

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

**HEALTHY  
HEART**  
Keys to  
Cardiovascular  
Health

**Integrative  
Energetic  
Medicine**

**HEMP** *Gets Hot*

**FOOD REVOLUTIONARIES**  
Rashid Nuri & Alice Waters  
at Georgia Organics

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Saturday Night:  
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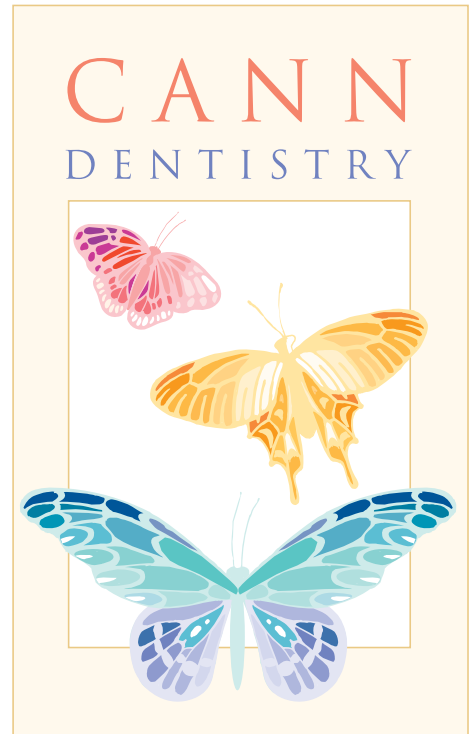
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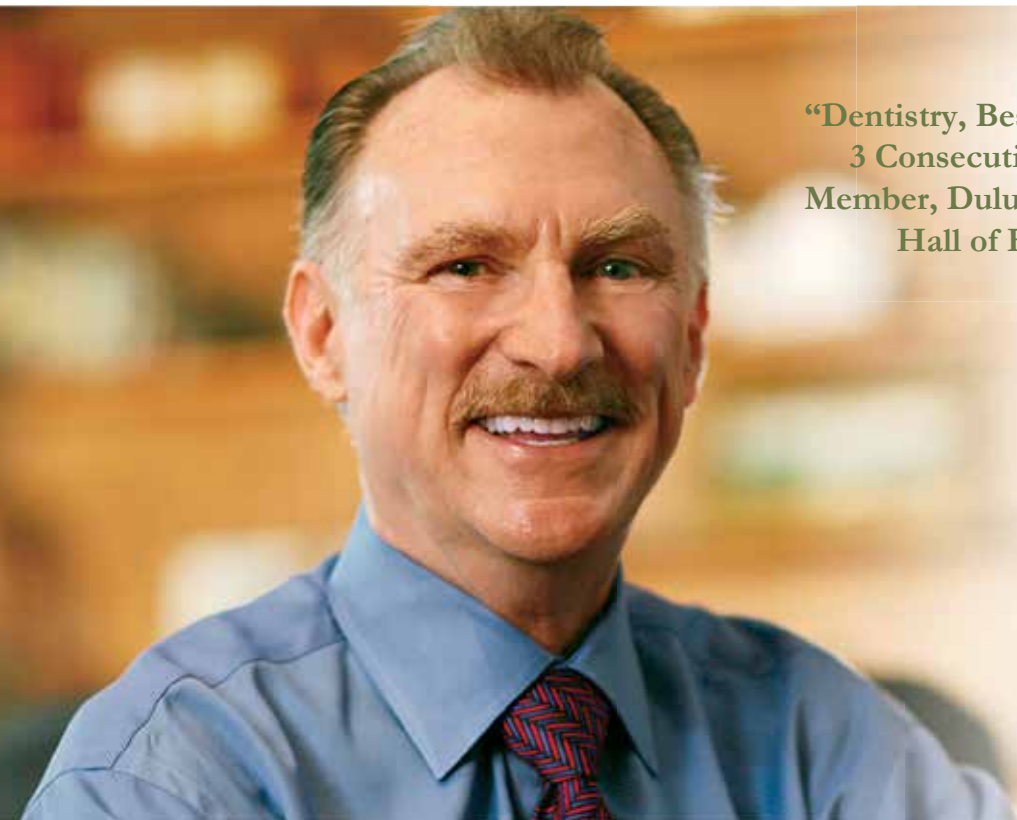
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## 16 SLOW FOOD ON FAST TRACK

### ON THE WEB

### REWIND 2019!

These are our Top Five most-read 2019 articles in the last calendar year.

*Bruce Lipton On The Role Of Consciousness In Healing, Part 1*  
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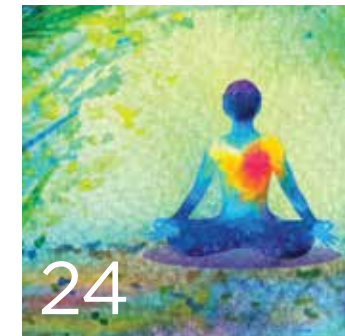
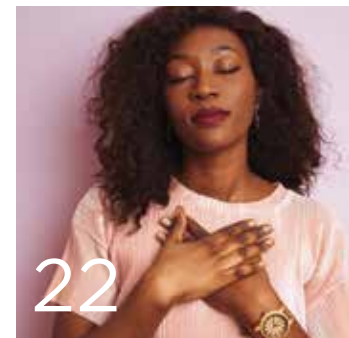
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*Veganism Blossoms In Atlanta's Black Community*  
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*Toning The Vagus Nerve*  
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Our cover photo of Alice Waters and Rashid Nuri was taken by Bailey Garrot, an Atlanta-based photographer. She captures images with an impact, focusing on subjects in agriculture, the natural environment and food. [baileygarrot.photoshelter.com](http://baileygarrot.photoshelter.com)

**OMISSION:** Photo credit for our February cover and inside picture of Elizabeth Gilbert belongs to Timothy Greenfield-Sanders.

**CORRECTION:** In the Atlanta Brief on MOON Organics, the size of a bottle of Drop In Soothing Hydration was incorrectly stated as 2.5 oz; it's 0.25 oz.

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

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

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Email Calendar Events to: [calendar@naAtlanta.com](mailto:calendar@naAtlanta.com). Deadline for calendar: the 10th of the month.

HEALTHY LIVING HEALTHY PLANET

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Our magazine cover subjects, Alice Waters and Rashid Nuri, are food revolutionaries.

Waters started what we now call the farm-to-table movement. Her comments about our fast-food culture are pointed: “When you have cheap food, it means someone isn’t being paid for his or her work, usually the farmer or the farmworker in the field,” Waters told a Yale interviewer in 2014. “And cheap food isn’t cheap. We are paying heavily right now—diabetes, obesity, a collapsing health system, devastation of the land. If we don’t pay up front for food, we pay at the back end.”

I so relate to her and Nuri’s brand of activism.

As a young person, I remember feeling that I was born a few years late, that I belonged on the streets with the Vietnam protestors. As a high school student, I joined my school’s ecology club as my first activist mission. And my first job out of university was with a progressive lobby organization.

Decades later, I found myself uneasy with the notion of being an activist. There are multiple reasons.

I have spoken about a hair-trigger anger issue I have around injustice. But when one is motivated to act principally by anger, the result cannot be pretty; anger almost always harms the person harboring it more than the person who is the target of it.

Another reason is the Law of Attraction. If I focus upon all the injustices that I don’t want, the Law of Attraction tells me I’ll see even more injustice, and most probably,

get even angrier. It’s a downward spiral.

Then there’s karma, which really gives me pause. My own karma is the basis for the way I see and interpret the world. If pure minds only perceive all worlds and all beings as pure, that necessarily means that the injustice I see is due to my impure mind.

Moreover, does not others’ negative karma bring about what we would normally see as injustice being perpetrated upon innocents? Sometimes I wonder if slave owners are reincarnated as slaves, if rapists come back as rape victims, etc.

Cutting through my mixed emotions around activism are the words of Waters and Nuri.

“We can rail against this (food injustice), but I decided that I have to be part of creating an alternative,” says Nuri in his 2019 book, *Growing Out Loud*.

Continues Nuri: “Of all my experiences... I have found service to be supremely rewarding... If I spend too much time thinking about outcomes, I get lost... I believe the means, the process, is what’s most important, the integrity that we bring to the moment.”

Asked by interviewer Alain Elkann if she had to fight to achieve her goals, Waters replies: “I never did. Because I was looking for the place of pleasure, I was trying to win people over by good taste, by good cooking and hospitality, by friendship.”

After reflecting upon the activism of Alice, Rashid and myself, I’ve concluded that I can be—and am—an activist. But instead of standing against injustice, I am a champion of personal awakenings.

Gallina/AdobeStock.com



Inasmuch as any vision of the future grows out of something undesirable in current reality, my analysis of what ails us now is no different from Alice’s or Rashid’s. Both see the values underlying our current economic system as destructive, and both believe that the system is beyond repair.

In college, while studying economics, this thought came to mind: It seems that a part of the rationale for our current economic system is that it keeps in check the worst of human nature; free-market competition prevents bad actors from abuse because competitors with better morals and ethics will win the day.

The point is this: Our economic system prioritizes individual freedom over collective welfare and assumes that individuals working only with benefit of self in mind will inadvertently benefit everyone because the invisible hand of the market will make it so. There’s no doubt this is failing.

What if the principal organizing assumption of society isn’t an economic theory that embraces self-interest first and seeks to keep in check our most negative tendencies? What if our fundamental assumption is that we all come from the same divine source? And what if, instead of restricting our negative tendencies, the system encourages our most positive traits of love and compassion and care for each other?

So, call me a drum major for awakenings. To quote the last words of Martin Luther King, Jr.’s sermon, The Drum Major Instinct: “Yes, Jesus, I want to be on your right or your left side... not in terms of some political kingdom or ambition. But I just want to be there in love and in justice and in truth and in commitment to others, so that we can make of this old world a new world.”



*Paul Chen has been owner/publisher of Natural Awakenings Atlanta franchise since January 2017. He is a practicing Buddhist and a founding member of East Lake Commons, a cohousing community.*



Susan Welander with Land Steward Award Recipients Wes and Charlotte Swancy of Riverview Farms . (Photo: T.C. Brodnax)

## 2020 Georgia Organics Awards HONOR RIVERVIEW AND FRONT FIELD FARM

At its annual conference, Georgia Organics awarded the owners of Riverview Farms and Front Field Farm/Collective Harvest for their substantive leadership in environmentally sound land stewardship and for excellence in sustainable farming and food practices, respectively.

The 2020 Land Steward Award went to Charlotte and Wes Swancy of Riverview Farms for their tireless, 20-year commitment to caring for their soil. “We’ve always focused on the soil,” Charlotte Swancy explains. “It may sound simple, but it isn’t.”

“Land stewardship is an awareness of your connections to a much larger system,” says Georgia Organics Farmer Services Director Michael Wall. “It’s not just the land, it’s water, it’s air—it’s a living network that we’re all connected to.”

Riverview is a “full-circle” farm. It produces all the feed that sustains the livestock, and in turn, the livestock supports the land. “They are an industry leader,” says Terry Koval, head chef at The Deer and the Dove and former head chef at Wrecking Bar. He’s been sourcing from Riverview since 2010. “Their commitment paved the way for so many of the organic farms in Atlanta that came after them.”

Georgia Organics awarded its 2020 Barbara Petit Pollinator Award to Jacqui Coburn and Alex Rilko of Front Field Farm in Covington and Collective Harvest of Winterville. The award honors outstanding community leadership and exceptional success in Georgia’s sustainable farming and food movement.

Coburn and Rilko observed numerous gaps and redundancies in the ways that farmers operated, putting them at cross purposes with each other and resulting in lost time and efficiency. They initiated a new system that helps give farmers more time on the farm and helps alleviate unnecessary competition among them.

Farmers in the collective meet for a bid process to plan their crop schedule and produce commitments. “The bid process allows everybody to be as involved as they want to be,” says Coburn.

Georgia Organics champions organic agriculture and healthy families by empowering farmers to thrive, helping schools engage children in enjoyable and educational farm-to-school experiences and making organic and local food accessible to all Georgians.

## Kadampa Welcomes New Resident Teacher

Gen Kelsang Norden, a Buddhist nun, has accepted the role of resident teacher at Kadampa Meditation Center Georgia in order to serve the people of Atlanta and the Southeast.

Gen Norden is a senior ordained student of meditation master, internationally renowned author, and founder of the New Kadampa Tradition, Geshe Kelsang Gyatso Rinpoche.

She was ordained as a nun in 1994 and has dedicated her life to teaching modern Buddhism and meditation across the U.S. and the U.K.

Norden is offering classes at Kadampa on Sundays at 11 a.m. and on Mondays at 7:30 p.m. The cost is \$12 per class or \$40 for four classes.

*Kadampa Meditation Center Georgia is located at 741 Edgewood Avenue NE in Atlanta. For more information, see [MeditationInGeorgia.org](http://MeditationInGeorgia.org).*



Gen Norden. (Photo: KMC GA)

### Your CBD Store OPENS FOUR NEW STORES



Your CBD Store ATL opened four new stores in the metro-Atlanta area since 2019, including Chamblee, Forsyth, Sandy Springs and Dunwoody.

The company is one of the first organic CBD companies to do third-party independent lab testing. Its tincture oil, topical cream and beauty products were voted “Best of” at the 2019 CBD Expo. There are more than 600 Your CBD Stores nationwide and over 50 within metro Atlanta.

CBD is a naturally occurring cannabinoid found in industrial hemp. The body also naturally produces cannabinoids, but many people have a deficiency or excess. Taking CBD products over time can encourage the body to regulate cannabinoid production and help to balance the endocannabinoid system, which regulates several functions in the body. People use CBD for a wide variety of things that impact overall health and wellness.

“A healthy outside starts from the inside,” says General Manager, Leyla Karimzadeh.

“We appreciate our community and want to educate people about CBD, so they can experience the many benefits of it,” says marketing director, Angel Yasmin. “We offer classes so people can learn more.” The company also offers a CBD-infused skincare line, which features hemp, a natural antioxidant, as well as CBD products for pets.

## Inner Engineering Program RETURNS TO ATLANTA

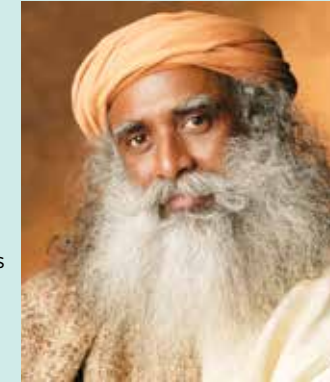
Isha Foundation’s flagship Inner Engineering Completion program is back in Atlanta at the Georgia World Congress Center April 25 and 26.

During the Inner Engineering program, participants will learn Shambhavi Mahamudra, a simple 21-minute purifying energy process that incorporates the breath. It is done in a seated posture on the floor or in a chair and does not require any physical fitness or previous knowledge of yoga. It can be easily integrated into any lifestyle.

Sadhguru’s fundamental vision is to offer the science of inner well-being to every human being. Named one of India’s 50 most influential people, his work has touched the lives of millions worldwide through his transformational programs. An author and internationally renowned speaker, he has become an influential voice at major global forums including the UN, MIT and the World Economic Forum. “Engineer yourself for health and blissful well-being with the essence of yoga,” offers Sadhguru. “Engineering is modern day magic.”

The Isha Foundation is a non-profit, non-religious public service organization dedicated to raising human consciousness through yoga and meditation. Founded by Sadhguru, a yogi, mystic and visionary, the foundation offers a variety of programs that provide methods for anyone to attain physical, mental and spiritual well-being.

*To learn more about the Inner Engineering program, visit [InnerEngineering.com/completion-with-sadhguru/atlanta](http://InnerEngineering.com/completion-with-sadhguru/atlanta)*



Sadhguru. (Photo: Isha Foundation)

## Cook Drops Book ON 3D VISION

Clinician, author and speaker, Dr. David L. Cook, OD, has recently released his third book, *The Shape of the Sky – Eye Games and Seeing Stories for Discovering Depth in a Flat World*. The book includes 3D glasses and 75 eye games and is a compilation of Cook’s vision expertise for doctors, therapists and anyone else who has a curiosity about how we see the world.

Nearly 40 percent of the U.S. population has *myopia*, or nearsightedness, and the number is growing. As people focus on the close world of books and screens for work, play, education and entertainment, many are losing visual engagement with the larger 3D world. Dr. Cook’s book takes the reader on a journey exploring visual limitations and includes games that push the limits of visual boundaries in order to “see big.”

A fellow at the American Academy of Optometry, Cook has focused his 40 years of work on fine-tuning vision therapy. His professional articles have appeared in top refereed journals, including the Journal of the American Optometric Association.



Dr. Cook. (Photo: D. Ginger Grcic)

“For those like myself, who teach patients to do vision and have seen dull eyes begin to sparkle and human performance expand, vision is something we *do*, and more importantly, something we can learn to do better.”

*The Shape of the Sky – Eye Games and Seeing Stories for Discovering Depth in a Flat World is available at [OEPF.org/Product/Shape-sky](http://OEPF.org/Product/Shape-sky) for \$55. More information at [CookVisionTherapy.com](http://CookVisionTherapy.com) or call 770-419-0400.*

## Float Atlanta Opens in Decatur

Float Atlanta recently opened in downtown Decatur as a full-time float center that features an open float pool, an escape pod and a floatarium tank similar to ones designed for the U.S. Olympic ski team. The float tanks at Float Atlanta contain 1,100 pounds of pharmaceutical-grade Epsom salt in 150 gallons of water, allowing the body to be completely buoyant.

“By restricting your sense of sight, touch, and vision while you float, we give you a peaceful environment for total relaxation,” says owner Lois Thibodeau. “After just a few minutes it becomes hard to distinguish where your body ends and the water begins.”

“We are the only location in Georgia with a room devoted to a float pool,” says Thibodeau, a massage therapist and occupational therapy practitioner. “It’s soundproof and lightproof, and it has an infrared heater above. Since it’s a private room, there’s no need for a lid to close.”

During a 60-minute float session, the brain naturally shifts into the theta wave state, similar to the relaxed state just before sleep and during deep meditation. “Floating can decrease anxiety and depression, improve sleep, lower stress, relieve physical pain, enhance creativity and reduce PTSD,” says Thibodeau.

World class athletes, including basketball’s Atlanta Hawks, and football’s New England Patriots and Los Angeles Rams use flotation therapy. They find it helps to accelerate recovery, increase mental clarity and improve players’ concentration. Expecting mothers also enjoy floating for pain relief and report experiencing deep emotional connections with their babies.

*Float Atlanta is located at 111 Clairemont Avenue in downtown Decatur, next to the Decatur Visitors Center. For more information, call 404-844-7070 or visit [FloatAtlanta.com](http://FloatAtlanta.com).*



Float Atlanta’s open float pool.

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# ALICE WATERS

On Feeding Kids, Sustainable Ag & Slowing Climate Change

by Diane Eaton

World-renown chef Alice Waters and urban agriculturalist Rashid Nuri took part at February's annual conference of Georgia Organics in Athens. Nuri was the keynote speaker, and Waters, founder of the farm-to-table movement, served attendees a lunch menu drawn from her nonprofit, the Edible Schoolyard Project. We captured their conference remarks and interviewed each individually.

“Nutrition begins in the soil.” These few words are at the heart of the work of chef, activist and author Alice Waters, whose passionate and broad-reaching career has helped transform the world's relationship to food and the land from which it grows.

Waters first burst onto the culinary scene in 1971 as founder of Chez Panisse Restaurant in Berkeley, California. But for decades since then, she also has made a global impact championing local sustainable agriculture that seeks to establish a mutually beneficial exchange between the land, the farmers, the community, the world's climate and the food on the table.

Waters is the author of sixteen books, including her critically acclaimed memoir, *Coming to My Senses: The Making of a Counterculture Cook*.

A great deal of Waters' work revolves around children. In 1995, she founded the Edible Schoolyard Project in Berkeley, an effort to use food to deepen kids' relationship to the environment and to help them learn first-hand the many fruitful and sustainable values associated with growing food. Partnering with the area's middle school principal, and joined by educators, families, farmers, cooks and artists, Waters introduced an organic garden and a kitchen classroom that have served as a rich learning environment for students and a model for others to follow.

Edible Schoolyard also gives schools an alternative to buying food goods from traditional industry suppliers. “We want to buy the food directly from the people who take care of the land,” said the mayor of Stockton, California, who worked with Waters to set up Edible Schoolyard programs in 53 schools in his city. “We want to give them the money and we want to bring their values in through the cafeteria. That's the plan.”

Today, more than 5,000 farm-to-school member programs are affiliated with Waters' “edible education” programs around the world. Some begin with a very small garden for teaching classes, some are changing their school lunch and others are taking their kids out to a farm and figuring out how to include academics for edible education.

## How We Eat Affects Climate Change

According to Waters, something as seemingly ordinary as eating has a profound effect on our lives and our environment.

“[Fast food] is very, very serious,” says Waters, “because we are purchasing our food from industrial farms and industrial ranchers who are destroying the environment. And so, we're causing climate change by the way we eat.”

It begins with educating our kids, says Walters. “We can teach children to effortlessly embrace the human values that are essential for the future of this planet.” Edible Schoolyard gardens are “organic regenerative,” a kind of farming that goes beyond sustainability. “That's how we're addressing the climate issue as well as health. We are very focused on the idea that what kids eat at school needs to be real food.”

But Waters' focus includes those at the other end of the equation as well: the farmers who tend the land and grow the food. “My idea is to have school-supported agriculture... in that what you're doing is buying everything that the farmer is producing. There's nobody in the way with their rules and regulations.” Farmers, in turn, “can do the most important thing right now—which is address climate change.” Using farming practices like carbon sequestration, participating farmers are helping to make a measurable dent in reducing greenhouse gases in the atmosphere.

Continued on Page 30

# RASHID NURI

The Imperative to Embrace Urban Agriculture

by Noah Chen

In 1965, Rashid Nuri asked his high school to add fresh fruit machines next to the candy machines on campus. The school relented, and Nuri hasn't stopped being a self-styled “food revolutionary” since. Expanding far beyond vending machines in scope and impact, his efforts earned him a keynote speaking engagement at this year's Georgia Organics Conference.

Nuri reviewed several highlights of his career. While running Truly Living Well, an urban agriculture organization he founded, Nuri built the largest farm in the city of Atlanta. Twice.

After handing over the management of Truly Living Well, Nuri published *Growing Out Loud*, a book that is both a memoir and a tutorial on the mechanisms behind food production.

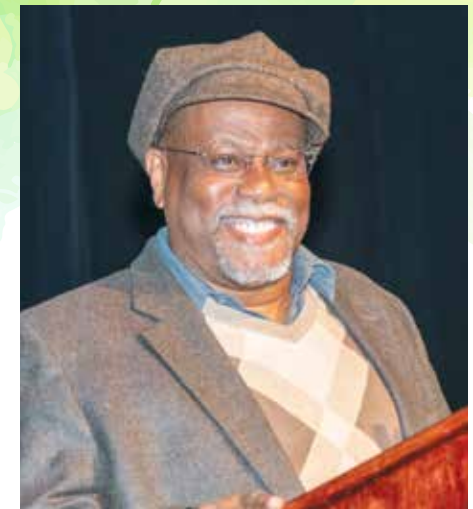
In addition to growing healthy food and rallying local politicians into supporting urban agriculture, Nuri works hard to pass on what he has learned to the newest generations of farmers and city dwellers.

“Whoever controls the food, controls you,” says Nuri as he explains what he sees as the most important principle of urban agriculture: food sovereignty.

Nuri has a vision of an America fed by local urban farms designed and staffed by community members and partially supported by the government. “What I would like to see is a Homestead Act for small farmers and urban agriculture,” he says, referencing the act, signed by Abraham Lincoln, that gave settlers and farmers 160 acres of land for settling in the West.

For these farms to be community-run, other changes would have to take place both on a public policy level and on a local level. This may be why, to Nuri, urban agriculture involves more than its name may imply. “Urban farming is putting seeds in the ground. Urban agriculture is concerned with housing, education, creation of jobs and health,” Nuri says.

Because of the scale of urban agriculture, Nuri stresses the importance of cooperating with local governments. He was



(Photo: Tom Brodnax)

happy to hear Atlanta mayor Keisha Lance Bottoms say that she wants to see food within ten minutes of every residence.

With those words, the mayor hints at another principle at the heart of urban agriculture: justice. “The opposite of poverty is not wealth, it's justice,” says Nuri. “We live in the richest country in the entire history of mankind on this planet Earth, and you have folks that are hungry now, without healthcare and homeless.” To Nuri, justice under urban agriculture doesn't just look like easy accessibility to healthy food: “We need clean water going into people's homes. We need to get people off the streets and take care of each other.”

Nuri is happy that Atlanta has made impressive strides towards food justice

Continued on Page 30



Alice Waters (left), Alice Rolls, President & CEO of Georgia Organics. (Photo: Tom Brodnax)

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## Slow Food Takes Root Global Movement on Fast Track

by April Thompson

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

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

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

Slow Food has its roots in Italy, where food and wine journalist Carlo Petrini took up the cause in 1986 to halt the homogenous fast food chains encroaching on the country's

rich, diverse food culture. Slow Food USA has taken off since its founding in 2000 with 150 chapters boasting 6,000 members nationwide. Many convene annually at Slow Food Nations, a food festival for all in Denver, to swap stories, share strategies, celebrate victories and of course, break bread together.

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

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

"To me, Slow Food is a return to the roots of agriculture and the soul of organic, because it focuses on the food—the end purpose of agriculture—rather than profits and yields that are the focus of the industrial food system," says Quinn, author of *Grain by Grain: A Quest to Revive Ancient Wheat, Rural Jobs, and Healthy Food*. "Slow

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

~Laura Luciano

food offers an appreciation for farmers' efforts to improve the soil and the nutrition, flavor and aroma of the foods we grow."

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

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

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

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

Connect with Washington, D.C. freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).

## Savory Slow Food Recipes



### Glazed Bok Choy with Citrus and Star Anise

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

Yields: 4 servings

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

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

Add the butter, star anise, peppercorns and salt, and bring back to a simmer.

Place the halved bok choy cut-side-down in the pan in a single layer.

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

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

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



### Mustard-Roasted Cauliflower

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

Yields: 4 to 6 servings

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

Heat the oven to 400° F.

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

Whisk in the olive oil.

Toss the cauliflower in the mustard mixture to coat.

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

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

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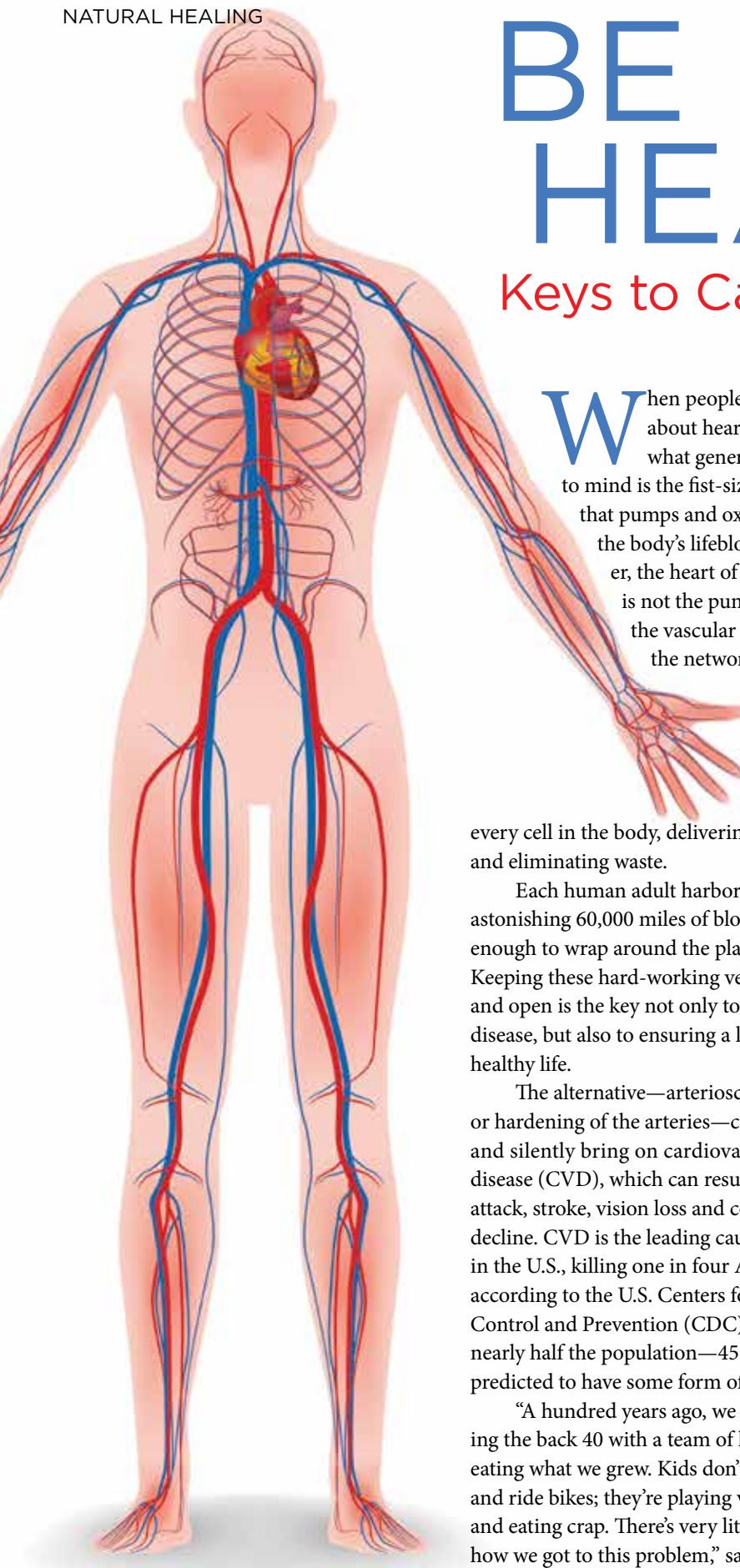
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# BE HEART HEALTHY

## Keys to Cardiovascular Health

by Julie Peterson



**W**hen 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 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] 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.

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### ■ 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 JuliePeterson222@gmail.com.*



### High Blood Pressure

High blood pressure occurs when the force of blood pushing against the vessel walls is too high, making the heart and vessels work harder. The friction damages the endothelium—the inner lining of veins and arteries—plaque builds up, the vessels narrow and blood pressure increases even more. Contributing factors include being sedentary, overweight and consuming excessive alcohol or salt.

### High Cholesterol

A waxy, fat-like substance found in all cells of the body, cholesterol can pile up (mostly as a consequence of poor diet) and stick to arterial walls, creating plaque that stymies blood flow to the heart.

### High Triglycerides

The end product of digesting fats in food, triglycerides become fat in the blood that gives the body energy. Numbers climb with consumption of refined carbohydrates, simple sugars and fatty foods, contributing to arteriosclerosis.

### Metabolic Syndrome

A cluster of conditions that affect up to a third of Americans, metabolic syndrome is defined by high blood pressure; high levels of blood sugar, cholesterol and triglycerides; and excess fat around the waist. It's closely linked to Type 2 diabetes, another CVD risk factor.

### Obesity

Obesity—which afflicts almost 40 percent of American adults—causes chronic in-

flammation, harms the endothelium and causes poor cholesterol numbers. A 12-year study of 17,640 Europeans, published in the *European Heart Journal*, found that obese people with metabolic risk factors were two-and-a-half times as likely to have heart disease as those of normal weight.

### Stress

When stressed by such factors as work overload, family strife or traumatic memories, the body releases adrenaline, which causes acceleration of breathing and heart rate, contraction of vessels and a rise in blood sugar. Chronic stress can cause constricted arteries that lead to arteriosclerosis and inflammation of the endothelium. Further, stressed people often turn to vascular-destructive activities such as smoking, drinking and binge eating.

### Standard American Diet (SAD)

Previous studies have linked processed foods to hypertension and high cholesterol, and a 2019 *British Medical Journal* study of 105,000 adults reported that a 10 percent increase in the consumption of processed foods corresponded to a 12 percent overall increase in cardiovascular disease.

### Inflammation

Chronic inflammation, caused by such factors as fried and processed foods, smoking, obesity, alcohol and stress, can trigger the immune system to attack

healthy tissues, including the endothelium, raising CVD risk. C-reactive protein (CRP), an inflammation marker, is measured by the hsCRP blood test. Men with higher CRP levels had three times the risk of heart attack and twice the risk of stroke, Harvard scientists have found.

### Physical Inactivity

A lack of regular, ongoing physical activity has been shown to dramatically increase obesity, blood pressure, cholesterol and inflammation. A 2019 British study found that artery functions declined and CVD risk factors worsened in just two weeks when active exercisers reduced their daily steps from 10,000 to 1,000.

### Smoking and Vaping

Nicotine, carbon monoxide and chemicals in cigarettes increase blood pressure and heart rate, damage the endothelium and cause blood platelets to clot more, which is why smokers are two to four times more likely to get cardiovascular disease. E-cigarettes and cigars may be worse due to higher doses of nicotine, the AHA warns.

### Loneliness

People need people: Harvard researchers examined 23 studies that involved 181,000 adults and found that loneliness, social isolation or both were associated with increased risks of heart attacks (29 percent) and strokes (32 percent).

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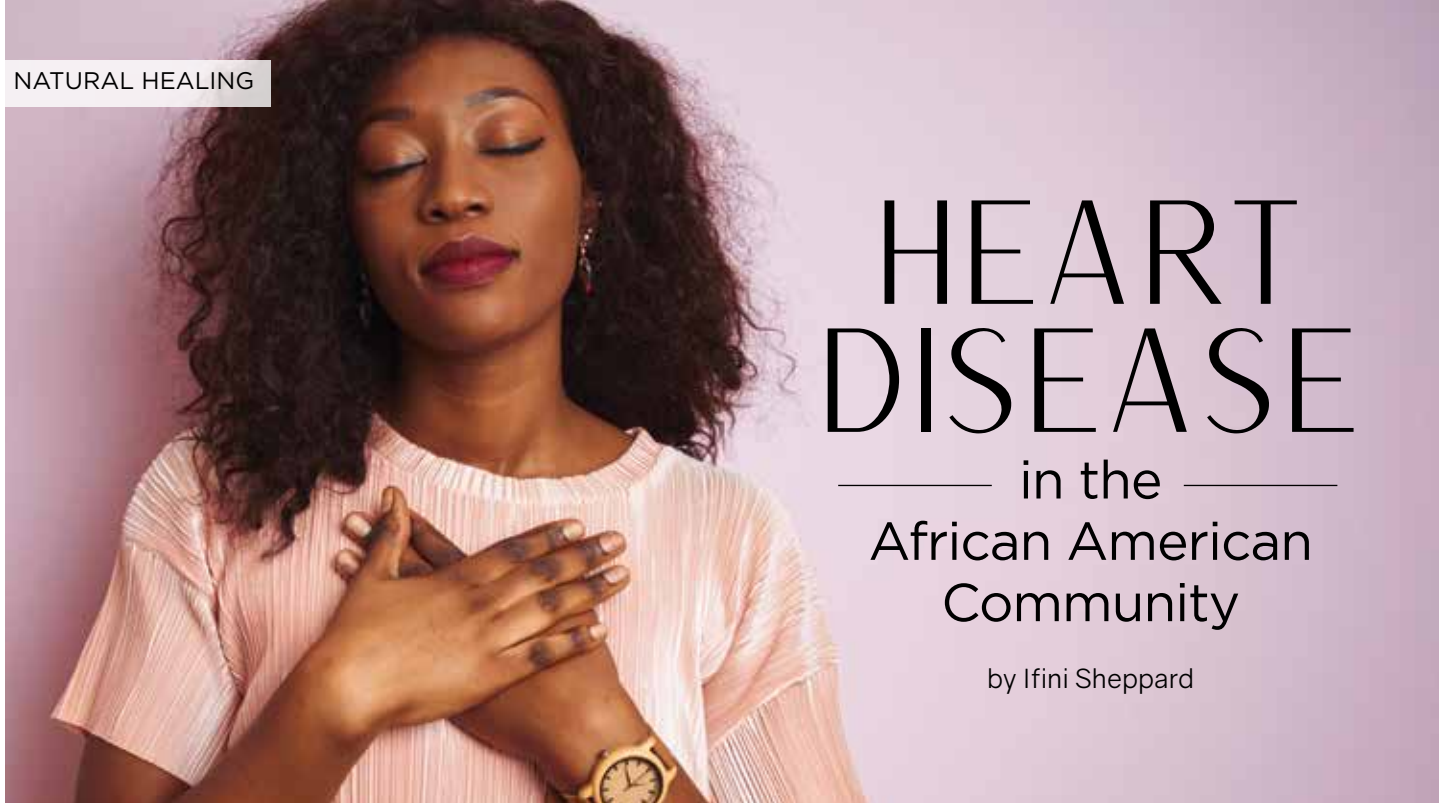
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# HEART DISEASE

in the African American Community

by Ifini Sheppard

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While heart disease is a threat to life in virtually every community, African Americans suffer from it at a higher rate than any other group.

The statistics are chilling. According to the Center for Disease Control, Americans endure more than 1.5 million heart attacks and strokes every year. Black people have a higher rate of heart attacks, sudden cardiac arrest, heart failure and strokes. Heart disease and stroke risk factors such as high blood pressure, obesity and diabetes start at an earlier age among black people than white people. Nearly 44% of African American men and 48% of African American women have

some form of cardiovascular disease that includes heart disease and stroke.

The CDC states that African American women are more likely to have a stroke than any other group of women, twice as likely to have a stroke as white women, more likely to have strokes at younger ages and more likely have more severe strokes. The statistics are reflected in life expectancy, as well. In 2010, African Americans were 30 percent more likely to die from heart disease than non-Hispanic whites.

Poverty is a major factor in the higher rates of heart disease and stroke among black people, but even middle- and upper-class

black people are at higher risk than middle- and upper-class white people. "Although most people experience stress from jobs and major life events, African Americans are more likely to have persistent economic stress and to face concerns about maintaining their health, including preventing weight gain and managing chronic conditions such as high blood pressure or diabetes," says Mercedes R. Carnethon, PhD, FAHA, associate professor of preventive medicine at Northwestern University Feinberg School of Medicine.

Dr. Mark Armstrong, naturopathic practitioner, doctor of Chinese medicine,

neuromuscular therapist and owner of Ahimki Center for Wholeness in Roswell, describes the unique impact of diet, stress and environment on the African American heart: "In Chinese medicine, the heart is related to 91 aspects of spirit, and to Native Americans, the heart represents the strength and soul of an individual," says Armstrong. "But in [the African American] world, they flipped it on us. They took away our strength and gave us pain. They broke our hearts by stealing children and raping and pillaging. We never overcame that. We're always post-traumatic stressed and that affects the heart."

In the eras of slavery, Jim Crow, discrimination, disenfranchisement, red lining, police brutality, housing ghettos, food deserts and unemployment—the stress upon African Americans has been relentless; many of these issues are still present today.

Respiratory therapist and founder of Three Hearts - One Beat, a heart-health coaching service company, Sharon Reid is a health and wellness industry leader and works with Heart Saver CPR/AED and Basic Life Support-Healthcare Providers, among others. Reid explains that "lack of prevention is the number one reason African American people lead in cardiovascular disease. Family history, genetics and medical and financial access to healthcare also play a role."

What solutions are available, then? How can blacks reduce the disparity, feel better and live longer?

The American Heart Association reports that a vegan diet can decrease heart disease and stroke risk in African Americans. In addition to improving the diet and getting more exercise, both Reid and Armstrong offer more holistic approaches. Reid's "three-dimensional prescription" for heart health is to strive to be physically fit, emotionally attentive and spiritually conscious. She suggests that healing hurtful experiences can also decrease the risks of cardiac illnesses and recommends doing what she calls the "Heart Pledge": Place a hand on your heart, thank the heart for its endless hard work and efforts and make a promise to take care of it for good health, love and life.

Armstrong recommends therapeutic methods such as soul constellations, an individual or group process that helps people heal internalized family traumas, and other practices that clear negative emotional programming. "These can liberate African Americans from the habits of our cultural eating and help wake up our consciousness," he explains. "We always knew better, but we didn't always do better because we had to do what we had to do."



Ifini Sheppard served as Community Relations & Education Liaison at Sevananda Natural Foods Market for nine years. Her mission is to teach people how to be healthy on a budget. Contact her at ifinishppard@gmail.com. To learn more about Three Hearts - One Beat, visit

ThreeHeartsOneBeat.com. For information about Ahimki Center for Wholeness, go to Ahimki.net.

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# Integrative ENERGETIC Medicine

## A Self-Healing Practice

by Dr. Fernand Poulin



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**D**id you know that there is an area in close proximity to the physical body that waits to be revealed and experienced? For many, it is a portal to wholeness.

This was revealed to me unexpectedly a few years ago when I was hitting a spiritual “rock bottom” with meditation and self-healing. My mind was filled with thoughts of self-judgment and comparison, and I concluded that I was too wounded to awaken.

Then, during a very restless meditation, I desperately reached out with extended arms and open hands to what I hoped would be Spirit. In that moment, I shifted into a peaceful, calm and joyous state. My mind stopped its criticism, and I experienced a sense of inner fullness and wholeness. That experience confirmed that we are not bound to the body; we are more than our body, emotions and thoughts.

With a deep curiosity, an ongoing practice emerged that brought awareness to the space surrounding the physical body—a space that, until now, has not been consciously attended.

What follows are practical steps to uncover and experience the essence of who and what we are. Of the thousands of people around the world with whom I’ve shared this practice, many have reported feeling more awakened to their wholeness.

### Understanding Integrative Energetic Medicine

Integrative Energetic Medicine (IEM) is a synergistic approach to energy healing, developed over 40 years, that offers a thorough understanding of energy anatomy within and around the body and specific ways to deal with imbalances of all kinds. It uses subtle energy pathways to increase balance and flow, which in turn enhance the body’s ability to regulate and heal.

IEM practitioners use “felt sensing” to attune, resonate and regulate energies. Anyone can acquire this type of tangible sensitivity to make conscious shifts in one’s own subtle anatomy.

### The Layers of The Biofield

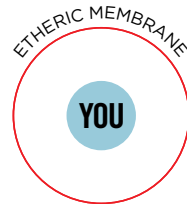
IEM explains that there is a three-to-four-foot electromagnetic sphere of energy, a biofield, around the physical body consisting of four energetic layers. When all layers are integrated, they bring about the experience of being whole and fully present.

Just as a cell membrane creates a boundary between its interior and external environment, an external ethereal energetic membrane encapsulates all four layers of the biofield, including the physical body. This ethereal membrane is permeable and receives information from outside of itself

while transmitting soulful and/or personal information to its environment.

### Practice Step #1:

Imagine drawing a circle around you on the floor, four feet away from your body, thereby creating an energetic boundary between your personal space and the outside world. As you sit in the center, be with and feel the space around your body and within your circle.



### The Soul Body

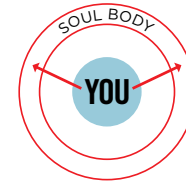
This first layer within the ethereal membrane, depicted by your circle, is the soul body. It is the outermost portion of the biofield, housing your spiritual potential and aspirations. This layer has been the most unrecognized and unvisited throughout contemporary spiritual history.

The soul body is beyond the mind, body, and emotions of the personality, yet not exclusive of these human attributes. It is very light in vibration and expresses a state where fulfillment of life is experienced, and human desires are secondary. It is peaceful and tranquil and is moved by the spirit of love and pure knowing—not ideals. This is the space where my shift into a peaceful, joyous state originated.

Engaging with the outer layer of the soul body awakens one to a deep, heartfelt sense of inner connection to the spirit of love—to everything and everyone—and offers an experience that all souls are united. It is unconditional and accepting of what is. Beauty is seen in everything and everyone.

### Practice Step #2:

From the center of your circle, extend both arms and rest your hands in the space of your soul body. Choose to openly and curiously connect with your soul. Pause. Be and feel.



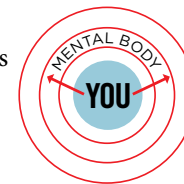
### The Mental Body

The second layer of the biofield, approximately one foot inside the ethereal membrane, is the mental body. This layer houses thought vibrations including perceptions, beliefs, conclusions and self-made stories about one’s identity, others and the world.

The mental body holds the thoughts that make up the “relative self,” or ego, which impact one’s life decisions and direction. Each thought form vibrates at its own unique frequency, creating an energetic potential to manifest in the image and likeness of its vibration.

### Practice Step #3:

Bring your arms and hands one foot closer and rest in your mental body. Experience your soul energies entering into and merging with your mental body. Pause. Be and feel. Allow these two energetic bodies to integrate.

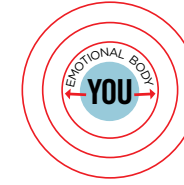


### Emotional Body

The next layer is the emotional body, which is activated by thought vibrations and gives rise to emotions that ultimately impact our physiology. Every thought vibration gives rise to emotions and feelings such as sadness, anger, fear, joy, happiness and peace. The stronger the identification with a thought, the more pronounced the response—from numbed to deeply felt.

### Practice Step #4:

Bring your arms and hands a foot closer to your body and rest in your emotional body. Experience your soul and mental energies entering into and merging with your emotional body. Pause. Be and feel. Allow these three energetic bodies to integrate.



### The Etheric Body

Often considered the body’s double, the etheric body lives about two inches outside of the skin. It is made up of an illuminated network of neutral filaments forming an etheric mold that holds the body intact and brings either wellness or dis-ease patterns to the physical body. When the three previous energetic bodies are integrated, the etheric body exudes wellness and vitality to the biological cells. But when negative thoughts or addictive emotions assault the soul, the etheric body will deteriorate in certain areas and local tissue will begin to show signs of discomfort and dis-ease patterns.

### Practice Step #5:

Bring your hands four inches in front of your chest and rest them in your etheric body. Experience your soul, mental and emotional energies entering into and merging with your etheric body. Pause. Be and feel. Allow these four energetic bodies to integrate.



### The Physical Body

The physical body ultimately serves as a sensory and motor vehicle for our in-dwelling spirit, embodying and delivering whatever wants to be expressed by the soul. It is the sum total of the molecules and particles which compose it, molecules that perform a variety of biological functions. While cells of the physical body respond to their physical environment, they are also influenced by thought and emotional vibrations. Mental or emotional influence produces tension in the tissue that will either enhance the immune system or over-stimulate and short-circuit it.

### Practice #6:

Rest a hand on your chest. Experience your soul, mental, emotional and etheric energies entering into and merging with your physical body. Pause. Be and feel. Allow these five energetic bodies to integrate.



### The Chakra System

There are seven major wheel-like *chakras*, or energy centers, along the spine and within the brain. Each chakra resonates to a particular spiritual consciousness. The chakra that brings coherence to our life experiences is the heart chakra. It directly expresses the resonance of universal love and unifies spirit and matter, which invites transformation at all levels. It opens the door to awakening and healing.

### Practice #7:

Rest your hand on your heart chakra. Experience your soul, mental, emotional, etheric and physical energies entering into and merging with your heart chakra. Pause. Be and feel. Allow all energetic bodies to integrate.



Relax your hands and now experience the space within your circle. From this state, you can enter a meditation or contemplation. Enjoy!

Compassion, kindness and self-acceptance become the virtues that are explored throughout life situations. Integrative Energetic Medicine is a medicine that integrates all the layers of our human existence and, when we acknowledge them, brings peace, inner joy and self-love.



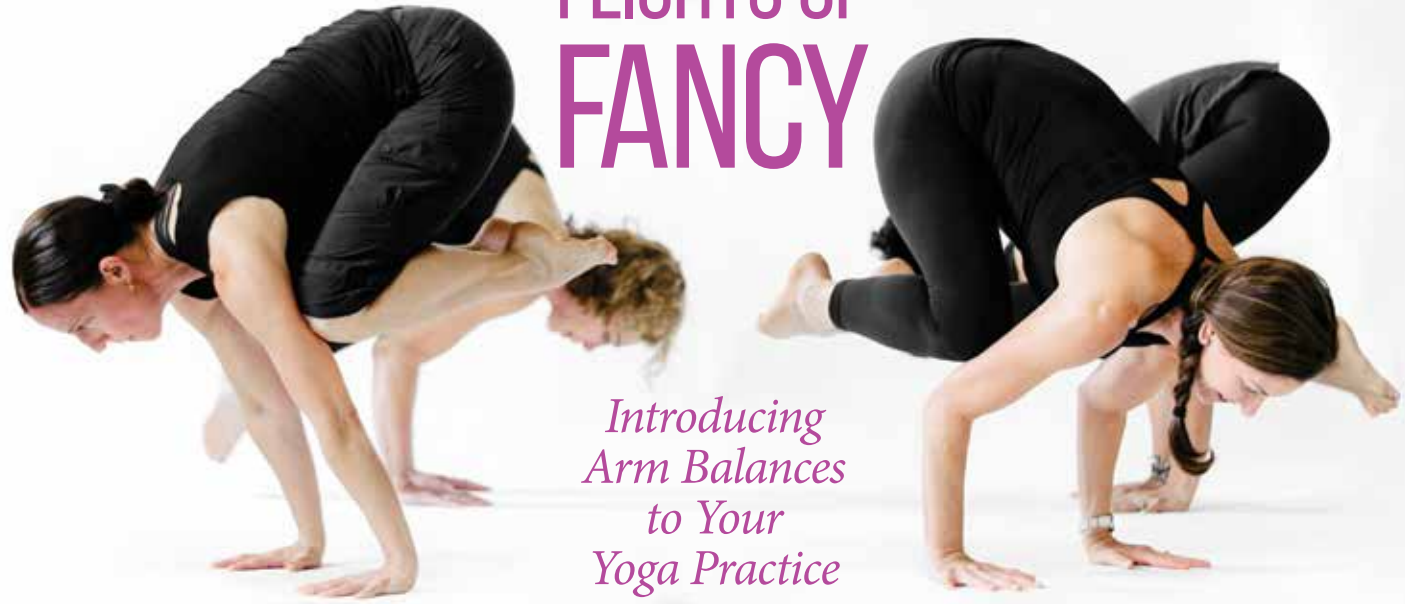
*Founder and director of WhiteWinds Institute, Dr. Fernand Poulin is a dedicated healing professional, coach, educator and spiritual leader. He has studied*

*with medicine people and spiritual healers around the world. Contact him at Fpoulin51@gmail.com, 678-570-4373 or WhiteWinds.com*

# FLIGHTS OF FANCY

## Introducing Arm Balances to Your Yoga Practice

by Sheila Ewers



The first time my teacher modeled Crow Pose (*Bakasana*) in yoga class, I reacted with equal parts awe and fascination. She seemed to be defying gravity with weightless ease even as she called upon tremendous strength and focus. I followed her cues that day, and though I didn't achieve "lift-off," I felt inspired and curious enough to keep trying until I eventually found the shape in my own body. The day my feet finally left the ground, I felt more powerful than I had in years, not because of my strength, but because I had the courage to confront the beliefs I held about my own limitations.

As a teacher now, I find that my students have mixed reactions when I introduce an arm balancing pose. Some respond with excitement and enthusiasm, eager to challenge themselves and attempt something new. Some shake their heads and chuckle, convinced before they even attempt it that they don't have the strength. Others wonder why in the world we would ever want to do such a thing.

Like every other pose in yoga, arm balances provide us with a lens through which we may see and understand ourselves better. They are not necessary to yoga practice, and they do not reflect the quality or effectiveness of one's yoga practice in general, but they do offer an opportunity to shift awareness and foster mastery of the body. The entire body and mind must be focused and engaged to balance on the hands and wrists safely. It

requires practice, discipline, awareness, courage and humility, and the cultivation of those qualities may be the greatest benefit of all, whether or not you ever achieve lift-off.

With regular practice, arm balances will yield other benefits as well. Physically, they increase strength and tone in the wrists, shoulders, abdomen and back. They promote flexibility in the hips and groin, and they develop awareness and engagement in the pelvic floor, which must lift in *mula bandha*, or root lock, to achieve buoyancy. A 2011 study conducted by *Frontiers in Neuroscience* showed that complex challenges to coordination, agility and balance combined with novelty and unpredictability can create new neural pathways and connections in the brain. If you decide to experiment with arm balances in your own yoga practice, the best place to begin is *Bakasana*, or Crow Pose, but first you will need to develop the strength to explore safely. The key to taking flight is to distribute the effort evenly between the core by activating the pelvic floor and lower abdominals and the upper body by stabilizing the shoulders.

*Note: You should not practice arm balances if you have carpal tunnel syndrome, unregulated high blood pressure or circulatory conditions.*

Prepare the body for Crow Pose by practicing these movements consistently until you become comfortable and stable in them:

### Begin in Child's Pose with your knees wide apart

Child's Pose mimics the shape you will eventually take in Crow Pose, stretching the back of the body and flexing the hips. Bring your big toes together and knees wide. As you press your tailbone towards the heels, lay your body between the thighs. Rest your forehead on the mat and lengthen your arms forward. Take long deep breaths, sensing the breath in the back of the body, particularly in the kidney area and the space between the shoulder blades. With every exhalation, practice engaging the *mula bandha* by lifting and activating all of the muscles in the pelvic floor.



### Shift between Downward Facing Dog and Plank Pose

Downward Dog tones the wrists, chest, shoulders and abdominal muscles. It encourages stabilization in the entire shoulder girdle while it stretches the entire back line of the body, and it cultivates familiarity with inversion. For safe alignment, position your hands shoulder-distance apart and root into the inside edge of the hand. Keeping the hands strong and wrists stable, externally rotate your upper arm turn-

ing the inner elbow slightly forward. Keep your collar bones broad and spine long as you lift your sitting bones high. Press your heels actively towards the earth.



From Downward Facing Dog, roll forward to plank position. Draw your naval towards the spine to deeply engage the abdominal muscles. Keep the entire shoulder girdle broad and stable as you bring the shoulders over the wrists and create a continuous line from the crown of the head to the heels. Hold for several breaths, then press the hips high, moving back to Downward Facing Dog. *Note: In proper alignment, you should not need to change the hand and foot position as you move between these two poses.*



### Come into Dolphin Pose

Dolphin Pose requires more strength and opening in the shoulders than Downward Facing

Dog, and it engages the abdominal muscles, back and spine more deeply, creating the strength you will eventually need to hold Crow Pose.

Keep your forearms on the ground with hands and elbows shoulder-distance apart. Bring the shoulders directly over the elbows as you lift the hips high. Hold for five to 10 breaths, then rest in Child's Pose.



### Practice Boat Pose

In a seated position with knees bent, elongate your spine. Activate the abdominal muscles and lean back into your sacrum without rounding until your legs lift from the floor.

Keep your lower legs parallel to the floor at first, prioritizing length in the spine and broad collar bones. Eventually, straighten your legs. Your arms can be forward or overhead.



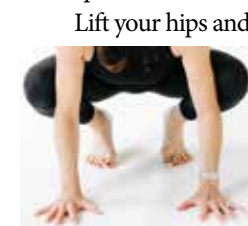
### Stretch the hips and low back in Garland Pose

Squat with your feet as close together as possible. Keep your heels on the floor if you can; otherwise, tuck a rolled blanket beneath them. Press your elbows between your knees holding palms together in Prayer Position. Lengthen the torso.



### Once you can hold these shapes with comfort and equanimity, you are ready to try Crow Pose.

From Garland Pose, bring your hands to the floor shoulder-distance apart. Actively engage the hands by rooting into the base of each finger and the finger pads with fingers wide apart.



Lift your hips and heels until your knees are pressing into your triceps or armpits. Bending your elbows, slide the upper arms down the shins. Round your back with tailbone tucked toward your heels and draw your abdominal muscles in firmly. Engage *mula bandha*, or root lock, by toning and lifting your pelvic floor.

Look forward as you lean your weight forward into the arms and shoulders. Direct your breath into the back of the body. You might choose to rock back and forth a few times to sense your balance and develop courage. Eventually your feet will lift off of the floor. When they do, touch your big toes

together, draw your naval towards your spine and *breathe!*

Once you lift off, you can challenge yourself to straighten the arms. Hold for up to 10 breaths.



Once you have learned to fly in Crow Pose, the sky is the limit. The same principles of engagement that allow you to lift here apply to virtually all arm balances. As you explore, cultivate an attitude of curiosity, playfulness and courage. Frustration and ego will only throw you off balance and back to earth. As the character Peter Pan reminds us, "The moment you doubt your ability to fly, you cease forever to be able to do it."



Founder of Johns Creek Yoga and Duluth Yoga Center, Sheila Ewers leads daily yoga classes and yoga teacher training classes, and hosts retreats locally

and internationally. She has been published in several online magazines, including *Elephant Journal* and *Writers Resist*. Reach Sheila at [Sheila@JohnsCreekYoga.com](mailto:Sheila@JohnsCreekYoga.com).

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YOGA BRIEFS



Jenny Holding, front, Jennifer Smith, back. (Photo: Fabi Lovell)

## Smith & Holding Open Yoga Studio Together

Two of Atlanta's most experienced yogis are collaborating to create a new yoga studio in the Skyland Shopping Center on Clairmont Road in Atlanta. Jennifer Smith and Jenny Holding will open Skull Shine Studios early in 2020 with two rooms for yoga, Pilates, barre and other wellness services. Their mission statement emphasizes that they are an all-inclusive, hard-working, community-driven yoga studio that puts students and teachers first, celebrates authenticity and gives back to the community through wellness and service programs.

Smith and Holding bring with them more than 30 years of collective teaching experience. Smith co-founded and co-directed Balance Yoga in Atlanta for 10 years. She has taught small group and private lessons and has led classes in *Vinyasa* and *Ashtanga* throughout the metro area for more than 16 years. This will be Holding's first studio. She has been teaching for 12 years combining *Vinyasa* (breath with movement), *Bhakti* (devotion) and energetic flow.

During construction of their permanent location, Skull Shine Studios is temporarily operating at 1376 Dresden Drive, Brookhaven, and offering 28 classes a week.

For more information, visit [SkullShineStudios.com](http://SkullShineStudios.com), email [info@SkullShineStudios.com](mailto:info@SkullShineStudios.com) or call 404-229-2934.

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## YOGA EVENTS

**SUNDAY**

**Feelflow Yoga & Sound Healing in Nature** – 11:33am. Also Mon. 7:07pm. A great way to release any stress that you had to intake during your week. Bring own mat. Plant-based fruit snacks provided. \$7/class. Winn Park, 32 Lafayette Dr NE, Atlanta. [Tinyurl.com/y6csqjbv](http://Tinyurl.com/y6csqjbv).

**Family Yoga** – 2pm. Introduce your children to the pleasures of fitness with a weekly restorative yoga session. Designed for children 12 and under. Reiki With Love, LLC Healing Sanctuary, 420 McDonough Blvd SE, Atlanta. [Tinyurl.com/y6qcu4oj](http://Tinyurl.com/y6qcu4oj).

**MONDAY**

**Chair Yoga for Seniors** – 11:30am-12:30pm. A gentle form of yoga that improves mental and physical health through an amazing form of adaptive exercise. Whether standing or sitting, postures are supported by a chair. All levels welcome. Donation appreciated. Heron House, 102 Russell Rd, Mountain Park. 404-434-4030. [TheHeronHouse.org](http://TheHeronHouse.org).

**Hatha Yoga** – 6-8pm. With Raj Mehta. Gentle stretching and health education. Each week Raj presents information about different herbs. Free. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. 404-681-2831. [Sevananda.coop](http://Sevananda.coop).

**Hip Hop Yoga** – 6:30-7:30pm. Led by certified yoga teacher Jaimee Ratliff. An inspiring flow for all levels, set to your favorite Hip Hop + R&B tunes. Free. The Home Depot Backyard, 1 Backyard Way, Atlanta. [JaimeeRatliff.com](http://JaimeeRatliff.com).

**TUESDAY**

**Gentle Kemetic Yoga** – 10:30am. This all-level yoga class focuses on the breathe and simple stretching and toning techniques to help with relaxation and mobility. 1st class free. Decatur Recreation Center, 231 Sycamore St, Decatur. [Tinyurl.com/r6o7868](http://Tinyurl.com/r6o7868).

**Yoga for Runners and Athletes** – 6:30-7:30pm. Not held 1st Tues. With Morgan Bettini. Class gives you specific cross training that creates more strength, flexibility, mobility and mental stamina. All levels welcome. \$6/class. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

**WEDNESDAY**

**Free Yoga & Mindfulness Class** – 12-1pm. Introduction to mindfulness and how to apply it to daily life in order to live with greater freedom and happiness. Includes discussion, a gentle yoga practice and a formal mindfulness practice. 5575 New Northside Dr, Ste 100, Atlanta. [SatiYogaAtl@gmail.com](mailto:SatiYogaAtl@gmail.com). [SatiYoga.net](http://SatiYoga.net).

**FRIDAY**

**The {SAMA} Class** – 9-9:45am. Also held, Sat, 10am. Community class with yoga, breathwork and meditation. {SAMA} Food for Balance, 56 E Andrews Dr, Ste 17, Atlanta. 404-500-3550. [SamaFoodForBalance.com](http://SamaFoodForBalance.com).

**Community Class** – 4:30-5:30pm. Enjoy a vinyasa flow or power class. Format determined by the teacher. Benefits Holbrook Farms Retreat for Survivors of Heros. \$5 donation. LiveURYoga, 408 S Atlanta St, Ste 157, Roswell. 770-299-1639. [LiveURYoga.com](http://LiveURYoga.com).

**Community Kirtan** – 8-10pm. Last Fri. Open mic/informal format, where you take turns in sharing

songs and chants. Free; donations accepted. Form Yoga, 533 W Howard Ave, Unit C2, Decatur. Pre-register: [FormYoga.com](http://FormYoga.com).

**SATURDAY**

**Sunrise Yoga Meditation** – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. [UnityNorth.org](http://UnityNorth.org).

**Free Yoga** – 8:30-10am. Yoga and pranayama (breathing) for all levels and ages. Greater Atlanta Vedic Temple, 492 Harmony Grove Rd, Lilburn. 770-381-3662. [VedicTemple.org](http://VedicTemple.org).

**West End Community Yoga** – 11am-12pm. The views from the Garden room are dreamy and set the stage for a great practice. Free. Wild Heaven West End Brewery & Gardens, 1010 White St SW, Atlanta. [Tinyurl.com/squppgru](http://Tinyurl.com/squppgru).

**PRIVATE INSTRUCTION Mind Yo Bodhi Yoga** helps yoga students at all levels strengthen the connection between their minds and bodies, deepen their inward experience, and heal physically, emotionally and spiritually. Rates start at \$60/hr. Tee Brooks, MA, RYT-200, 704-669-8305, [MindYoBodhiYoga.as.me](http://MindYoBodhiYoga.as.me)

### Georgia Organics Farm to School

At the Georgia Organics Conference, Waters and her team—including 2018 James Beard Award Semi-Finalist and Georgia Organics board member Matthew Raiford of Gilliard Farms—served up an Edible Schoolyard meal to all 650 people attending.

But Georgia Organics is no stranger to connecting farms with schools. Since 2007, the organization's own Farm to School Program has spearheaded and evolved far-reaching and comprehensive projects that have taken root in communities across Georgia. It works with school districts, early care centers, partners and other agencies to go farm-to-school at the grassroots—and “grasstops”—level.

Thanks to Georgia Organics' efforts, Georgia schools are connecting with local farms to serve healthy meals in school cafeterias, offering food and gardening education, and improving students' health. It has helped establish networks of organizations working in food, farming and child nutrition; launched strategic plans to integrate gardening and local food into early care centers; coordinated the Golden Radish awards that recognize school districts for farm-to-school accomplishments, and more.

Farm to School is just one of Georgia Organics' numerous community programs that have helped fulfill their mission to bring organic food from Georgia farms to Georgia families.

Rashid Nuri from page 15

and sovereignty, as the level of diversity found in local farmers' markets and organizations like Georgia Organics has been increasing in recent years. With the guiding principles of justice, sovereignty and community/government cooperation, Nuri is optimistic that America can provide the infrastructure for communities to fully embrace urban agriculture. In doing so, he says we will be taking a big step in righting many of the injustices in our society by building strong, more independent, healthier communities.

“The community is everything,” says Nuri. “There's an old proverb: ‘Do you want to go fast? Go alone. Do you want to go far? Go together.’ That's how we have to build the future.”

For more information about Nuri, visit [TheNuriGroup.com](http://TheNuriGroup.com). To learn about his work at *Truly Living Well*, go to [TrulyLivingWell.com](http://TrulyLivingWell.com)



# HEMP GETS HOT

## Meet the Hardest Working Plant on the Planet

by Julie Peterson

A crop that was illegal in U.S. soil for more than half a century is now reaching for the sun. Industrial hemp, the low- or no-THC cousin to marijuana, has created high hopes among farmers, agricultural researchers, manufacturers and consumers. By 2019, America had become the world's third-largest producer, behind Canada and China, where it's been cultivated for 8,500 years.

“It's the fastest-growing ag industry that we've ever seen,” says Tara Valentine, hemp specialist at the Rodale Institute, in Kutztown, Pennsylvania. Since hemp's inclusion in the 2018 Farm Bill, Rodale's hemp web page hits have grown 10-fold.

### Better Products

All parts of the hemp plant are useful in multiple ways, and hemp has applications in textiles, construction, bioremediation, technology, nutrition and health, including cannabidiol (CBD). The seeds are rich in protein, essential fatty acids and vitamins. They can be eaten, ground into flour or pressed for oil that is used for cooking or in body care products.

Right now, it's the Wild West of agriculture.

~Dustin Enge

The stems undergo decortication to separate the long outer fibers (bast) from the short inner fibers (hurd). Hemp hurd makes extremely durable hempcrete for construction, absorbent and dust-free animal bedding or pellets for heating stoves. An exponential rise in the use of hemp is expected because it can replace products made from paper, wood, plastic, cotton and fossil fuels.

“Hemp fiber is going to dominate the market once we get to the full manufacturing potential,” says Erica Stark, executive director of the National Hemp Association, in Washington, D.C.

The first introductions consumers can expect include hemp paper products, such as plates and toilet paper, and biodegradable hemp bioplastics like cutlery and cups. Construction materials and other products are expected to quickly follow.

### Environmentally Friendly

The Institute of Papermaking and Printing, at the Technical University of Lodz, Poland, did a 2015 study comparing making paper from wood to making it from hemp.

Among the findings: hemp takes four months to grow, while trees need 20 to 80 years. An acre of hemp can produce four or more times as much paper as an acre of trees. Hemp paper doesn't need toxic bleaching and can be recycled twice as many times. Other studies concur.

Paper without deforestation would be a major benefit, but it's a minor job on hemp's profound résumé. “Hemp needs to be a part of every climate change conversation, not only because it sequesters huge amounts of carbon during cultivation, but also because construction products made out of hemp will continue to sequester carbon for up to 100 years,” says Stark.

Hemp could also help save the depleted soil on U.S. farmland that has been destroyed by tilling and synthetic fertilizers. “We have to rebuild the soil by putting carbon back in and increasing organic matter,” says Valentine. Hemp does this with a massive root biomass that breaks up compacted soils, improves water infiltration and reduces runoff and erosion.

Fast-growing hemp naturally suppresses weeds, needs no pesticides and isn't picky about soil, water or latitude. By comparison, cotton is water-intensive and uses 25 percent of the world's pesticides.

### Income for Farmers

Used in crop rotation, hemp's soil-enhancing qualities can increase profits on subsequent crops. While cover crops don't

It's the fastest growing ag industry that we've ever seen.

~Tara Valentine

usually have return value, hemp provides additional revenue streams. But the revenue isn't quite there yet, because the supply chain isn't complete. Seed supply, farm equipment, education, processing facilities and manufacturers are all links that are

developing simultaneously. “Fiber processing facilities will be available soon. Manufacturers are anxious to start incorporating hemp,” says Stark.

The lack of buyers isn't deterring farmers. Neither are warnings that current harvesting equipment can spark disaster when hemp fiber wraps around rotating parts, heats up and combusts.

Dustin Enge, a third-generation farmer in Prairie du Sac, Wisconsin, started Honey Creek Hemp in 2017. He planted six acres of hemp. “I think it's a long-term viable commodity for farmers. Right now, it's the Wild West of agriculture. Everyone is trying different things,” says Enge, who modified a harvester for hemp. “I spent about two hours harvesting and 20 hours torching the fiber off my equipment.” Even so, he will plant more acres when he knows it will sell.

Behold the sprouting of the hemp industry as an ancient plant takes root in the modern world.

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

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## CALENDAR

**First Wednesdays** Sacred Sound Meditation. 7-8:15pm. Facilitated by GabrielNelson Sears. \$15 Love Offering. Trinity Center for Spiritual Living, 1095 Zonolite Rd., Atlanta, GA. 30306. For info, please call 678-827-1973.

**2nd & 4th Wednesdays** Relax In Sound sound bath, 6:45-8pm. It's time to unplug! Relieve stress, reduce pain and deepen your meditation practice. Facilitated by Danielle Hall, SoundEmbrace. Center for Love & Light, 1145 Zonolite Rd NE #7 Atlanta, GA. 30306. \$35. soundembrace.com.

**Free Fridays!** Free Pranic Healing sessions will help heal you mentally, emotionally and physically. Offer available through July 2020. Call (678)549-8021, or email pranamoyohealing@gmail.com. Book at least 24 hours in advance; and all sessions conducted in Douglasville.

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FIRST TREATMENTS FREE OR LOVE OFFERING



## Ronnie Cummins on Growing a Movement

by Elizabeth Greene

For five decades, human rights activist, journalist and author Ronnie Cummins has campaigned for natural health and the environment. Since he co-founded the Organic Consumers Association in 1998, the nonprofit has grown to a network that's 2 million people strong, dedicated to promoting organic food, regenerative farming and commerce through global initiatives that integrate public education, marketplace pressure, media outreach, litigation and grassroots lobbying.

His latest book, *Grassroots Rising: A Call to Action on Climate, Farming, Food and a Green New Deal* ([ChelseaGreen.com/product/grassroots-rising](http://ChelseaGreen.com/product/grassroots-rising)), focuses on Regeneration International, a global network that he and other advocates spawned in 2015 with a goal to reverse global warming and end world hunger by accelerating the transition to regenerative agriculture and land management.

### What is Regeneration International?

It's a movement that spread when people started to understand that the climate crisis was very, very serious and connected to other crises we face—our health and farmers not being able to make a living, for example. It's about identifying regenerative practices around the world, publicizing them and changing public policy. We use the slogan, "Healthy soil, healthy ecosystem, healthy plants, healthy food, healthy people, healthy animals, healthy climate." All these living systems are interconnected. Regeneration of one system impacts another, which will lead to stabilizing the climate.

### What's the difference between organic and regenerative farming?

Regenerative farming is simply the next stage of organic, focusing on soil health, carbon sequestration and ecosystem restoration. We call it "regenerative organic" because people understand organic. But when we devised organic standards, we didn't completely understand soil biology and the carbon cycle. Now we know that there's important biological

life below the soil. We understand carbon sequestration. Regenerative organic farming rebuilds the soil, which improves food, health and eventually, the climate. It's a transformation of the food system.

### What will it require to achieve the goals of the Green New Deal, which calls for net zero emissions of greenhouse gases by 2030?

First, consumers need to understand the interconnectedness of things so that they make decisions to create market pressure. Second, farmers, ranchers and land managers need to use regenerative best practices. Third is political power and policy change to drive regeneration. We need elected officials to understand regenerative ideas and feel pressure from constituents. Officials need to hear that we don't want our tax money used for degenerative practices. Fourth is money. It will take trillions of dollars over the next decade, with much money coming from government funding. But private investments also need to shift. Our savings, pensions and retirement accounts need to be in financial institutions that place assets in regenerative, socially responsible investing.

### How can we help address climate change on a personal level?

Every time you pull out your wallet, you are either casting your vote for regeneration or the continuation of degeneration. Everything

you buy is a vote. What you talk about and do every day is also extremely important. Americans spend half of their food dollars eating out. Learn to cook, invite people over for dinner, teach your kids how to cook. Eating is an agricultural act.

Everyone should also be active in civic organizations. Run for office. It doesn't have to be in politics, it could be a conservation committee or school board. Do what you can do best inside this regenerative framework and you will have a big impact.

Things aren't hopeless. It's plausible that we are going to solve this. Unfortunately, it took until now for people to wake up. I believe people have an innate love for nature and other people, but if they're hopeless and unaware, they're going to behave as if they don't care. There is an increasing common awareness and responsibility to get the job done. This is a spiritual movement as much as it is an agricultural and alternative energy movement.

### What inspired you to write about this issue?

About 10 years ago, I learned that regenerative food, farming and land use, in combination with renewable energy and radical energy conservation, could solve the climate crisis. I did more research, helped form Regeneration International and then saw that there wasn't a roadmap for regeneration. I needed to write the book so that the climate movement would understand regeneration and the food-farming-regeneration movement would understand climate. And I need for everyone to understand that there is hope.

Elizabeth Greene writes about the environment. Connect at [ElizabethGreene28@gmail.com](mailto:ElizabethGreene28@gmail.com).

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- From *Ayurveda (Idiots Guides)*, by Sahara Rose Ketabi

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## CALENDAR

### SATURDAY, MARCH 14

**Atlanta Ayurveda at ChantLanta** - Saturday, 10am-5pm, Sunday, 12-4pm. Learn about Ayurveda! Vendors will provide talks, products and services. Vendor lineup: A Mindful Movement Yoga, Art of Living Retreat Center, Athens Ayurveda, Gedalia Healing Arts, and {SAMA} Food for Balance. The Church at Ponce & Highland, 1085 Ponce De Leon Ave NE, Atlanta, GA 30306.

## CALENDAR OF EVENTS

**Publicize your event!** This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$10 to attend — to list for free. Otherwise, basic listings are \$35 and enhanced listings are \$75.

Submit free listings to [calendar@naAtlanta.com](mailto:calendar@naAtlanta.com) and paid listings to [ads@naAtlanta.com](mailto:ads@naAtlanta.com).

### FRIDAY, MARCH 6

**Sustainable Atlanta Roundtable** - 7:30-9am. Topic: Building the Regenerative Economy in the Southeast Region. Southface Eco-Office, 241 Pine St NE, Atlanta. Southface.org.

### SUNDAY, MARCH 8

**2020 KIDFITSTRONG Fitness Challenge Atlanta** - 11am-7pm. Features a variety of activities for the whole family to enjoy including active gaming fun for all ages and on-site programming designed to inspire kids and families to live a more active and healthy lifestyle. Free. Piedmont Park, 400 Park Dr NE, Atlanta. [Tinyurl.com/r4smcpo](http://Tinyurl.com/r4smcpo).

### MONDAY, MARCH 9

**Transmission Meditation** - 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Annex, Clifford Steele Building, 5505 Roswell Rd, Atlanta. 404-680-7423. Info-se@share-international.us. [Share-International.us/se/upcoming\\_events](http://Share-International.us/se/upcoming_events).

### THURSDAY, MARCH 12

**Trees Atlanta's Lunch and Learn: Discovering the BeltLine's Native Plants** - 12-1pm. Bring your lunch and learn about the restoration of native plants with Brian Williams, Urban Forestry Director at Trees Atlanta. Free. Trees Atlanta Kendeda Center, 225 Chester Avenue SE, Atlanta. [ParkPride.org](http://ParkPride.org).

### FRIDAY, MARCH 13

**ChantLanta Sacred Music Festival** - Mar 13-15. A charity benefit in support of The Learning Tea, an organization that funds college educations for at-risk young women in Darjeeling, India, transforming their lives individually and the communities where they live. Includes music and workshops. Donations. Church at Ponce & Highland, 1085 Ponce de Leon Ave NE, Atlanta. [ChantLanta.org](http://ChantLanta.org).

### SATURDAY, MARCH 14

**Dances of Universal Peace Workshop at ChantLanta** - 11:45am-12:45pm. A spiritual practice employing evocative movements and singing sacred phrases and poetry from the world's spiritual traditions. The steps are simple and easy to learn. Donation. Church at Ponce & Highland, 1085 Ponce de Leon Ave NE, Atlanta. [ChantLanta.org](http://ChantLanta.org).

### SUNDAY, MARCH 15

**Doggie Dash and 5K** - 8am, registration; 9am, start. This dog friendly event invites participants with and without dogs to experience the park alongside 4-legged friends to benefit the Piedmont Park Dog Parks. Begins at Magnolia Hall, Piedmont Park, Atlanta. [PiedmontPark.org](http://PiedmontPark.org).

**Family Fun Day: Flying into the Future** - 12-4pm. Come ready to learn about flying animals and test your tinkering skills with our STEM-themed partners and activities. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. [ChattNatureCenter.org](http://ChattNatureCenter.org).

**Rescue Dog Games** - 1-6pm. An interactive, fun field day of silly and competitive games for dogs and their humans, plus pet vendors, a dog costume contest with a St. Patrick's Day theme, adoptable dogs, beer and food. Free, except the optional \$10 V.I.P Puppy Experience. Piedmont Park, Atlanta. [RescueDogGames.com](http://RescueDogGames.com).

### SATURDAY, MARCH 21

**Naturally Resilient: 2020 Conference Tour** - 8:45am-12pm. On this tour, get a behind-the-scenes look at 3 sites that demonstrate what's possible using natural green infrastructure to manage stormwater, improve a watershed, and increase quality of life within a community. \$5. Washington Park Tennis Center, 1125 Lena St NW, Atlanta. [ParkPride.org](http://ParkPride.org).

**Indie Green Festival** - 11am-6pm; 3-4pm, Vegan Fashion Show. Discover diverse vegan and plant-based cuisine while shopping with local artisans. Also has guest speakers, vendors and a kids' zone. Free. CUMC Church, 1340 Woodstock Rd, Roswell. [IndieGreenFestival.com](http://IndieGreenFestival.com).

**Building the Blueway: 2020 Conference Tour** - 1-3pm. Learn about what it takes to build a pedestrian trail system in a heavily developed area with sensitive natural features while enjoying the scenery on the way. \$5. Blue Heron Nature Preserve, 4055 Roswell Rd NE, Atlanta. [ParkPride.org](http://ParkPride.org).

**Message of Hope** - 2pm. If you believe in justice, equality and peace, we invite you to join us for a "Message of Hope," an engaging DVD featuring the late Benjamin Creme as he discusses the brilliant future just ahead. We can do so much more together. Clarkston Library, 951 N Indian Creek Dr, Clarkston. 404-680-7423. Info-se@share-international.us. [Share-International.us/se/upcoming\\_events](http://Share-International.us/se/upcoming_events).

### SUNDAY, MARCH 22

**Workforce Development in Southwest Atlanta: 2020 Conference Tour** - 9-11:30am. Join this interactive and engaging tour of green infrastructure and arts/creative placemaking projects completed in the Utoy Creek Watershed. \$5. Outdoor Activity Center, 1442 Richland Rd SW, Atlanta. [ParkPride.org](http://ParkPride.org).

**Banff Mountain Film Festival** - 7pm. This year's tour features a collection of the most inspiring and thought-provoking action, environmental and adventure mountain films. Georgia Tech's Ferst Center for the Arts, 349 Ferst Dr NW, Atlanta. More info: [GeorgiaConservancy.org](http://GeorgiaConservancy.org).

### WEDNESDAY, MARCH 25

#### TRANSMISSION MEDITATION

7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free.

#### Friends House

701 W Howard Ave, Decatur.  
404-680-7423.

Info-se@share-international.us.  
[Share-International.us/se/upcoming\\_events](http://Share-International.us/se/upcoming_events).

### THURSDAY, MARCH 26

**The Nature Club Dine and Discover** - 7-9pm. Survival Tricks of the Trail with Mark Warren. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: [ChattNatureCenter.org](http://ChattNatureCenter.org).

### FRIDAY, MARCH 27

**Spring Native Plant Sale** - Mar 27-28 & Apr 3-4. 10am-5pm. Over 120 species of plants available, and horticulturists and knowledgeable volunteers on site to help you plant the garden of your dreams. Herbs and veggies for the edible garden and more. Free admission. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: [ChattNatureCenter.org](http://ChattNatureCenter.org).

### TUESDAY, MARCH 31

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# ONGOING EVENTS

## sundays

**R.A.W (Ready, Able, Willing) Life Yoga** – 9-10:45am. With Basu Amir. Tassil's Raw Reality at I Am Ascension Temple of Love (upstairs), 1059 Ralph David Abernathy Blvd, Atlanta. 678-683-2513. Instagram.com/r.a.w.life?igshid=srxft2ttztrrh.

**Sunday Experience** – 9:30am, Adult Study; 10:10am, Meditation; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. 404-417-0008. slc-atlanta.org.

**A Course in Miracles** – 9:30-11am. This informal class consists of prayer, text reading, discussion, an ACIM daily lesson and mutual support. With Nina Vance. Love offering. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

**Meditation Service** – 10am. See website for complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

**Meditation Instruction** – 10-11:30am. Free instruction for newcomers and practitioners at our Open House. Free childcare. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

**Sunday Meditation, Talk and Fellowship** – 10:30-11am, personal, silent meditation. All are welcome to meditate or sit quietly. 11am-12pm, talks followed by Q&A and discussion. 12-1:30pm, tea, coffee, snacks, fellowship. Vedanta Center of Atlanta, 2331 Brockett Rd, Tucker. 770-938-6673. VedantaAtlanta.org.

**Meditation Class: Sandy Springs** – 10:30-11:45am. We begin each class with a short meditation, followed by a practical teaching, and end with a brief meditation based on the teaching to help integrate it into our daily lives. \$12. Loving Hut Vegan Cuisine, 220 Hammond Dr NE, Ste 302, Sandy Springs. MeditationInGeorgia.org.

**Circle of Sacred Earth** – 11-12 noon. Every Sunday except the first. A sacred gathering of sharing from the heart. The experience begins with a leader speaking on a spiritual topic then opening the floor for response. Heron House, 102 Russell Rd, Mountain Park, GA 30075.

**One World Spiritual Center: Celebrating One World, One Heart Sunday Service** – 11am. Held at the Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-214-6938. OneWorldSpiritualCenter.net.

**Reading Service** – 11am. See website for a complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

**Shamanic Journey Meditation** – 11am-12:30pm. First Sunday of every month. Experience Shamanic Journey as pathway to inner peace, healing and wisdom. Drums and rattles welcomed. Hosted by Gailie Spirit Weaver. Love donation. The Heron House, 102 Russell Rd, Mountain Park. For more info, RSVP & check schedule: Meetup.com/ShamanicJourney.

**Free Meditation & Self-Reflection Workshop** – 11:30am-12:30pm. Experience bliss and tranquility, and learn about the essence of meditation, basic posture, breathing meditation and the basics of self-reflection. Free. Happy Science Meditation Center, 1874 Piedmont Ave, Ste 360-C, Atlanta. 404-892-7770. Atlanta.HappyScience-NA.org.

**Health & Success Seminars** – 1:30-2:45pm. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-NA.org.

**Healing Circle** – 2-4pm. 1st Sun. With Vicki Evans. A demonstration of energy healing will be done with a couple of lucky volunteers. Everyone who attends will receive a few minutes of healing and maybe even a word of encouragement and guidance. Antlers and Wings, 245 E Trinity Pl, Ste 1210, Decatur. 404-861-6216. AntlersNWings.com.

**Monthly Feminine Energy Empowerment Seminars** – 2:15-3:30pm. 4th Sun. Topic changes monthly. Designed with the particular needs of the transformative woman, these workshops deal with topics pertinent to spiritual empowerment, health and wellness, and living your authentic self. \$15. Hidayah Reiki, 4282 Stone Mountain Hwy, Ste K, Lilburn. 678-438-6442. HidayahReiki.com.

**Free Community Meditation Class** – 7:30-8pm. A guided mindfulness meditation class led by Namrata. Includes some instruction on mindfulness and concentration techniques, as well as time to practice in silence. Sati

Yoga, 5575 New Northside Dr, Ste 100, Sandy Springs. Tinyurl.com/y4uhrtryr.

## mondays

**Monday Night Ride: Larry's Winter Edition** – 6:30pm. 17 miles; 15-17 mph (no drop). A good ride for a Monday, not too slow but isn't a strenuous ride either. No ride if raining. Roswell Bicycles, 670 Houze Way, Roswell. BikeRoswell.com/events.

**Monday Night Meditation** – 7-8pm. An instructor-led meditation and discussion as we develop our meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

**One Breath at a Time: Buddhism and the 12 Steps** – 8-9:30pm. Also Thurs, 7:30-9pm. Meetings start with 10 mins of shamatha meditation. Reading from One Breath at a Time followed by open discussion. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

## tuesdays

**Gentle Kemeti Yoga** – 10:30am. All-level class focuses on the breathe and simple stretching and toning techniques to help with relaxation and mobility. Class borrows hatha and kemeti style postures and meditations. First class free; \$10/drop-in. Decatur Recreation Center, 231 Sycamore St, Decatur. Tinyurl.com/r6o7868.

**Let's Meditate Atlanta** – 12-1pm. Sahaja Yoga meditation sessions are always free. East Roswell Library, 2301 Holcomb Bridge Rd, Roswell. Facebook.com/groups/WeMeditateGroup.

**Meditation and Internally Focused Qigong Practice** – 6:30-7:30pm. Focus on Taoist meditation practices and qigong (energy practices) to support higher quality meditation and stillness. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. DecaturHealingArts.com.

**Sierra Club Meeting** – 7pm, refreshments; 7:30pm, program. 2nd Tues. Georgia Chapter Office, 743 E College Ave, Ste B, Decatur. More info: Georgia.SierraClub.org/Atlanta.

**Introductory Presentation on Meditation and Positive Living** – 7-9pm. Come and enjoy this most inspiring of topics to reach your highest potential as soul. Free. Life Enrichment Center, 1340 McConnell Dr, Decatur. To register, Dhana: 404-273-5704. Santmat.net.

**Let's Meditate Atlanta** – 7-8pm. Sahaja Yoga meditation sessions are always free. Mountain View Regional Library Study Room, 3320 Sandy Plains Rd, Marietta. Facebook.com/groups/WeMeditateGroup.

**Meditation on Twin Hearts** – 7-8pm. This meditation works on the physical, mental and spiritual levels to open the heart chakra and the crown chakra, thereby enabling you to draw down a great amount of high-quality divine energy into the crown. Donations of \$10 & up accepted. The Center for Love and Light, 1145 Zonolite Rd, Ste 7, Atlanta. With-LoveAndLight.com.

## wednesdays

**Southface Public Tour** – 10-11am. Led by junior staff and see the features of the Eco-Office that allow it to use 50% less energy and 80% less water than traditional office building of its size. Free; \$5 donations accepted. Southface Eco-Office, 241 Pine St NE, Atlanta. Southface.org.

**Noon Time Four Stage Meditation** – 12:15-12:45pm. With Minister Bob Imai. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-na.org.

**An Introduction to the Happiness Program** – 6:30-7:30pm. We all want happiness but how do we get there? Come find out how in a fun-filled, interactive and informative session. Includes: guided relaxation through the breath; light yoga & stretching; insights into the nature of mind; guided meditation; Q&A session. Free. Art of Living Atlanta Center, 7730 Roswell Rd, Ste 400, Atlanta. ArtOfLiving.org/us-en/atlanta.

**Weekly Wednesday Meditation Class** – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. MeditationCircle.org.

**Spiritual Women Entrepreneurs Network** – 7-9pm. Meets the 2nd Wed each month for a Cookies + Connection networking and mastermind event. Soul, Mind, Body, 3115 Piedmont Rd, Ste D102, Atlanta. RSVP: Meetup.com/SpiritualWomenEntrepreneursAtlanta.

**Medicine Circle: Healing Chants from the Buddha Dharma** – 7:30pm. A community offering for anyone who is in need of healing, or anyone who knows someone who is in need of healing. Free; donations accepted. Candler Park Yoga, 1630-D Dekalb Ave, Atlanta. MantraChant.com/medicine\_circle.

**Wednesday Night Meditation Service** – 7:45-8:30pm. Features guided meditation, chanting, silence and prayer. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

## thursdays

**Monthly Park Meeting** – 7:30-9am. 2nd Thurs. Park Pride brings together community leaders and park advocates from throughout Atlanta for education, networking and strategy. More info: ParkPride.org.

**Light Workers Support Group** – 11am-1pm. A support group for beginning and current Light-Workers, Star Seeds, Earth Angels. All practices welcome. Commune with others, share experiences and connect with a conscious community of individuals dedicated to rising the vibration of others. Lake Claire Community Land Trust, 270 Arizona Ave NE, Atlanta. 708-320-942. Thetxlp.com.

**Midday Meditation** – 12-12:45pm. With Kisha Lee Crawford. Meditation practitioners of all levels welcome. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

**Orientation to Energywork** – 7pm. 1st Thurs. Introduction to channeling and energywork. Bill will explain concepts of channeling, energywork, remote healing, transfer process, and potential benefits of energywork. Free. One block from Midtown Marta Station. To reserve a seat: 404-423-5747. inmatehealingbill@gmail.com. EnergyworkATL.com.

**Meditation Practice Group** – 7-8pm. 2nd & 4th Thurs. A free program for new and experienced meditators who wish to learn how to meditate or deepen their practice of meditation on the inner light. No experience necessary. All welcome. Sevanda Community Room, 467 Moreland Ave NE, Atlanta. Cindy: 770-363-8935 or Infose@sos.org.

**Twin Hearts Meditation** – 7:30-8:30pm. This meditation is an act of service. We use divine energy to bless the planet,

our loved ones and every part of our life. Atlanta Pranic Healing Center, 1955 Cliff Valley Way NE, Ste 215, Atlanta. 470-333-2742. AtlPranicHealing.com.

**One Breath at a Time: Buddhism and the 12 Steps** – 7:30-9pm. See Mon listing. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

## fridays

**Environmental Sustainability Board Meeting** – 8-10am. Decatur City Hall, Conference Rm, 509 N McDonough St, Decatur. Lena Stevens: 404-370-4102 or Lena.Stevens@DecaturGA.com.

**Group Meditation** – 7pm. Free. Science of Spirituality, 3071 Peachtree Industrial Blvd, Ste 200, Duluth. Call/text 404-948-5001. RSVP: Meetup.com/sosatI. sos.org/find-programs.

## saturdays

**Bike Roswell Saturday Morning Ride** – 9am. Informal, year-round group ride that rolls along 25 miles of the beautiful Roswell Mayors Ride route through Roswell. Riders of all abilities. Roswell Area Park (Front Lot), 10519 Woodstock Rd, Roswell. More info: BikeRoswell.com/events.

**Glow of Love Saturdays** – 10am. Volunteers wanted. Come rain or shine we will be in attendance gaining knowledge, volunteering our times, and tending to the most precious herb garden. Refreshments and a mini-herb lesson. Free. Grow2Glo Herb Garden, 2215 Browns Mill Rd SE, Atlanta. Tinyurl.com/yxtc8g8w.

**Free Community Meditation Class** – 12:30-1pm. A guided mindfulness meditation class led by Namrata. Includes some instruction on mindfulness and concentration techniques, as well as time to practice in silence. All welcome. Sati Yoga, 5575 New Northside Dr, Ste 100, Sandy Springs. Tinyurl.com/y4uhrtryr.

**Serenbe Farms Tour** – 2-3pm. Learn how Serenbe Farms uses sustainable practices to grow and harvest more than 300 varieties of heirloom and hybrid vegetables, herbs and flowers. \$10. Serenbe Farms, 8715 Atlanta Newnan Rd, Chattahoochee Hills. Tinyurl.com/y6hm9xlq.

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**Human Design 101** – Mar 8. 5-6pm. With Lauren Ivy Health. Human Design provides a deeply personal system for self-awareness, authenticity and transformation. Will cover an overview of the system and some of the key areas that are found in a Bodygraph chart, such as energy type, strategy and inner authority. Free.

**Book Signing: Letters From a Better Me** – Mar 15. 4-6pm. With Rachael Wolff. It's easy to make a difference in the world when you focus on healing yourself first; that is exactly what Rachael Wolff teaches in her new book, Letters From a Better Me: How Becoming an Empowered Woman Transforms the World. Free.

**Manifest Your Dreams and Desires with the New Moon** – Mar 24. 7-8:30pm. With Lorenzo Sanford. In this class explore the power of using the new moon as a timing device to access, attain and accomplish the desires of your heart. \$20. Preregistration recommended.

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**Recovery and Reconciliation** – Mar 4, 11 & 25. 6:30-8:30pm. With Corey Dobyns, LMT. Group experience held within a trauma-informed awareness. Through a series of reflection, practice and dialogue explore ways to work through the feelings of isolation and into an expanded connection with ourselves and the

people around us. A closed group for people in addiction/alcoholism recovery with 1 yr or more of sobriety. \$450.

**Divine Feminine Women's Circle** – Mar 13. 6:30-9pm. With Janet Raftis. The circle creates a life force energy that allows women to connect heart-to-heart and soul-to-soul, to be met, seen and

heard for the powerful and sacred beings that they are. \$44.

**Advanced Mediumship Weekend** – Mar 20-22. With Jamie Butler. This intensive class will help you get your mind, body, emotions and soul all focused on one goal: the communication to the energy all around you. \$650.

# Seven years without a 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 Gaucci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

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

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

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

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

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



**Dr. Bill Keevil:** 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.

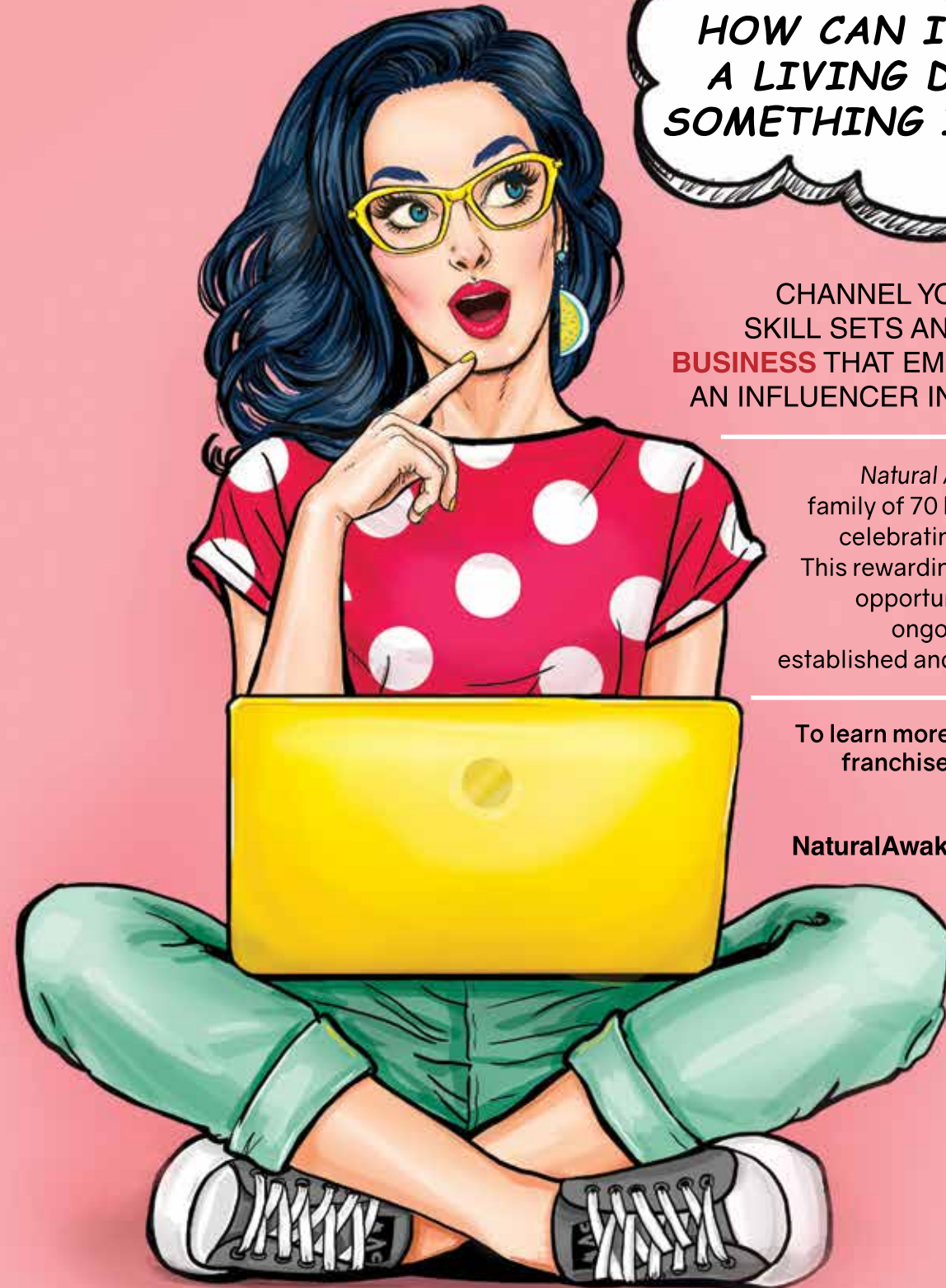
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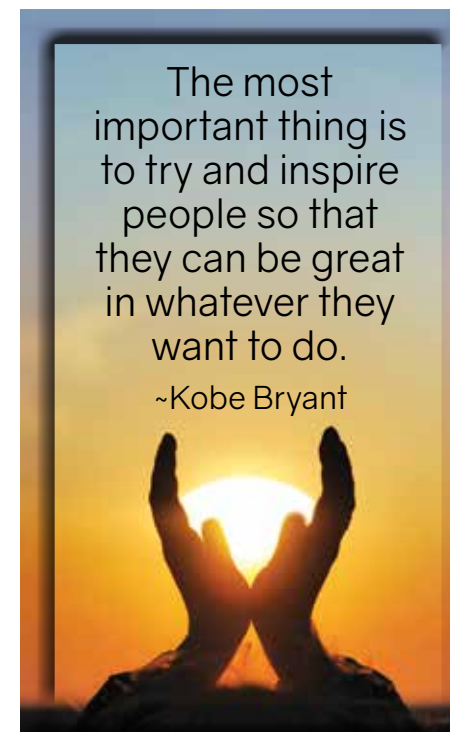
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The most important thing is to try and inspire people so that they can be great in whatever they want to do.  
~Kobe Bryant

# Awake is My New Normal



by Christopher Hancock

From a very young age, I've had an innate knowing that there was more to the universe beyond what I was experiencing with my five senses. I didn't resonate with any religion but felt drawn to magic, mediums and nature. In my adolescence, I had experiences that were anything but normal, from electrical phenomena to psychic readers telling me I had psychic abilities—which I refused to believe. I was naturally drawn to healthy living and metaphysics, but I never understood why.

At the same time, I considered myself to be a science-minded person, but certain ideologies simply did not fit into my scientific framework. A variety of experiences in my life, including a turbulent relationship, transitioning to a vegan lifestyle and some wild and even bad mushroom trips, acted as catalysts for spiritual growth and chakra openings—which I did not believe in at the time, either.

It wasn't until three months after my 27th birthday in 2018—as predicted by a psychic years before—that I had an ascension “upgrade,” also known as “kundalini rising.” As I was completing a task at work, I felt my heart suddenly drop and my body start to vibrate, and I began to panic. While I wasn't hyperventilating, and there didn't seem to be anything on my mind causing the anxiety, I knew something wasn't right. For weeks after that, I didn't sleep. I remained in a state of anxiety and hysteria, wavering from worry to panic all day every day.

The top of my head and the center of my forehead felt as if they were caving in. I felt dissociated, had sudden suicidal ideations. Parts of my body would move on their own, especially when I was trying to go to sleep. I'd get jerked out of bed, which would prevent me from falling into any kind of repose. I began to see sparkles of light in my vision and many other unusual effects.

After spending \$400 on herbal supplements, seeing a therapist, seeing a medium and getting bloodwork done (everything came back normal), I was referred to an energy healer, and, without hesitation, I went. When the session was over, I did not feel the panicky pain in my solar plexus anymore, and I was finally able to sleep again. She told me that I'm an empath and that it was time that I “owned this gift.” All I remember is feeling more lost than I had ever felt in my entire life.

I never would have imagined in my wildest dreams what would happen next. Just a few months later, I moved to Atlanta on a whim, and since then I have had incredible experiences with more upgrades, the ability to see orbs, prana and auras, intense psychic abilities, prophetic dreams, insane synchronicities, and many more such symptoms of ascension. I now know why they call it “spiritual awakening”—it's because you actually become aware of your connection to all that is, in unexplainable ways, and you wake up to your own divine potential.

Once I knew I was awake, I began to feel love for plants and animals and stars in ways that mere physical words can't express. My ability to feel what others are feeling is so strong it's overwhelming, but I can now accept my highly sensitive abilities and own the idea of loving myself unconditionally. And even though I am still just beginning my ascension journey, I am drawn to helping others who are experiencing it. I want to encourage them to consider the possibility that nothing is wrong with them because I am them and they are me.

I can no longer deny my multidimensional beingness; I know in my heart that this is an experience that my soul came here to have. This is the time of great awakening, and, as often as I want to go back to sleep, I now know that you cannot un-expand a consciousness. Awake is my new normal.



*Christopher Hancock is an area sales manager by day and a student of metaphysics by night. He is an empath and intuitive and helps others with their own awakening process. Contact him at covyn713@gmail.com.*

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## YOUNG AGAIN

### How X39® Turns Back the Clock

LifeWave's revolutionary X39® patch is the first product ever designed to activate your body's stem cells. Here's why this is a REALLY BIG DEAL.

#### Stem Cells

“Stem cells are the body's raw materials — cells from which all other cells with specialized functions are generated,” says the Mayo Clinic.

In other words, stem cells generate healthy cells that replace diseased cells, and they can be guided into generating the specific cells your body needs to repair and regenerate diseased or damaged tissue.

However, stem cell activity declines with age. By 60, our bodies' stem cells show very little activity. That's why older people heal more slowly.

Stem cell therapy is the potential solution to this situation which has, perhaps, received the most attention. But as of now, it is not a viable alternative for a number of reasons: It's too risky—there's a 30% chance that injected cells will damage your body instead of helping it; the chance of success is only 30%; and it's very expensive.

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But like stem cells, GHK-Cu levels decline with age. By age 60, our GHK-Cu levels have dropped by 60%.

By increasing GHK-Cu levels and activating stem cells, we can seemingly grow younger as stem cells differentiate themselves to promote organ repair and regeneration.



#### Enter LifeWave

Founded in 2004 by David Schmidt, LifeWave has harnessed the power of peptides. And with its newest product, X39®, it has harnessed the power of GHK-Cu.

LifeWave is a leader in the field of light therapy, which involves the exposure of daylight, or specific light wavelengths for a prescribed amount of time. LifeWave's patch products respond to the heat from one's body and in turn transmit specific wavelengths of light back into the body.

What X39® does is reflect back specific wavelengths of light that trigger an increase of GHK-Cu, which in turn provides a host of benefits including stimulating stem cell activity.

Says Schmidt: “I can truly say that at this point in my life, X39® is my greatest achievement.”

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While our graphic highlights the benefits of X39, nothing tells the story like personal stories.

*“I have noticed after I have been using X39 for 2-3 weeks my skin looks much younger, healthier and shines 24/7 with or without makeup.”*

*~Betty Aslanis*

*“My wife has had severe hip pain for years. After the second patch, these were her words: ‘It's a miracle!’ She had not been able to move her leg in certain directions, but now she can!!!”*

*~Dr. Michinori Tao*

*“I have been surprised by my husband's results: He suffered from depression, with anger issues, joint stiffness and muscle twitches.*

*While sleeping, he often screamed... After just 20 days my husband got back to being a quiet gentleman with a sweet smile, no grudge nor anger, and he walks normally!”*

*~Rossella Savo*

#### Try X39® At No Risk!!!

If turning back the hands of time is not the most exciting news you've ever heard, here's the best part: Try a month's supply at no risk whatsoever.

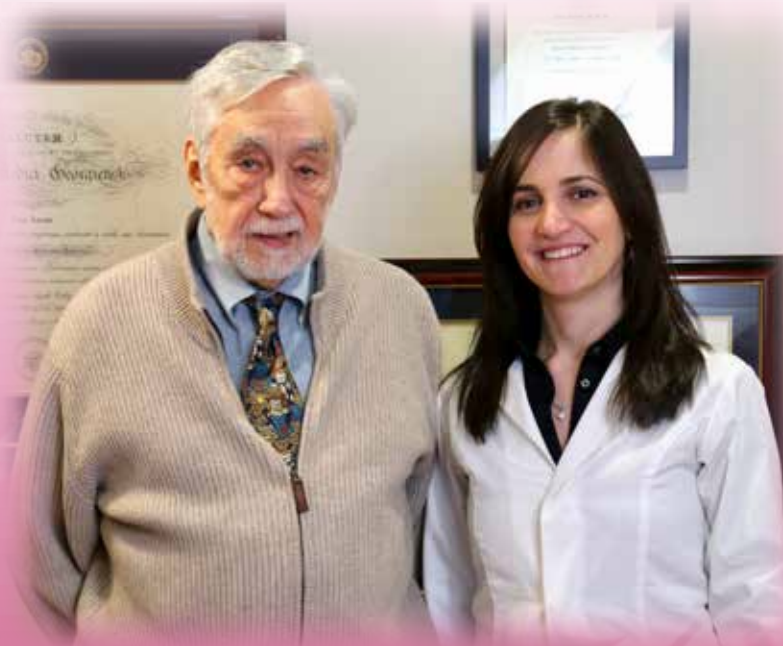
Our Money Back Guarantee means we're confident that nearly everyone will experience noticeable benefits from X39®. After all, stem cells grow into whatever a specific body needs!

To inquire or order, call:  
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**Start your journey to a new you today. And remember, the new you can be a younger you!**



## Mercury Free and Mercury Safe Biocompatible (Holistic) Dentistry.



The Rose Dental team is comprised of experienced dental professionals practicing mercury-free and biocompatible dentistry decades before it was a cool industry catchphrase (Dr. Ron Dressler, since 1975).

Rose Dental uses natural therapies (often in combination with conventional ones) to prevent, diagnose, and treat diseases of the oral cavity safely and healthfully.

**Call or text us today 678.528.6747**

We are conveniently located in the heart of Tucker, GA. We have free parking on the premises.  
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