessels, as well as the organs they support.

“While diabetes is the seventh-leading cause of death in the United States, this figure belies the fact that most people with diabetes die of heart disease, kidney failure and other complications,” says Brenda Davis, RD, of Alberta, Canada, author of *Kick Diabetes Essentials: The Diet and Lifestyle Guide*.

Metabolic syndrome, like CVD, has few obvious symptoms and is on the rise: Nearly one-third of adults in the U.S. have it, according to the CDC. The one distinct marker for the condition is an accumulation of fat around the waistline, characterized by a measurement of over 35 inches for women and 40 for men.

Take Action to Cut Risks

“When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle,” says Davis. “We’ve seen over and over again that it works.”

■ Know the Numbers



CVD flies under the radar even though it’s increasingly common at younger ages. *The Journal of the American Medical Association*

released a study in December 2019 stating that about one in four young adults in the U.S. have pre-diabetes, putting them at increased risk for Type 2 diabetes and CVD.

Lisa McDowell, director of clinical nutrition and wellness at St. Joseph’s Mercy Health System, in Ann Arbor, Michigan, and team dietitian for the Detroit Red Wings, works with elite athletes of all ages and notes that they more likely know their favorite player’s jersey number than their own health numbers. “Learn what your blood pressure is, know your body mass index, get your cholesterol levels and triglycerides and your [hemoglobin]

There’s not an excess of blueberries in the American diet; there’s an excess of relatively inexpensive, highly processed junk foods in large containers.

~Lisa McDowell

A1C. Know these numbers early on and, if there’s a problem, fix it,” she advises.

While simple blood tests help monitor indicators for CVD, more sophisticated tests can be even more revealing. In 2018, the American College of Cardiology and the American Heart Association (AHA) jointly issued new guidelines for patients over age 50 to get a computerized tomography (CT) scan to determine their calcium score. The procedure checks for hardening of the arteries and predicts the risk of a 10-year future cardiovascular event.

“This identifies people who have pre-clinical atherosclerosis, regardless of risk factors,” says Osborne. “It also helps people modify behaviors, because they are faced with a diagnosis.”

Yale R. Smith, a Melbourne, Florida, M.D., who specializes in metabolic and functional medicine, utilizes the U.S. Food & Drug Administration-approved protein unstable lesion signature (PULS) blood test. Recommended for patients in their 40s, it measures inflammatory biomarkers for the body’s immune system response to arterial injury and provides a chronological heart age and risk of a CVD event.

“If you can show someone the future, it’s a wake-up call to make lifestyle changes to increase longevity,” Smith says.

■ Eat for Heart Health

Perhaps the single most important change that people can make is diet. “But a lot of people don’t want lifestyle medicine—they’d rather take a statin with their Big Mac,” says McDowell.

Preventing or reversing CVD requires diligence, but it’s largely about eating real, whole food—and mostly plants.



This means avoiding processed foods and consuming less salt, trans fats, saturated fat and cholesterol; and more fruits, vegetables, whole grains, nuts and seeds.

“There’s not an excess of blueberries in the American diet; there’s an excess of relatively inexpensive, highly processed junk foods in large containers,” says McDowell. Overcoming the urge to grab fast and easy foods requires education. “Everyone needs to learn how to read a food label and avoid foods linked to vascular disease,” she adds.

Vegans have healthier cholesterol levels in their blood compared to vegetarians, which in turn have better levels than meat-eaters. Study-verified diets that lower CVD indicators also include the Mediterranean diet, as well as two developed by the National Heart, Lung, and Blood Institute: the Dietary Approaches to Stop Hypertension (DASH) diet and the Therapeutic Lifestyle Changes (TLC) diet, which also addresses exercise and weight control.

“I don’t believe that one diet fits everybody, but there’s a preponderance of evidence that the more plant compounds you get, the better off you are,” says McDowell.

Some cardiovascular boosters:

Leafy greens flush out excess sodium and magnesium, and reduce inflammation.

Berries improve circulation by boosting nitric oxide, which expands blood vessels.

Pomegranate juice lowers blood pressure and reduces plaque formation.

Walnuts, peanuts and almonds lower LDL, the “bad cholesterol”.

Oily fish, chia and flax seeds with omega-3 fatty acids lower triglycerides.

Soy with anti-inflammatory isoflavones helps dilate blood vessels. “We could eat tofu, tempeh, miso, edamame, soy beans or even organic soy ‘veggie meats’ in place of red meat,” says Davis.

Yogurt, kefir and other fermented probiotic dairy products help improve glycemic control, blood lipids, cholesterol and blood pressure.

Supplements can be very helpful: **Red yeast rice extract**, much like a statin, significantly lowers total cholesterol and LDL.

Coenzyme Q10, a powerful antioxidant, lowers blood pressure and combats the side effects of statins.

Omega-3s in fish oil supplements reduce heart risk in healthy people and those already diagnosed with CVD risk.

Nicotinamide riboside improves blood pressure and arterial health in those with mild hypertension.

Garlic, fresh or in capsules, can lower cholesterol and blood pressure.

■ Move It



Sitting all day and then briefly exercising doesn't provide the same benefit as moving periodically throughout the day.

Take more frequent breaks from sitting, get up to move around for a couple of minutes every 30 minutes.

Exercise strengthens the endothelium, the innermost of an artery's three layers, and produces nitric oxide, which helps

keep arteries open and healthy. Getting the blood moving lowers cholesterol and blood pressure, and increases oxygen and nutrients to the body.

Exercising outdoors provides additional benefits. Research from the Barcelona Institute for Global Health found that exposure to green spaces helped prevent metabolic syndrome.

■ Stress Less, Socialize More

Spending even 20 minutes outdoors in nature can do wonders for high blood pressure and cortisol levels, studies show.



Walking or talking with a friend deepens social engagement, a key factor in lowering CVD risk: "Having the right tribe is crucial," says McDowell. "If you're with people who support you and make you laugh, you feel less stress."

Walking a dog outdoors gets three cardiovascular pluses—exercise, nature

and sociability, as dogs tend to be tail-wagging ice-breakers. Further, merely stroking a pet lowers blood pressure.

Apps like Headspace and Insight Timer make it easy to do meditation, which studies suggest may reduce overall CVD risk.

■ Don't Smoke

Not starting to smoke or vape at all is ideal for cardiovascular health, but quitting allows the body to begin to heal, reducing the risk of coronary heart disease after one year by 50 percent, reports the AHA; 14 years later, the risk is the same as a non-smoker's.

"It's not intuitively easy to make healthy decisions," says McDowell. "We have to learn how to make good choices."

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



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Protect Your Heart with Peace of Mind

by Dr. Yale R. Smith



In the past, cardiologists could do little to predict or prevent acute cardiac events because traditional testing only detects advanced cardiovascular disease. But the field of cardiology is changing as the focus moves toward preventive testing earlier in life. One of the methods for early detection is the Protein Unstable Lesion Signature (PULS) test, a cutting-edge diagnostic tool that is performed with a simple blood test.

The PULS test, developed by GD Biosciences, is a simple blood test that identifies individuals with undetected coronary heart disease who are at risk of experiencing a heart attack. The test measures the body's immune response to arterial or endothelial injury. These injuries, through a process of continuous arterial injury and repair, cause cardiac lesions to form on the artery walls. This can happen without any outward signs or

It is believed that these lesions cause up to 75 percent of all cardiac events, even though the traditional belief has been that narrowing of the arteries was to blame.

symptoms, and can happen in people with no known risks for cardiovascular disease.

If an arterial lesion ruptures, the result is a heart attack. It is believed that these lesions cause up to 75 percent of all cardiac events, even though the traditional belief has been that narrowing of the arteries was to blame. In fact, cardiologists have long focused on cholesterol buildup as the primary player in cardiovascular disease, but the trend is moving toward a focus on inflammation.

In fact, a 2009 study by Sachdeva, et al., published in the American Heart Journal,

looked at more than 130,000 patients hospitalized with coronary artery disease and found that more than 50 percent of them had normal cholesterol levels. This indicates that cholesterol is not necessarily useful for prediction of cardiac events.

The PULS test goes beyond traditional cholesterol testing by using nine clinically-significant protein biomarkers to detect and diagnose arterial injury. This allows the physician to calculate a patient's personalized five-year prognosis of heart attack and a "Heart Age" showing the patient's Cardiac Risk Score relative to their age and gender group. Once physicians have this predictive information, they can guide patients toward preventative action early on, when it is most effective, to potentially prevent death or disability.

The PULS test won the 2016 ABBY Award for Innovation in Healthcare. Results from ongoing studies by the American College of Cardiology and others were presented at the 2017 American Heart Association Scientific Sessions. They all seem to be concluding that the new methodology marks a significant improvement over traditional methods in identifying subclinical coronary artery disease.

Earlier detection and prevention are always the keys to better outcomes, so the PULS test is a huge step forward toward more effective prevention of cardiovascular deaths.

Yale R Smith, MD, is the owner of Integrative and Functional Medicine at the Center for Anti-Aging Aesthetic and Rejuvenation Medicine in Viera. For more information on PULS testing visit AntiAgingIM.com/puls-cardiac-test-florida/ or call 321-421-7111. See ad, page 12.



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HEALING JOINTS FROM WITHIN

The Promise of Regenerative Medicine

by Marlaina Donato

Someday, medical science will allow us to infuse damaged or aging organs with new cells, or to manufacture made-to-order organs on a 3-D printer. These emerging techniques to revitalize worn-out body parts are on the drawing board in the field of regenerative medicine. However, for the injured college athlete or the grandmother with compromised joint function, healing and pain relief can already be found in the form of prolotherapy and other non-invasive approaches that stimulate the body to heal itself.

Injection therapies using dextrose or the patient's own platelets or stem cells are being used to naturally stimulate the body to produce collagen and rejuvenated tissue, offering hope to those with soft tissue injuries, osteoarthritis, degenerative disc disease and even pain syndromes like fibromyalgia. A recent review in

the *British Medical Bulletin* of 10 high-quality studies of dextrose prolotherapy in adults with mild to moderate osteoarthritis of the knee showed patients experienced significantly less pain and improved range of motion in both the short term and long term without adverse effects. Eighty-two percent of patients were satisfied with the treatment.

Controlled Inflammation

A type of regenerative medicine innovated by osteopathic physician Earl Gedney in the 1930s, prolotherapy induces low-grade, temporary inflammation with the intention of triggering connective tissue cells called fibroblasts in and around the injection site. "If you cut your arm or twist your ankle, various immune cells rush to the area to begin the repair process. This is a very basic comparison of what prolotherapy does with injections directed to specific anatomical points," says Ross A.

Hauser, M.D., founder of Caring Medical Regenerative Medicine Clinics, in Fort Myers, Florida, and Chicago.

"Prolotherapy is used to treat osteoarthritis because it helps correct the underlying reason why it has occurred, which is joint instability. The body overgrows bone as a long-term response in an effort to stabilize an unstable joint," Hauser says.

Naturopathic physician Brent Cameron, of Aurora Natural Medicine, in Gilbert, Arizona, suggests individualized treatment plans for best results. "My recommendations are very patient-specific, which is an important piece in prolotherapy." Cameron says his patients are likely to start seeing relief in the first week. "In many instances, they experience complete relief and mobility after a series of treatments."

While Cameron attests to the efficacy of dextrose prolotherapy, he is cautious with recommending it for people with systemic inflammatory conditions. "Someone with a history of joint-related autoimmune response tends to mount stronger inflammatory responses. Other forms of regenerative medicine can be helpful for rheumatoid arthritis [RA], but not in the inflammation-mediated way, like prolotherapy and platelet-rich plasma (PRP) injections."

One option, according to the Institute of Regenerative Medicine, in Boca Raton, Florida, might be very small embryonic-like stem cells (VSELS), an emerging form of regenerative stem cell therapy. These have shown promise in dealing with RA and other autoimmune diseases. Meanwhile, the Mayo Clinic Center for Regenerative Medicine is ramping up its research into approaches that stimulate the body to repair itself, with numerous ongoing clinical trials utilizing different injection therapies for the treatment of osteoarthritis.

The Power of Platelets

PRP injections are similar to prolotherapy, using platelets from the patient's body instead of dextrose. "As blood flows through an injury site, the inflammatory chemicals trigger

the platelets to release growth factors, which causes the torn fibers of the damaged structures to heal,” says Fort Worth osteopath Gerald Harris, of Texas Prolotherapy and Neural Therapy. PRP is sometimes used in conjunction with stem cell therapy, which is typically applied in cases in which something needs to be replaced, to help fill in gaps in ligaments or tendons, Harris says.



PRP injections have proven to be effective in easing chronic low back pain from damaged vertebral discs. An overview of research published in the *Journal of Spine Surgery* in 2018 found it to be safe, effective and feasible, with promising potential for the treatment of musculoskeletal disorders. Harris says that people that wish to avoid surgery or cortisone injections can benefit from PRP, which can also be applied topically to treat non-healing wounds like bedsores and diabetic ulcers.

Harris subscribes to the power of persistence. “Don’t give up. With proper treatment there is a strong likelihood that you can live a happy, healthy life free from chronic pain.”

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.

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Pain Relief for Pets

Prolotherapy Gives Joints New Life

by Julie Peterson

Brian Engler, of Drexel Hill, Pennsylvania, was asked to provide hospice care for a senior Akita. Tadao was underweight, weak, arthritic and had been severely neglected. He needed a place to live out his remaining days in comfort. Even though Tadao was unstable with severely limited mobility, Engler believed that the old dog had more than a little life left in him.

Engler's veterinarian tried prolotherapy injection treatments for Tadao's joint pain and he soon became more comfortable and gradually more active. "By the time we completed the treatments, he was able to get up and down with ease and started cruising around the kitchen looking for snacks on the counter," says Engler.

Prolotherapy, short for proliferative therapy, isn't just for dogs. Any animal with a joint can receive the regenerative

Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint pain issues.

~Judith M. Shoemaker

injection therapy, which relieves pain by strengthening ligaments and tendons supporting the joint. It's minimally invasive, involving the injection of a sugar solution directly into the affected area. The body's inflammation response kicks in, resulting in regrowth of new fibers in ligaments and tendons.

Prolotherapy has been around a long time. It was used to treat lame animals around 1350 B.C. Back then, a hot poker was used to induce the

inflammation response. In the 1930s, injection of an irritant solution at the site of the injury became the new method, and has since been shown in scientific studies to facilitate the repair and regrowth of connective tissue, ligaments, tendons, cartilage and other joint-stabilizing structures.

Modern prolotherapy has remained basically the same for the last 80 years, although the injected irritant solution is modified according to the veterinarian, the type of animal and the injury. Every vet uses a slightly different prolotherapy "cocktail", which typically includes 50 percent dextrose and possibly several other ingredients the practitioner finds useful, such as saline, vitamin B₁₂, lidocaine and homeopathic combinations. Some vets also offer platelet-rich plasma or stem cells in the injection mixture.

"Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint pain issues," says Judith M. Shoemaker, DVM, owner of Always Helpful Veterinary Services, in Nottingham, Pennsylvania. "It's quite inexpensive and the success rate is very good. Many animals respond after just a few treatments."

Shoemaker typically does prolotherapy treatments in three- to five-week intervals until the joint heals. She also looks to correct the underlying issues of the problem. "Joints don't get torn up with normal movement," she says.

Animals may have joint issues from falling, but other causes include overweight, long toenails or chiropractic issues. Prolotherapy stabilizes joints after an injury and achieves pain-free motion, but it's only successful if the cause of the injury is remedied.

"Prolotherapy is a very important tool in integrative veterinary care, but it's not a panacea, and it's never a stand-alone treatment," says Christin Finn, DVM, owner of the Canine Rehabilitation & Integrative Veterinary Center, in

By the time we completed the treatments, he was able to get up and down with ease and started cruising around the kitchen looking for snacks on the counter.

~Brian Engler

Kingston, Washington. "It's part of a combination of integrative treatments based on what is best for your pet."

The right balance of treatments to help an animal feel comfortable could include laser therapy, osteopathic manipulation, acupuncture, physical therapy, custom braces, prolotherapy or rest.

Using prolotherapy in conjunction with other posture-correcting and integrative therapies is a win for pets and their owners. Surgery is fraught with complications and expensive. When prolotherapy is used as part of a comprehensive treatment plan, animals can recover from injuries that may have been debilitating or even fatal.

Ivey Sumrell's Irish sport horse recovered from a severe injury. At 8 years old, Johnny was bitten on the neck by a stallion. "His neck became unstable and he had severe problems walking," says Sumrell, of Tryon, North Carolina. "Ultrasound-guided prolotherapy was done three times to all of his neck joints." Johnny was able to be ridden and lived to be 22.

And Tadao, the dog that was expected to die in hospice care a year ago, is enjoying life. He's now well-nourished and loved, and painlessly goes for walks and plays at the park. "Tadao is the poster child for what prolotherapy can do," says Engler.

Julie Peterson writes about health and environmental issues. Reach her at JuliePeterson2222@gmail.com.

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Food always tastes better
in the season it was
intended to be eaten in.

~Brigit Binns



A Feast for All Seasons

Embracing the Rainbow Year Round

by April Thompson

No matter where we live, eating seasonally in winter doesn't have to be boring or limiting; a culinary adventure awaits the home chef that's willing to leave avocados and asparagus to their rightful seasons and embrace the winter rainbow of bitter greens, sweet potatoes, sunny citrus and fuchsia beets, among other timely delicacies.

"Sometimes people think of winter foods as brown and soft and boring, and it's absolutely not the case. Winter brings bright things like pomegranates, beets and citrus, which offer color and acidity," says Brigit Binns, the Paso Robles, California author of 30 cookbooks, including *Cooking in Season: 100 Recipes for Eating Fresh*.

Eating seasonally is especially important in winter, says Shannon Stonger of Texas, author of *Simple Food for Winter: 30 Grain-Free Recipes to Get You Through the Dark Days*. "Winter foods like fermented vegetables, root vegetables, squashes and hardy greens are especially helpful in the colder, darker months, when our bodies are in need of comfort foods as well as pre- and probiotic foods," says Stonger, a homesteader and founder of the blog *NourishingDays.com*.

There are plenty of other reasons to stick to a seasonal diet in winter, adds Binns.

"Food always tastes better in the season it was intended to be eaten in. Seasonal foods are naturally ripened, rather than harvested early and trucked in. In addition to enhanced flavor, eating seasonally helps minimize use of fossil fuels to bring our food to us, and is likely to be less expensive."

Winterizing the Kitchen

Much of the fall harvest, particularly root vegetables, stores well through the winter (hence the idea of a root cellar), extending produce across seasons, according to Steven Satterfield, chef and author of *Root to Leaf: A Southern Chef Cooks Through the Seasons*. There are lots of root vegetables beyond just carrots and potatoes to be enjoyed in winter, including sunchoke, parsnips and turnips, which can be used creatively rather than "boiled to death," says Satterfield. For example, the Atlanta restaurateur incorporates parsnips into an upside-down cake with winter spices like nutmeg, black pepper and ginger.

Binns likes to add texture to winter dishes with nuts, color with herbs, and crunch with a winter vegetable like fennel. Warming soups are always comforting during the coldest season, but she also likes warm salads, like a beet and escarole salad drizzled with a warm sherry vinaigrette.

Satterfield suggests that specialty citrus like blood oranges, Meyer lemons and cross-hybridized varieties such as tangelos and pomelos are fun to intersperse with winter vegetables to maximize brightness and freshness. A lot of winter produce can be great in raw form as well, he adds, including Brussels sprouts, rutabaga or daikon radish, shaved thinly or julienned into a salad.

Winter squash is a favorite staple of the Stonger family in the cooler months. "It is easy to grow, easy to store and so deliciously sweet and rich. We roast it as a side dish, mash it as a sort of breakfast porridge or make soups and curries from it," says Stonger.

Satterfield suggests using all the parts of winter vegetables to maximize the harvest and minimize food waste. For example, the seeds of winter squashes can be roasted with herbs and spices and eaten as is, churned into other dishes such as a squash seed granola or blended and strained into a homemade broth to add some texture, fat and flavor. After roasting carrots with Moroccan spices, Satterfield suggests taking the leafy carrot tops and chopping them with cilantro and garlic to make a green sauce to crown the carrots. Swiss chard stems can also be chopped and cooked into Portuguese bread soup, with leftover stale bread made into olive oil croutons and egg whites stirred in at the end.

Winter Health Boosters

Beyond selecting seasonal produce, chefs recommend a few key dietary tweaks in winter, such as stepping up vitamin D consumption. "Since you're not seeing a lot of sun this time of year, it's more important to get it through colorful vegetables like carrots, cabbage or radicchio. Watermelon radishes are another winter vegetable full of vitamins," says Binns.

"You can grow your own sprouts throughout the winter as a great microgreen option. Sprouts are incredibly high in enzymes, something often lacking in other winter dishes," suggests Stonger. "Fermented vegetables and other fermented foods can make up the difference in winter."

April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.

Winter Salad Wonders



photo by Ray Kachatorian

Mixed Citrus Salad With Mâche, Fennel and Celery

Winter is the height of citrus season, with an appealing display of oranges, mandarins, tangerines, tangelos, pomelos and more in the best-stocked markets. Use a varied mixture of sweet-tart types for the prettiest, tastiest salad.

Yields: 4 servings

- 2 ribs celery
- 2 bunches mâche
- 2 lb mixed citrus fruits, such as navel oranges, blood oranges, tangerines, mandarins and pomelos
- ½ fennel bulb, trimmed
- 8 kumquats
- ¼ cup sliced almonds, toasted

For the vinaigrette:

- Fresh orange juice or as needed
- 1 Tbsp champagne vinegar
- ¼ cup extra-virgin olive oil
- Sea salt and freshly ground pepper

Cut the celery in half lengthwise. Using a serrated vegetable peeler or a mandoline, shave the celery into thin strips lengthwise down the ribs. Cut the strips in half crosswise and place in a bowl of water. Set aside.

Separate the mâche leaves and transfer to a shallow serving bowl. Working on a plate to capture all the juices, use a serrated knife to cut a thick slice off the top and bottom of each citrus fruit. Working with one fruit at a time, stand it upright and, following the contour of the fruit, carefully slice downward to remove the peel, pith and membrane. Set the fruit on its side and cut crosswise into slices about ⅜-inch thick, discarding any seeds. Transfer the slices to the bowl with the mâche, reserving the juices for the vinaigrette.

Cut the fennel lengthwise in half. Using a mandoline or a sharp knife, cut the fennel crosswise into very thin slices and tuck among the citrus slices. Drain the celery and distribute evenly over the salad. Using the serrated knife, cut each kumquat crosswise into very thin slices, discarding any seeds. Scatter the kumquat slices evenly over the salad, then sprinkle the almonds over the top.

To make the vinaigrette, pour the reserved citrus juices into a measuring cup. Add enough additional orange juice to measure ½ cup then add the vinegar. Whisking constantly, slowly add the olive oil and whisk until well combined. Season to taste with salt and pepper. Drizzle the vinaigrette over the salad, toss gently to coat, and serve.

From *Cooking in Season: 100 Recipes for Eating Fresh*, by Brigit Binns

You can grow your own sprouts throughout the winter as a great microgreen option.

~Shannon Stonger

Chard and Squash Salad

- 1 small winter squash, such as sweet dumpling, acorn or golden
- 2 small beets, trimmed
- 1 Tbsp olive oil
- 1 bunch Swiss chard, tough ribs removed and leaves torn
- Red wine vinaigrette or vinaigrette of choice
- Sea salt and freshly ground pepper

Cut the winter squash into wedges and remove the seeds, if desired. Transfer the wedges to a baking dish. Halve the beets and add to the dish. Drizzle with the oil and toss to coat. Bake in a preheated 450° F oven, stirring once, until tender and lightly browned, 20 to 40 minutes. Let cool. Peel and slice the beets. Place the chard in a bowl, drizzle with some of the vinaigrette. Toss to coat. Add the squash and beets, drizzle with the remaining vinaigrette, and season to taste with salt and pepper.

From *Cooking in Season: 100 Recipes for Eating Fresh*, by Brigit Binns



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

photo by Ray Kachatorian

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Disrupting Disposables

The Drive to Banish Single-Use Plastics

by Yvette C. Hammett



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Universities, sports arenas, restaurants and

other businesses are taking up the call to “disrupt disposables” as part of a global effort to dramatically cut down on single-use plastics. The environmental problems caused by those ubiquitous throwaways have become a mainstay of news reporting, and studies on how best to reduce them through public policy abound. A recent Canadian research paper in the *Marine Pollution Bulletin* explores strategies such as bans, tax levies and education. Experts agree that it is not just a litter problem, but a sobering matter of human and planetary health.

As these plastics wind up in the oceans and landfills worldwide, they can languish virtually intact for up to 1,000 years, entangling and choking marine mammals and terrestrial wildlife. Or, they break into toxic microplastics that enter drinking water supplies, eventually ingested by humans. Because plastics are made from petroleum, their production

There is momentum, but it is challenging.

~Eric DesRoberts

also adds to greenhouse gases that contribute to the climate crisis.

Two-pronged efforts by businesses and

individuals to divert plastics from the waste system and replacing them with Earth-friendly alternatives will eventually pay off, experts say, but it will be a long and slow process. However, momentum is building, spurred by consumer demand and a growing number of enterprising businesses, organizations and academic institutions.

At Penn State University, agriculture and biological engineering professor Judd Michael is working with sports facilities to lower both plastics use and littering; the initiative is working so well that their approaches may be taken up by other schools across the nation. “One of my projects is with NASCAR’s Pocono Raceway [also in Pennsylvania], where the owners of the track wanted to continue to make the venue more green,” he says. “There is zero waste in suites for that track, and they are initiating a

comprehensive recycling program. They try to get tailgaters to participate, as well.”

On campus, Penn State provides bags of different colors for tailgaters with instructions for fans to separate recyclables in one bag and everything else in the other. That program was exported to Pocono. Michael is also working with PepsiCo, which owns Frito-Lay, to develop alternative packaging.

The University of Florida’s efforts began in 2012, when the campus freed itself from plastic bags, getting buy-in from Chick-Fil-A, Subway and other eateries that agreed to switch to alternatives. “We’ve been Styrofoam-free since 2012, as well,” says Allison Vitt, outreach and communications coordinator for the UF Office of Sustainability. “At the end of 2018, we officially switched over all to compostable straws.” They feel like plastic, but are certified compostable, she says.

UF has engaged with Cupanion, a company that developed an app that has a “fill it forward” program, distributing money to clean-water charities worldwide. “Since 2016, we’ve been working with them to reduce single-use plastic, rewarding people for reusing their bottles,” says Vitt.

Interested students, staff and faculty are given a barcode sticker to scan on their phone each time a bottle is refilled at a campus retailer or water fountain. The app provides points that can be redeemed for monthly prizes. “It also shows you your personal footprint—your

A lot of local folks have really changed their perspective. We see a lot more customers coming in and saying they appreciate that we are using compostable cups and compostable straws.

~Dana Honn

cumulative impact, like how many single-use bottles you have avoided,” she says.

On a smaller scale, Dana Honn and his wife Christina went completely plastic-free upon opening Café Carmo, in New Orleans. “We only had about a dozen seats, but determined to have as little waste as possible. Every year, we were able to build upon it,” he says.

“A lot of local folks have really changed their perspective. We see a lot more customers coming in and saying they appreciate that we are using compostable cups and compostable straws.”

It’s a slow, but steady effort, says Eric DesRoberts, senior manager of the Ocean Conservancy’s Trash Free Seas program. “We have worked with a number of restaurants talking about why it is important to be taking action to keep plastics out of the waste stream and out of the ocean.”

More people are volunteering to clean up and cut back on plastics, and more businesses are asking the nonprofit, Washington, D.C.-based, environmental advocacy organization how they can do their part. “There is momentum, but it is challenging,” says DesRoberts.

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

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GOOD HEARTS START YOUNG

Boosting Kids' Cardiovascular Health

by Ronica A. O'Hara

We don't often think of children as having cardiovascular problems, but evidence is mounting that many youngsters today—because of scant exercise, poor eating habits and excessive screen time—are on track to experiencing serious heart and circulatory problems later in life.

“Instead of taking a wait-and-see approach by treating disease later in adulthood, we should help children maintain the standards of ideal cardiovascular health that most children are born with,” reports Julia Steinberger, M.D., director of pediatric cardiology at the University of Minnesota Medical School, in Minneapolis, and lead author of a 2016 scientific statement on children's cardiovascular health from the American Heart Association (AHA).

In a March 2019 update, the AHA noted that fewer than 1 percent of children meet all seven criteria, or metrics, for ideal cardiovascular health;

half of all children meet merely half the measures, which include physical activity, healthy eating, not smoking, attaining ideal body mass index (BMI), total cholesterol, blood pressure and glucose readings. Poor metrics in a child are linked to such adverse outcomes as heart attacks, heart failure and stroke in adulthood, advises Elaine Urbina, M.D., director of preventive cardiology at Cincinnati Children's Hospital Medical Center, adding that poor metrics in teens are linked to fatty build-up in the neck arteries and arterial stiffness later in life.

But starting *in utero*, crucial strategies can promote strong cardiovascular systems in kids. Children born to mothers with low vitamin D levels have about a 60 percent higher risk of elevated systolic blood pressure between ages 6 and 18, reports a Boston Medical Center study in the journal *Hypertension*; vitamin D supplementation during pregnancy may head that off. Other important strategies include:

Get them moving. Children should be physically active at least 60 minutes a day, the AHA recommends, but among kids 6 to 11, only half of the boys and a third of the girls meet that guideline; by ages 16 to 19, merely one in 10 boys and one in 20 girls do. A review of 50 fitness studies in 28 countries involving 25 million children concluded that American kids today are about a minute and a half slower running a mile than their peers 30 years ago.

“Aerobic exercises like running, swimming and cycling use the big muscles of the body and are excellent ways of stressing and strengthening the heart and lungs,” says study author Grant Tomkinson, Ph.D., professor of education, health and behavior studies at the University of North Dakota. Even simply walking to school in the morning for 10 minutes reduces stress in kids and curbs heart rate and blood pressure increases, a University of Buffalo study found.

Feed them well. About 91 percent of U.S. children have what is classified as a “poor” diet that's heavy in simple carbs like desserts and sugary drinks, the AHA reported. It recommends feeding kids a diet heavy in fruits, vegetables, fish and whole grains and low in sodium and sugary foods and drinks. A 2016 Centers for Disease Control and Prevention study of 2,142 children found that nine of 10 kids exceeded recommended sodium levels. A Cleveland Clinic study found that obese children eating a low-fat, plant-based vegan diet for four weeks began lowering their risk of heart disease by improving their weight, blood pressure, BMI, cholesterol levels and insulin sensitivity.

Don't smoke or vape. The risk of a child developing carotid plaque in adulthood was four times higher if one or both parents smoked without taking care to limit the child's exposure; when they did take care, the risk was still almost two times higher, according to an Australian study in the journal *Circulation*. Discouraging a teen from vaping is also

critical to future health: New research from the University of Kansas School of Medicine shows that adults that vape are significantly more likely to have a heart attack, coronary artery disease and depression compared with those that don't vape or use any tobacco products.

Restrict screen time. Australian 6-year-olds that spent the most time in front of TVs, computers and video games had narrower arteries in the back of their eyes—a marker of future cardiovascular risk—reported a study in *Arteriosclerosis, Thrombosis and Vascular*. A study from Canada's McMaster University found that kids with video game addictions sleep less, which in turn elevates blood pressure, lowers helpful HDL cholesterol and raises triglycerides.

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

Instead of taking a wait-and-see approach by treating disease later in adulthood, we should help children maintain the standards of ideal cardiovascular health that most children are born with.

~Julia Steinberger



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VITAL STEPS

The Path to Vascular Fitness

by Marlaina Donato

It is well-known that exercise combats cardiovascular disease by balancing blood pressure and managing blood sugar, but aerobic exercise, not resistance training, takes the prize for keeping the body's thousands of miles of blood vessels more supple. A 2017 study published in the journal *Medicine & Science in Sports & Exercise* shows that all-extremity exercise like brisk walking improves arterial flexibility in older individuals; even those with a sedentary history.

For blood vessel flexibility, any sort of sustained aerobic exercise helps. Find something you enjoy so that you'll keep doing it in the long term.

~Alex Hutchinson

Moving the body regularly also lowers stress hormones like cortisol that can ignite damaging vascular inflammation. A West Virginia University study presented at the 2016 Experimental Biology meeting in San Diego showed that aerobic exercise fosters healthy blood vessels in rats exposed to chronic stress. Combining aerobic exercise with good diet and paying attention to triglyceride levels all help to keep us young from the inside-out.

STEP IT UP

According to a 2015 study by the University of Missouri School of Medicine published in *Experimental Physiology*, walking just 10 minutes after prolonged sitting can restore blood flow in the legs and improve impaired vascular function.

Results like these are another reason to get up and move. Walking, running, swimming, cycling, jumping rope and playing tennis are all excellent options.

“For blood vessel flexibility, any sort of sustained aerobic exercise helps. Find something you enjoy so that you'll keep doing it in the long term,” says Alex Hutchinson, *New York Times* bestselling author of *Which Comes First, Cardio or Weights? Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise*. The Toronto-based, *Outside* magazine science columnist underscores that treadmills and walking outside foster equal benefits by increasing the heart rate.

The American Heart Association recommends 150 minutes per week of moderate aerobic exercise. Dr. Regina Druz, a board-certified cardiologist



brisk walk / Shutterstock.com

and medical director of the Integrative Cardiology Center of Long Island, explains, “This translates into 30 minutes a day, five times a week. A specific exercise program may be helpful for those with a medical condition, but for overall vascular health, any physical activity like walking or taking the stairs will do.” Druz also highlights the role of nitric oxide: “One of the most studied mediators of vascular health is [nitric oxide], which makes arteries flexible.”

Research findings published in 2018 in the journal *Hypertension* spotlight the correlation between the number of daily steps and arterial plasticity through a technique called pulse wave velocity, which measures how fast blood travels from the heart to the feet. The evidence suggests that 1,000 extra steps a day foster significant vascular improvement.

Judy Heller, a walking coach and founder of Wonders of Walking, a fitness program in Portland, Oregon, concurs: “Moving throughout the day, not just once a day, is most important.” Heller is a firm believer in consistency. “My aunt

lived to 107 and remained in her three-story house. Her words to me were, ‘Judy, don’t ever stop walking.’ Small changes yield greater rewards over time. We’re meant to move.”

SUPERFOODS AND SUPPLEMENTS

Nitric oxide, responsible for the dilation and contraction of blood vessels, is produced by exercising and helps to protect the smooth interior lining of the arteries from excessive plaque accumulation. Adding nitric oxide-boosting foods to an already healthy diet can give us an extra edge over vascular conditions like stroke and peripheral artery disease. “Beets, arugula, spinach and rhubarb are all good sources of dietary nitrate. They’re not miracle supplements, but if you make these foods a regular part of your diet, you’ll have a positive effect on your arteries,” says Hutchinson.

Research by Florida State University published in the *Journal of the Academy*

of *Nutrition and Dietetics* reveals that a one-cup daily serving of blueberries helps to protect the arteries from stiffness. Watermelon, rich in the nonessential amino acid L-citrulline, also packs a nitric oxide punch.

Full-spectrum vitamin E is another good option, especially for addressing peripheral artery disease and reducing serum triglyceride levels that are often seen as secondary to “bad” cholesterol levels, but which low levels are vital to cardiovascular health.

Druz cautions against using supplements as substitutes for healthy nutrition and exercise, and underscores the importance of dialing down stress, “I advise my patients to build stress resiliency, which involves recognizing and practicing stress response. This, along with nutrition and consistent exercise, will lower inflammation and help build stress resiliency.”

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

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Linda Carroll on Skills That Make Love Last

by Kajsa Nickels

Psychotherapist Linda Carroll was drawn into the dynamics of couples' counseling three decades ago when she saw how in her own marriage, petty disagreements could turn into full-blown arguments with the potential for deep wounds. She and her husband Tim worked on their issues by attending workshops across the country, including Imago



therapy and PAIRS (Practical Application of Intimate Relationship Skills), which were so effective that she developed a curriculum called Love Skills by combining those tools, her experience as a married person and counselor, personal training from consciousness pioneers and resources from ancient mythology and spiritual/religious traditions.

She has co-taught the course with her husband for more than 25 years. Her first book, *Love Cycles: The Five Essential Stages of Everlasting Love*, has been translated into several languages and details stages in romantic relationships. Her new book, *Love Skills: The Key to Unlocking Lasting, Wholehearted Love*, is a guide to developing a relationship toolkit.

What is the Love Cycles model?

It is based on the fact that feelings of love are seasonal. Like the seasons of the year, they are a natural progression of a relationship. If you understand the

seasons, you can pass through them. All relationships are teachers. If we allow them to teach us, we become free to love deeper and better.

What is the most difficult Love Cycles stage, and why?

Each stage has its own unique challenges. For example, the first stage, the Merge, has a magic to it due to the chemical

cocktail that floods your body when in the presence of your significant other. But this stage can be treacherous in that you can mistake your feelings for evidence that this is the “right” person for you. In the Power Struggle stage, feelings will have worn off and power struggles will start to show up. The third stage is Disillusionment. Differences between both of you really start to show up at this time. The fourth stage is the Decision stage. At this point, many couples find themselves wanting out. The key to making it through this stage is to remember that this, too, shall pass and to commit to working it out. It's important to realize that life is not about getting an A+ at all times. Sometimes, we need to accept that a C- is okay; and if you do need to leave a relationship, it is possible to do it in a wholehearted way at best—at the least, to minimize damage. The fifth stage I call Wholehearted Love, a stage reached only through mindfulness and unconditional love. Because love has changing seasons, a couple will not stop at the fifth stage

forever, but getting back to this state will become easier and easier as time goes on.

What was your impetus for writing Love Skills?

I have been teaching the program for 25 years and drew from my almost 40 years as a couples therapist, many trainings all over the country and own life experiences in my relationship with my husband to compile the program. Most couples lack the skills to manage the troubles of life. There is a skill to every aspect of a relationship, especially in communication: listening, speaking, knowing when to speak and when to be silent.

Who is most likely to benefit?

The relationship you have with yourself is a core part of the Love Cycles model. If you do not have a good relationship with yourself, you cannot have a solid and meaningful relationship with another person. This is a couples' book, although it can also be gone through by a single person if the partner is not interested in it. What I tell people is that you can only work on your part. If the other person doesn't want to buy in or isn't wholeheartedly on board—or at least partially willing—there is nothing that you can do about it. You need to be able to be okay and confident in yourself. You cannot change another person, but you can always change yourself.

What is one of the most important pieces of advice you have for couples?

I hope that couples come to realize that feelings of love are like clouds, always changing. A good relationship requires a skill set, which we practice whatever the feelings are. We are not born knowing how to love skillfully, but this skill set can be learned by anyone and will make you able to listen better and appreciate each other more.

Kajsa Nickels is a freelance author who resides in northeastern Pennsylvania. Connect at FidelEterna45@gmail.com.



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inspiration



CHOOSING LOVE

How to Cope With Fearful Times

by Scarlett Lewis

It's hard to make sense of some of the troubling things we see on TV and read about in the news. Our kids ask us, "Why are these things happening?" It's an important question and it all comes down to two competing feelings: fear versus love.

When we see disturbing images such as school shootings or political opponents attacking one another, it cultivates anxiety, which is epidemic in our society. When left untreated, it can lead to negative outcomes including substance abuse, depression, suicide and violence. Often, we look to those in perceived power to solve these issues. Perhaps what we haven't

considered is that these are not political issues; rather, they are issues of the heart and only we can solve them.

So we continue to see pain and suffering played out before us. We feel powerless and this feeds our unease. Our personal safety is a priority and external safety measures sometimes fail. If we don't feel safe, nothing else matters. There is a solution. The opposite of anxiety and fear is love. When we examine the trajectory of most societal ills, there is often an arc of loneliness, depression, isolation and often abuse.

From a young age, we can learn to choose love as a thoughtful response to any

situation. When we do this, we take back our personal power. We become part of the solution to the issues we see, and science tells us that others will do the same.

There is a formula for choosing love. It starts with courage. My son Jesse was a 6-year-old boy who stood up to the shooter that came into his first-grade classroom at Sandy Hook Elementary School and saved nine of his classmates' lives before losing his own. We all have that courage within us: the courage to be kind, to speak our truth, to do the right thing.

We can only have one thought at a time, so we can shift our thinking by replacing a negative thought with a grateful one. Forgiving helps us to take back our personal power and is a gift we give ourselves. It is the foundation of healthy relationships that lead to greater happiness and connection in our lives. Compassion in action helps us step outside our own busyness, distraction and even pain to help others.

When we do this, we're choosing love and helping to create a safer, more peaceful and loving world. When we model the practice of these character values as a thoughtful response for our children, they grow up to do the same.

Scarlett Lewis is the founder of the Jesse Lewis Choose Love Movement, a nonprofit organization whose mission is to ensure every child has access to social and emotional education and support. Connect with her at Info@JesseLewisChooseLove.org.

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NEW CALENDAR FORMAT

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

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

SPACE COAST EVENTS

SATURDAY FEBRUARY 1

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.

Kundalini Meditation with Deep Gong Healing – 11:30-12:30pm. Benefits of Healing Gong: Creates deep relaxation and clears the mind; Immediate reduction of stress and anxiety; Stimulates the glandular system and improves function; Stimulates circulation; Organizes emotional energy and more. Led by Jessica Martin. Bring a mat and or blanket and comfortable clothes. \$15. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

Heart Centered Women's Circle – 2-4pm. Each circle holds a sacred space for every woman that arrives to be lovely held as we journey through meditation, journaling, sharing circles and a safe space to connect with like-minded souls. Bring a journal, open mind and open heart. Pre-registration recommended. \$15. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

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.

SUNDAY FEBRUARY 2

Women's Health and Hormones Workshop – 11am-1pm. Learn everything you need to know about your hormones and how to balance them naturally through Ayurveda. This workshop is for women of all ages as we'll be talking about hormones in all stages of life. Learn Ayurvedic tips for balancing hormones through nutrition herbal care yoga and meditation. Smoothie included. \$25 Healing Elements Ayurveda 1290 Highway A1A Suite 102 Satellite Beach. 321-480-9617.

Mindfulness Meditation Teacher Training – 1-6pm. Sundays February 9 :1-5pm, February 13: 1-6pm. Includes phone class on February 16. Cultivate a focused and concentrated mind, mental clarity, compassion and overall well-being. 13 CEU's for registered Yoga Alliance teachers. \$297. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

WEDNESDAY FEBRUARY 5

Center for Anti-Aging Day of Relaxation Valentines Celebration – 10am-4:30pm. Celebrate



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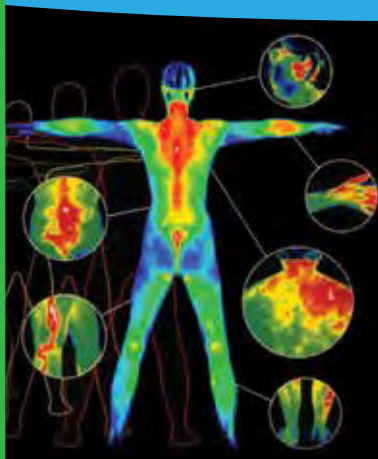
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Crystal Bowls Sacred Sound Immersion Meditation – 7-8:15pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Sound has a profound power to focus the active mind and to clear and balance the body, allowing you to relax, detach and connect to the divine bliss within. Led by Susan Rizzo. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

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THURSDAY FEBRUARY 6

Are You At Risk? – 5-6pm. February is American Heart Month and all things heart related. When was the last time you had your heart checked? This Seminar will be based on how our PULS test works and why the probability of your heart health may be unexpectedly low. Join us for refreshments and a thank you for attending you'll receive 10% off your PULS consult. Free. Center for Anti-Aging Aesthetic and Rejuvenation Medicine 7000 Spyglass Court Suite 300 Melbourne. 321-421-7111.

Heart Health – 7-8pm. Learn what heart disease is who is at risk and some natural approaches to reducing your risk to avoid drugs and surgery. This class focuses on the positive effects of diet and exercise as well as other heart-healthy options so you can start living a heart-healthy life now. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd. Suite 102 Melbourne. 321-728-1387 CareWellnessFL.com.

SATURDAY FEBRUARY 8

Children's Mandala Meditation Class – 11am-Noon. (Ages 6-11). Your child will design and create their own mandala and learn the meanings of the different colors. Includes simple meditation techniques for relaxation, healing, and balance. Instructor Dee Garramone is an artist and retired schoolteacher. \$10. Register online or call. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. AquarianDreams.com.

CranioSacral Therapy Education and Demonstration – 11am-12:30pm. Come learn and watch a free demonstration about how CranioSacral Therapy gently releases deeply rooted emotion trauma and tensions within the soft tissue calms the central nervous system and regulates the pressure of cerebrospinal fluid that cushions the brain and spinal cord; relieving pain dysfunction improves whole-body health and performance. Free. Massages With Purpose 2070 Meadowlane Ave. West Melbourne. 321-480-9986. MassagesWithPurpose.com

Plant-Based Valentine: Vegan Workshop – 1-3pm. Learn to create a 7-course plant-based dinner. 30 minutes of information and discussion followed by food demos/sampling and Q & A session. Vegan meal and recipes included. Register online or call. \$30 pre-paid by January 27 or \$35 at the door. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. AquarianDreams.com.

TUESDAY FEBRUARY 11

Conscious Relationships for Spiritual Growth – 7-8:30pm. Workshop with Bruce Orion. By becoming aware our relationships are mirrors, often of those things we hold in denial. When we heal internally and become more conscious, we find the reflection in our partner. More information on Bruce at BruceOrion.com. \$20 each or \$30 per couple. Register online or call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

THURSDAY FEBRUARY 13

Radiance Valentine Event – 10am-4:30pm. Be radiant for your Valentine's Day. Enjoy a cup or two of our delicious Israeli imported tea and relax with us. Dermaplaning will be only \$70 as well as several other treatments starting at \$70. One day only. Call to Schedule your treatment. Center for Anti-Aging Aesthetic and Rejuvenation Medicine 7000 Spyglass Court Suite 300 Melbourne. 321-622-6020.

FRIDAY FEBRUARY 14

Better Vision Is Possible – 10-11am. Participants will learn about different solutions such as food therapy exercises vitamins and acupuncture to improve the health of their eyes and preserve their vision. Free. Catherine Schweinsberg Rood Central Library 308 Forrest Ave. Cocoa. 321-633-1792. HealthForLifeWellnessCenters.com.

Partner Yoga Workshop with Thai Massage Adjustments – 7-8:30pm. Class begins with breathing exercises and then partners will be guided into yoga poses both individually and together. Partners will also learn easy Thai yoga massage. All exercises will be broken down in an accessible way for all relationships and levels of experience with yoga/Thai massage. Note: this class is suitable for pairs who are in a relationship, close friends, family etc. With Melissa & Juan Lopez. \$30 paid in advance (per couple), or \$40 day of event (per couple) Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at AquarianDreams.com or call 321-729-9495.

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~Leigh Hunt

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Reiki 2 Certification Course – 10am-5pm. Reiki Level II / Usui/Holy Fire II is designed with the intention for the student to create a deeper commitment to healing themselves and others. Topics covered: 3 of the 4 primary symbols, Hand positions for healing, Distance healing techniques, Using crystals with Reiki and more. 7 CEU's for Yoga Alliance teachers. Instructor Maria Banas is a certified Reiki Master Teacher. \$185. Register online or call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

Vibrational Sound Healing and Reiki – 1-3pm. In this special workshop Tibetan bowls and Reiki will be placed on or above the body to open and balance the chakras or energy centers. These powerful Master Healing bowls can break up stuck energy and recharge the body mind and spirit. With Laura Crawford and Karen Hedley. \$45 (includes gift bag) Yoga Art Lounge 1301 S Patrick Dr. (back building) Satellite Beach 321-506-9444/ MINDBODY app. KarenHedley.com.

SUNDAY FEBRUARY 16

Reiki Level 1 Class – 9:30am-5pm. In this class you will learn, the history of Reiki, how to fee energy by doing fun, interactive exercises, to confidently deliver effective Reiki treatments for yourself, family, friends and pets, how to use Reiki for healing and personal growth and you will receive Reiki Level I attunement. Class materials and lunch included. Pre-registration required by

space coast save the date

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.

SUNDAY MARCH 27-FRIDAY MARCH 31

Paradise On Earth Women's Retreat – 4pm. It's finally here! The ultimate women's retreat! A 4-day all-inclusive retreat with food, self-development workshops, spa services and much more, provided by licensed, registered and certified professionals on Florida's space coast. Yoga on the waterfront daily, life coaching, skin care, nutritional advice and airport transfer all for one price. \$1500 single occupancy; \$2500 double occupancy. cabritpsychotherapy.com/paradise-on-earth.

Thursday, February 13th. Class size limit 5. \$150. Essential Elements Wellness 1010 E. New Haven Ave. Melbourne. 407-401-0890

TUESDAY FEBRUARY 18

Free Energy Healings (with Massage Therapy) - Spiritual Healer, Teren Nichols will be offering free healings all day as a gift to our community. Teren is a licensed massage therapist, certified Pranic Healer and Reiki Master Healer. Call

to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. AquarianDreams.com.

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

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will be speaking. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd. Suite 102 Melbourne. 321-728-1387. CareWellnessFL.com.

THURSDAY FEBRUARY 20

Are You At Risk? – 5-6pm. February is American Heart Month and all things heart related. When was the last time you had your heart checked? This Seminar will be based on how our PULS test works and why the probability of your heart health may be unexpectedly low. Join us for refreshments and a thank you for attending you'll receive 10% off your PULS consult. Free. Center for Anti-Aging Aesthetic and Rejuvenation Medicine 7000 Spyglass Court Suite 300 Melbourne. 321-421-7111.

FRIDAY FEBRUARY 21

Better Vision Is Possible – 10-11am. Participants will learn about different solutions such as food therapy exercises vitamins and acupuncture to improve the health of their eyes and preserve their vision. Free. Catherine Schweinsberg Rood Central Library 308 Forrest Ave. Cocoa. 321-633-1792. HealthForLifeWellnessCenters.com.

SATURDAY FEBRUARY 22

Donation Reiki Healing Session - These healing techniques work with helping the physical, mental, emotional, and karmic conditions of the individual. Experience your body shifting toward deeper relaxation and becoming filled with clarity and awareness as emotional issues dissolve With Maria Banas. Register online or call 321-729-9495. Suggested Donation \$20. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic.

Reiki 2 Certification Class – 10am-5pm. (with lunch break) 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. \$160 Full Circle Yoga School 320 N Atlantic Ave. (Hwy A1A) Cocoa Beach. 305-942-1480. FullCircleYogaSchool.com.

Reflexology Education and Demonstration - 11am-12:30pm. Come learn and watch a free demonstration about how Reflexology Therapy uses foot pressure points to stimulate organs, flushes lymphatic fluid, regulates blood flow, removes energy blockages calms the nervous system and promotes healing and performance throughout the body. Free. Messages With Purpose 2070 Mead-owland Ave. West Melbourne. 321-480-9986. MessagesWithPurpose.com.

Posture Alignment and Movement Analysis – 11am-1pm. This workshop teaches postural alignment through strength and mobility, with

foundation to alleviate pain, prevent injury and achieve more in your yoga practice and beyond. Includes breathwork to open and align, moving through common postures and receiving personalized analysis and instruction. Led by Physical Therapist Aisling Cunningham. \$25. Register online or call. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. 321-729-9495. AquarianDreams.com.

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.

Bliss Activation – 3-5pm. The state of Ananda, Sanskrit for bliss or divine joy, lies within each of us. In this experiential workshop by Kumari, discover what exactly is spiritual bliss (ananda) and how to recognize it, ways you are blocking your bliss, keys to cultivating more bliss in your life, and a very powerful Bliss Attunement. Aquarium Dreams, 414 N Hwy A1A, Indialantic. \$25 or \$30 at door. Pre-register at 321-729-9495 or online via KumariHealing.com/events.

TUESDAY FEBRUARY 25

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

FRIDAY FEBRUARY 28

Introduction to Dance Trance – 7-8pm. Fun and energetic dance fitness class. Creative, uplifting choreography recommended for everyone who loves to dance. Free. Instructor: Gayle McGee. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic.

SATURDAY FEBRUARY 29

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

TREASURE COAST EVENTS

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.

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.

Energy 101 - 2-3:30pm. Learn how the law of attraction is at play in our lives; how to manipulate energy to manifest the life you desire; techniques to create an energy ball; how and why crystal and energy healings work. All are tools to live a more spiritually full, holistically empowered life. \$33 Ubuntu Fish Gallery, 508 SE Osceola St. Stuart, 772-210-2931. UbuntuFishGallery.com

SUNDAY FEBRUARY 2

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



FRIDAY MARCH 20 TO SUNDAY MARCH 22

Bliss Retreat

In this experiential 3-day retreat, you will be immersed in many paths to bliss: cutting-edge energy alchemy techniques, attunements of sacred sound with alchemy bowls, new Soul Activations, and attunements to the euphoric Dolphin energy. Kumari will initiate each participant into "The Anointing™" with Yeshua and the Magdalenes.

Visit KumariHealing.com/BlissRetreat.
Aquarium Dreams, 414 N. Hwy A1A, Indialantic.

treasure coast save the date

SATURDAY APRIL 4

Scented Dragon PSL Psychic Fair – 10am-5pm. Some of the Treasure Coast's best readers will be on hand for private on-on-one sessions. Bring your question and find the answer you've been seeking. Call to book in advance or just stop by. 6993 Hancock Dr., Port St. Lucie (just off US 1). 772-877-2102 for more info.

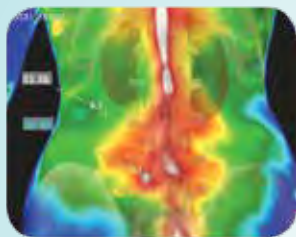
SATURDAY APRIL 4 - 5

Homeopathy Certification Course – 9am-5pm. Based on the Classical Homeopathic tradition of Samuel Hahnemann, students will leave with a working knowledge of approximately 50 different homeopathic remedies including which remedies to use safely and effectively for common ailments. \$300 course fee includes 15 hours instruction, all class materials and Certification of Completion. Alternative Medicine Family Care Center (AMFCC), 2050 40th Ave., Suite 2, Vero Beach. 772-778-8877.

STUART THERMOGRAPHY

Early Detection Is Key To Overall Wellness

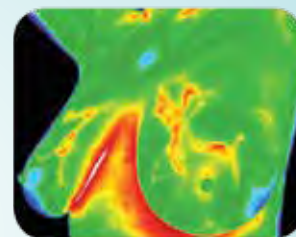
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**MEETING THIS MONTH
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Informal Gathering**

WHEN: Thursday, February 27

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

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Port St Lucie (next to Bravo)

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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.

New 4 U Boutique - 11:30am-1pm. Donated and previously loved jewelry and other goodies will be sold at very reasonable prices to benefit Unity Spiritual Center of Vero Beach, a non-denominational Christian church. Open to the public first Sunday each month after church services. 772-532-8310 for more info or to make donations. The Unity of Vero Beach, 950 43rd Ave, Vero Beach.

Discover Your Purpose in Life - 1-4pm. Held on February 2, 16 and March 1. This course is an investment for the serious-minded seeker dedicated to discovering and/or refreshing their soul's purpose in life and living a meaningful life. There are combined required readings videos worksheets and activities. The sessions meet every two weeks. Preregistration limited to 8 participants. Email: isdte.sm@gmail.com. \$100 Members \$150 Guests. ISDTC Co-located Spark of the Divine 1789 Old Dixie Hwy. Vero Beach. 772-404-1352. ISDTreasure.org.

TUESDAY FEBRUARY 4

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

WEDNESDAYS FEBRUARY 5, 12, 19 AND 26

Spiritual Leadership Class - 7 - 8:30pm. A four-week interactive class introducing people to their authentic leadership skills. Practice techniques in order to implement, sustain, live and lead from spiritual Principles with Rev. Janice. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272 (Love offerings).

WEDNESDAY FEBRUARY 5

"ECK Wisdom on Life After Death" - 6:30-7:30pm. 6-week book discussion each Wednesday evening, 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 FEBRUARY 6

Game of Life Manifesting Success -6:30-8:30pm. February 6, 13, 20, This course is based on Florence Shinn and the book & "The Game of Life and How to Play It"; Her wisdom explains the path to prosperity health and happiness. The course involves pre-reading of chapters instruction and dialogue with affirmational exercises. \$40. ISDTC Co-located Spark of the Divine 1789 Old Dixie Hwy. Vero Beach. 772-404-1352. ISDTreasure.org.

FRIDAY FEBRUARY 7

Kundalini Yoga -9-10:15am. Kundalini is an ancient Yoga practice that incorporates all aspects of Yoga, including Asana, Pranayama, relaxation, meditation, and Mantra. In addition to developing physical vitality, this system of yoga works the energy body for emotional balancing, strengthening the nervous system, stress relief, and personal transformation. \$17 single class. Buy one get one free for first time students. Down To Earth Yoga Studio 1649 SE Port St. Lucie Blvd, Port St Lucie. 772-224-2444.

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.

FRIDAY FEBRUARY 7 & SATURDAY FEBRUARY 8

Sojourn -- Friday 5-7pm and Saturday 10am-4pm. Join us for a joyful journey of personal evolution at the Unity Spiritual Center. Visualize and realize your highest and happiest goals in 2020. SoulCollage, Qi Gong, Labyrinth Meditation and other healing arts will be practiced. Facilitated by Leslie Haavetd, PhD., LMHC and Marcy Purdy, ATR-BC Board Certified Art Therapist. \$85 single, \$65 each two or more. 772-532-8310 or 772-538-5532 to register. Unity Spiritual Center 950 43rd Ave. Vero Beach.

SATURDAY FEBRUARY 8

Reiki Level I Training Certification - 11am-6pm. 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. 6 CEUS available. Spark of Divine 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

CBD Social - 1-3pm. Learn about a powerful plant called CBD, that can assist major factors to help us age gracefully with sanity, comfortable nature, pain free, acuity as well as the major issue of Inflammation, stress, lack of sleep and a compromised immune system, which are key engines that can impact the aging process negatively. Free. Down To Earth Yoga Studio, 1649 SE Port St. Lucie Blvd, Port St Lucie. 772-224-2444.

Open House - 3-7pm. Enjoy free samples, demonstrations and giveaways and discover all the new and exciting services Nutrition World is now offering. 772-464-3598. Joanne's Nutrition World 101 N. US 1, in the Historic Arcade Building, Ft. Pierce. JoannesNutritionWorld.com.

SUNDAY FEBRUARY 9

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. Prerequisite Reiki Level I. Call for more info 8 CEUs Available. \$225 with this ad: includes manual, atunements, 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. 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. For more information or to inquire about vendor space call 404-308-8392. Kashi Ashram 11105 Roseland Rd., Sebastian.

The Sound of Soul Event – 11am-Noon. 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.

Full Moon Tea Circle -- 3:30-5:30pm. A Shamanic tea ceremony where all guests receive a bowl of sacred tea, Reiki energy clearing and a Reiki charged Moon Kit to take home. Facilitated by Ann Marie Rubertone known as the Lifestyle Goddess Psychic Medium and Rachel Stevens. Call to register 772-801-3044 or 954-646-4374. Only 10 spots available. \$25 per person. Your CBD Store PSL 2818 SW Port St. Lucie Blvd. Port St. Lucie.

MONDAY FEBRUARY 10

Love Is Medicine – 11:30am. Guest speaker Dr. Kim Vaccaro will share with us the Love is Medicine Theory. The holistic DIY will be how to use your valentine's roses to make Rosewater Facial Toning Spray. Facilitated by HEF. DeLITEful Kitchen, 2401 SE Ocean Blvd. Stuart. Please call 772-208-7688 for more info.

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 FEBRUARY 11

Tai-Chi Free Trial Day – 1-2pm. Tai-Chi/Chair Tai-Chi Beginner to Master Level. You will 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. Free trial day. Indian River GYM Studio 8000 Ron Beatty Blvd. Micco. 321-720-4694. MasterChungWang.com.

Let's Talk About Your Heart: Natural Solutions to Cardiovascular Problems – 6-7pm. Natural solutions to Cardiovascular Problems such as: Chest Pain or Discomfort Heart Palpitations Fainting and more. Find

out what is wrong. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

WEDNESDAY FEBRUARY 12

"ECK Wisdom on Life After Death" – 6:30-7:30pm. 6-week book discussion each Wednesday evening in February, 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 FEBRUARY 13

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. It is taught while actually in a state of hypnosis where you learn to re-program yourself for success by eliminating limiting beliefs and erroneous programming. Part 2 February 27. \$45 per part. Ubuntu Fish Gallery, 508 SE Osceola St. Stuart. 772-210-2931. UbuntuFishGallery.com.

SATURDAY FEBRUARY 15

Advanced Reiki Training (3a) – 9am-3pm. Immerse yourself and deepen your knowledge of Reiki while you learn new healing tools Advanced Reiki Training is a powerful course. learn how to use the Usui Master Symbol and Tibetan Shaman techniques to heal the mind body and spirit. 7 CEUs available for LMT RN CNS LPN ARNP. \$350 includes manual symbols instruction training practice and continued mentoring if needed. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy. Vero Beach. 772-257-6499. SparkOfDivine.com.

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.

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

Beach Fire Circle -- 6pm. Weather permitting experience a guided meditation and Reiki Healing Circle. Bring your own blanket, food and drink if desired. Martin County, limited space, must register. Facilitated by HEF 772-208-7688.

SUNDAY FEBRUARY 16

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

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2401 N. Harbor City Blvd • Melbourne

In this workshop learn to:

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- Take control of your thoughts and choose peace and oneness over conflict and separation
- Undo the ego through true forgiveness

TO REGISTER:
321-704-1678 • GlendaCarlin1@gmail.com

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 FEBRUARY 18

Mental Clarity and Emotional Stability with NET – 6-7pm. Eliminate blockages that keep you from doing, being and having what you want to do, be and have. Learn why stress is one of the leading underlying causes of many health problems and natural solutions to help yourself. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

SATURDAY FEBRUARY 22

Vision Journaling Workshop – 12-2pm. 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. Refreshments and a journal included. Venue to be decided based on number of participants. Workshop: \$40 each or \$70 for two. Call or text to reserve your spot: Jodi Rita 321-591-8290 or visit JodiRita.com.

SUNDAY FEBRUARY 23

ECK Light and Sound Service – 11am-12pm. "To Serve God Just Listen" Each service focuses on an

aspect of Eckankar: a reading from the ECK works, singing HU, stories, music, guest speaker 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.

New Moon Circle & Vision Board Workshop -- 3:30pm-5:30pm. Enjoy an evening of intention setting & vision board making to clarify what you want to attract into your life. Facilitated by Ann Marie Rubertone known as the Lifestyle Goddess Psychic Medium and Rachel Stevens. Call to register 772-801-3044 or 954-646-4374. Only 10 spots available. \$30 per person. Your CBD Store PSL 2818 SW Port St. Lucie Blvd., Port St. Lucie.

SUNDAY FEBRUARY 23

Manifesting with Moon Energies, Crystals, and Aligned Intentions – 2-4pm. Brenda and Guy Hoffman of The Pixie and The Bull will lead you in creating your own personal crystal grids, how to activate them to energize your intention, and enhance your personal power, while working with the moon phases to manifest protection, abundance, and healing in your daily lives. \$59 Ubuntu Fish Gallery 508 SE Osceola St. Stuart, 772-210-2931. UbuntuFishGallery.com.

MONDAY FEBRUARY 24

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.

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 metaphysical masters using faith-based frameworks we learn the power of thought, word and action in our lives. Free. Into the Mystic, 1614 US-1, Sebastian. 772-404-1352. ISDTreasure.org.

TUESDAY FEBRUARY 25

Hormones Getting the Best of You? Get Balanced Naturally – 6-7pm. Learn natural solutions to balance: PMS menopause, hot flashes, mood swings, fatigue, night sweats, trouble sleeping and abnormal cramps. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

WEDNESDAY FEBRUARY 26

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 you. Get answers to your most important questions regarding your life now. Tess will channel for 1+ hours and deliver as many messages as time allows. \$40. Cash per person. Northgate Plaza Suite K-1 611 SE Federal Hwy Stuart. 772 200-0016.



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THURSDAY, FEB 27 – 5-7PM Treasure Coast LIFT Networking

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

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FRIDAY FEBRUARY 28

The Achievement Project – 12pm. T.A.P into your power, share your ideas, wisdom and achievements, get and give feedback from the group as you create and manifest your future success using a holistic approach, that everything in life is connected. Open discussions on goal setting for personal and business life success, leading into individual goal setting and action plans. Café Martier at the Post Office Arcade, 23 SW Osceola St., Stuart. 772-208-7688.

SATURDAY FEBRUARY 29

Leap Year Yoga Challenge – 8am – 1pm. Participants will enjoy 108 Sun Salutations. Food, vendors, guided meditation, music, goodie bags and more. Those connected with a yoga studio in the area that would like to participate, to register as participant or for more information, visit HEFGives.org or call 772-208-7688. Must register to participate in challenge. Riverbend Park, 9060 Indiantown Road, Jupiter.

Psychic Fair – 11am-4pm. Have questions? Need answers? Join us; we will have many readers on hand to assist you in finding the answers you need to move forward. Astrology Tarot Intuitive Readers Mediumship Psychic Readers and many more. We will also have Reiki and Angel energy demos and much more. All readings \$25 for 15 minutes. Love donation for demos. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy. Vero Beach. 772-257-6499. SparkOfDivine.com.

Power of Words – 2-3:30pm. Empowered words can unlock the door to facilitate the flow of the Law of Attraction. This informative workshop teaches the subtle energy hidden in our everyday interactions and communications. Find out what crystals can help with, receive tips and techniques to assist and empower your everyday communicating, and have a clearer comprehension of the power of words. \$33 Ubuntu Fish Gallery, 508 SE Osceola St. Stuart, 772-210-2931. UbuntuFishGallery.com

Spa Night – 6:30-8:30pm. – Spa night by Atlantic Pilates. Self-care and a light meal. Learn about It's a trip skin care for graceful aging, while giving yourself a facial. Cost \$20. RSVP 772-233-2407. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft Pierce. UnityOfFortPierce.com. 772-461-2272.

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on going events

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

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

sunday

SPACE COAST

Donation Yoga for 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/ Chair 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. 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.

TREASURE COAST

Unity of Ft. Pierce – 10am. Practical spiritual teachings that empower abundant and meaningful living. We honor all paths to God and strive

to be a beneficial presence on our planet. Join us and experience inner peace and guidance through a stronger connection with God. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

Restorative Yoga with Singing Bowls – 4-5:30pm. 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. \$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.

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

monday

SPACE COAST

Yoga in the Village - 8:30-9:30am. Yoga has been known to cause health and happiness. A basic yoga practice focusing on posture, breath, and mindfulness. Beginners welcome. \$10. The Zen Room 631 Brevard Ave Suite C Cocoa Village. 321-544-8541.

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.

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. Downtown 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.

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.

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tuesday

SPACE COAST

Chair Yoga – Balance & Fitness – 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.

Yoga for Beginners – 10:30-11:30am. 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. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

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

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

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

TREASURE COAST

Lunch Break Flow – 12:15-1pm. Come on in at lunch hour and reduce stress, build energy, indulge in a short class that will maximize your workday. \$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.

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COMMUNITY

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

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

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

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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

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Reiki Healing Circle – 6-7:30pm. Got Stress? Come Relax with the gentle healing energy of Reiki. Allow your mind and body to feel balance and wholeness. Give yourself the gift of Reiki with Tina. Donations. Spark of Divine 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

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

wednesday

SPACE COAST

Yoga in the Village – 9:30-10:30am. Gentle Yoga for an easy stretch and movement to start your day in the best way! \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

Bone Makers – 9:15am. 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. Wickham Senior Center 2785 Leisure Way, Melbourne. 321-759-4962.

Tai-Chi/Chair 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. Raise the Bar GYM Studio 3008 W. New Haven Ave Melbourne. 321-720-4694. MasterChungWang.com.

Vinyasa Flow – 5:30-6:30pm. 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, 210 N. Tropical Trail Merritt Island. 321-704-1678. GreatRayExperience.com.

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

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.

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.

Reiki Circle – 6:30-8:30pm. Unique alchemy & energetic facilitation, co-creating deep profound encounters with the Spirit Realm. Facilitated by Ann Marie Rubertone known as the Lifestyle Goddess Psychic Medium and Rachel Stevens. Call to register 772-801-3044 or 954-646-4374. Love donation (\$10). Your CBD Store PSL 2818 SW Port St. Lucie Blvd., Port St. Lucie.

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 – 10:30-11:30am. 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

Joanne's World of Nutrition – 10-11am. Listen to radio station WPSL AM 1590 every Thursday morning to learn about holistic health and wellness with Joanne owner of Nutrition World in Ft. Pierce who has 30 plus years of expertise. JoannesNutritionWorld.com.

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.

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 – 10-11am. 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. \$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. Parents please remain on premises, welcome to join class. 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

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.



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ACUPUNCTURE

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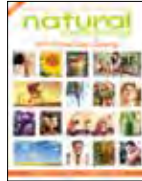


With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad on page 30.

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Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 40.

ART THERAPY

MARCY PURDY, ATR BC

ArtReach of Vero Beach
MarcyArtReach@gmail.com
772-538-5532



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

AUCTIONS

CLIFF SHULER AUCTIONEERS & LIQUIDATORS, INC

422 Julia Street
Titusville, 321-267-8563
SoldFor.com



Live, public Auctions. Selling items big or small, from real estate to diamond rings to Tupperware. Serving Brevard County and Florida for over 42 years. See ad, page 30.

AYURVEDA

HEALING ELEMENTS AYURVEDA

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



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

BOTANICAL PRODUCTS

PREVASIVE

321-591-8290
PreVasive.com/florida



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

CBD HEMP PRODUCTS

NATURE'S HEALTHY HARVEST

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

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

YOUR CBD STORE

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



A dedicated CBD store that carries only the best products derived from 100% organic, non-GMO, and CO2 extracted industrial hemp. From tinctures, water soluble and edibles to skin care, topical creams, vapes and pets, there is something for everyone. Free samples! Mon-Sat 10am-6pm.

YOUR CBD STORE PORT ST. LUCIE

2818 SW Port St Lucie Blvd
Port Saint Lucie, 772-207-7302
YourPSLCBDStore@gmail.com



Your source for quality CBD products and education. We're happy to answer all your questions in our relaxed atmosphere. Tinctures, water solubles, skin-care, edibles and pet products. See ad, page 15.

CHILDREN'S HEALTH

CHILDREN'S HEALTHCARE OF BREVARD

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

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

CHIROPRACTIC

CLOW CHIROPRACTIC

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



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

JONES CHIROPRACTIC

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



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

DR. ROZANA SHARMA, DC

1900 New Haven Ave, Ste 105
Melbourne, 321-361-6869
Inside FL Therapy Center



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

UPPER CERVICAL HEALTH CENTER

1600 W Eau Gallie Blvd, Ste 104
Melbourne, 321-622-4447
UpperCervicalCare.com



Drs. Renee Hahn and Amanda Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 2.

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 45.

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 23.

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 47.

COACHING: INTUITIVE HEALTH

SPIRITUAL SERVICES WITH LAURA BEERS

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

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

COACHING: MIND-BODY EATING

PATRICIA AKERS COACHING

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



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

COLON HYDROTHERAPY

AUDRA RACANIELLO, LMT, CT

Indianalantic
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

Indianalantic, 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

LESLIE HAATVEDT, PHD, LMHC

Child and Family Counseling Associates
2400 15 Ave, Vero Beach
LBHPhD@gmail.com, 772-532-8310



Specializing in energy psychology, using wellness models that uplift and balance body, mind and spirit. H.E.R.O., SoJourn, workshops for teachers and students and other modalities all used.

CRANIOSACRAL THERAPY

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



CranioSacral Therapy gently releases deeply rooted emotion, trauma, and tensions within the soft tissue, calms the central nervous system, and regulates the pressure of cerebrospinal fluid that cushions the brain and spinal cord. It relieves pain, dysfunction and improves whole-body health and performance. (MA 75423/ MA93522/ MM35261)

DENTISTRY

SMILE DESIGN AND WELLNESS CENTER

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

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 35.

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 18.

EYE & VISION CARE

HEALTH FOR LIFE

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

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

FENG SHUI

FENG SHUI DESIGN

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



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

HAIR SALON

ELEMENTS ORGANIC SALON

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



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

HEALTH FOOD

EARTH FARE

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

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

GLORIA'S HEALTH HUT

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

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

LUCKY'S MARKET

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

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

NUTRITION SMART

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

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

ORGANIC FOOD CENTER

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

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

PEGGY'S NATURAL FOODS

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

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

SUNSEED FOOD CO-OP

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

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

SUNSHINE HEALTH FOOD STORE

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

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

HERBALISTS

GINA KEARNEY

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 51.

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 42.

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.

HYPNOSIS

BY THE SEA HYPNOSIS

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



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

LORI BURKE HYPNOTHERAPY LLC

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



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

ELIZABETH L CAMPBELL, BCH

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



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

HYPNOTHERAPY BY JENNY

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



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

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 15.

RADIANTLY HEALTHY MD

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



Are you Radiantly Healthy? We offer Integrative/Functional Medicine solutions to address health challenges and healthy aging! We combine both traditional and natural options including medical marijuana certification. See ad, page 41.

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 12.

IV THERAPY

RADIANTLY HEALTHY VITAMIN INFUSION DRIP LOUNGE

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



Delivering vital nutrients, IV Therapy benefits people with Chronic Fatigue, Depression, Migraines/Tension Headaches, Allergies, IBS, Cardiovascular Disease, Autoimmune Disease, Athletic Recovery, Viral/Bacterial Infections, and Common Cold/Flu. See ad, page 41.

VITALIFTS

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



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

LOCAL FARMS

FLORIDA FIELDS TO FORKS, CSA

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



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

MASSAGE THERAPY

CHAD TAYLOR, LMT/ GINGER TAYLOR, LMT

Melbourne / Palm Beach
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 client's transition towards a better life. (MA93522, MM35261, MA75423)

DANIELLE DEMPSEY, LMT

321-431-8280
Melbourne/Palm Beach
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)

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)

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)

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 43.

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

PsychicTheGenie.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 48.

NETWORKING: HOLISTIC

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 44.

NEUROPATHY

DR. STEVE CANUEL

Board Certification Nephropathy
490 Center Lake Dr, Ste 100A

Palm Bay, 321-499-4608

WestMelbourneChiropractor.com



A long-term solution you can do at home! Our scientific, proven approach heals your nerves and reverses your symptoms. Relief without Surgery, Shots, Addictive Medications. See ad, page 5.

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 Concierge and Tele-medicine, and one-to-one consultations.

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.

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.

REFLEXOLOGY

CHAD TAYLOR, LMT

Melbourne / Palm Bay
321-652-3946

MessagesWithPurpose.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 healing throughout the body. Other therapies: CranioSacral Therapy, Scar Release, Micro-current Pain Management, Lymphatic Drainage, Thai Massage, and Deep Tissue Massage. (MA93522/MM35261)

REIKI

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.

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.

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.

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.

SPIRITUALITY

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 33.

GLEND 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 45.

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 23.

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

1040 37th Pl, Ste 102
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 25.

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 11.

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 43.

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 39.

VETERINARIAN

ANIMAL WELLNESS WORLD

3149 N Courtenay Pkwy
Merritt Island, 321-684-7060
AnimalWellnessWorld.com



Conventional and alternative medical care for your animal companions. Offering boarding, grooming, pool therapy, acupuncture, laser therapy, i-therm and more. See ad, page 27.

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.

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 25.

Grow Your Own Business



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Share the love not the cold

New device stops cold and flu

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



New research: Copper stops colds if used early.

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.



Dr. Bill Keevil: Copper quickly kills cold viruses. The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family. Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. 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 **NATA17**.

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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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