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## letter from the publisher

# One Connected Human Family



**G**rowing up my parents were often on the opposite sides of issues and the voting booth. It took me longer than many of my peers to decide where I stood on many societal issues. I believe it was a result of regularly hearing many perspectives. I'm very grateful that I was raised in an environment that was based in love and respect and allowed for differences of opinion.

In our Wisewords article [page 34], Stephen Dinan, founder and CEO of The Shift Network, shares his vision for what's possible when we can engage from a higher vantage point of interconnectedness. "Bifurcations, which happen when we identify with a part of reality and make the rest wrong, bad or problematic, keep us in a state of suffering," says Dinan. "It's about our unity as one human family. When we can redesign our society from this standpoint, we're fulfilling the deepest principles upon which this country was based." The concept of redesigning from a vantage point of connectedness is one I can easily get behind.

Connectedness of mind, body, and spirit has always been an integral part of our message. This year, keeping our readers, practitioners, and leaders in our natural health community connected is our primary focus. We are providing additional online content through our website and social media and invite you to join our digital community. Together we can support each other to maintain a natural and balanced lifestyle as we move through these unusual times.

In this issue, we focus on the tips for a healthy gut microbiome and how these microorganisms can impact our overall health [page 26]. Find out what local herbalists recommend for a healthy gut [page 28] and hear our interviews with them for more in-depth information on our website. Discover why knowing where your meat comes from can impact your health [page 22]. And celebrate July 4th with inspired healthy grilling recipes [page 33]. As we enjoy the nation's birthday this month, let's toast to a united future.

*Happy 4th of July,*

Kris Urquhart, Publisher



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## Never Glossy. Always Green.

Natural Awakenings practices environmental sustainability by using newsprint on uncoated stock. This choice avoids the toxic chemicals and high energy costs of producing shiny, coated paper that is hard to recycle. For more information, visit My-NA.com.

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

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

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

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

### REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit [NaturalAwakeningsMag.com](http://NaturalAwakeningsMag.com).

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## news briefs

### Dr Ruth Rodriguez Releases New Book

Ruth Rodriguez, D.O. and board-certified Osteopathic pediatrician with over 25 years of experience, is pleased to announce her new book, *Natural Solutions for Your Child and Family: A Pediatrician's Path to Wellness*. The book is now available on Amazon and Kindle Unlimited and has been rated first in the osteopathy category and top 100 for books under medical.



Dr. Rodriguez suffered frequent illnesses and even with her experience as a western medicine physician, she was unable to effectively heal herself. Concerned about the negative side effects of medications and toxic ingredients, she began her quest to reconnect with her roots and the all-natural remedies applied by her grandmother when she was a child.

In this book, she covers her personal journey, the mind-body-spirit connection, toxic products, medications with toxic ingredients, choosing all-natural products, and applying natural remedies for a healthy child.

"I wrote this book to help guide you towards choosing holistic and all-natural solutions for your children's and family's health and wellness," says Dr. Rodriguez.

For more information, visit [NaturalSolutionsWithDrRuth.com](http://NaturalSolutionsWithDrRuth.com) or find the book on Amazon. ▶ Hear more about holistic health for your children in our video interview with Dr. Ruth Rodriguez at [my-NA.com/HealthyKids](http://my-NA.com/HealthyKids).

### Quantum Creation: Manifest Your Dreams Program Online

Kumari Mullin of Kumari Healing is excited to be offering a groundbreaking, live online video program in July. The program represents a distillation of 33 years mastering the art of manifesting at the highest vibrational levels.



Participants will learn energy alchemy techniques to release old patterns blocking their abundance and well-being. "They will transform their ability to quiet the drama, increase their intuition and tap into their innate power to create more happiness, health, prosperity and spiritual connection," says Mullin. "One participant shared that this course was life-changing for her since after 10 years of debilitating illness, she had her health, practice, and love life back; and she fulfilled a dream of becoming a certified yoga instructor."

Mullin is an internationally recognized spiritual leader, intuitive healer, master coach and best-selling author. She was a civil rights attorney when her father died of cancer in 1988, inspiring her to master energy medicine. "My deepest joy is awakening you to activate your innate healing, intuitive and manifesting gifts," says Mullin.

*This six-week program starting Tuesday, July 21, includes all video replays, bonus videos, handouts and private online forum. For more information or to register, visit [DivineHumanInstitute.com/Quantum-Creation](http://DivineHumanInstitute.com/Quantum-Creation). ▶ Hear more about energy healing our video interview with Kumari Mullin at [my-NA.com/FindBalance](http://my-NA.com/FindBalance).*

# Digestive System

How does the Digestive system affect your Immune System ?

Digestive disorders are rampant in this country and millions are affected by some sort of indigestion symptom. When your digestive system is not functioning properly, your immune system loses its ability to fight off viruses. Traditional Chinese Medicine (TCM) can help you deal with digestive problems. TCM is a very old medical system that utilizes many different modalities to treat imbalances in the body. Nausea, vomiting, diarrhea, constipation, bloating, and heartburn are just a few of the many digestive symptoms you may be suffering with. Don't wait to get relief, correct the problem today so you can enjoy your life!



Bo-Shih Ni



Beth Myers



Yang-Fen Sun

Our office is open by appointment only. We have secured a healthy environment by following the health & safety guidelines of CDC.

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## Anti-aging Spa Treatment Now Available at Home

Volcanic Origins has been in business since 1988, providing high-end spas and beauty salons all over the world with their Volcanic Ash Clay Masque. Creator and owner, Bob Johnson, now offers these products for everyone to enjoy in the comfort of their own home and he is pleased to offer online home-use discounts.



“Super penetrating, microscopic and absorbent particles, including Zeolite, draw up skin damaging toxins and impurities supporting an instant surface detox that shows actual face lifting effects on the outer loose skin and on the frontal neck, chin and jaw line areas,” says Johnson. “Made with Bentonite (volcanic ash clay) and Kaolin clays the masque improves surface appearance of puffiness, dark circles, crow’s feet, and sagging under-eye tissue. With full body use the super absorbent particles support an instant suction action on thighs and other surface cellulite-prone areas promoting actual inch reduction appearance.”

Johnson recommends regular use to combat the following problem areas: fine lines, wrinkles, age spots, discolorations, melasma, large pores, acne, psoriasis, cellulite, and eczema. This cruelty-free company only includes ingredients without artificial colors, perfumes, dyes or other harmful chemical additives.

For more information, before and after photos, and home-use discounts, visit [VolcanicOrigins.com](http://VolcanicOrigins.com) or call 888-745-6806 or 305-776-5865. See ads, page 19 and 27.



## LifeWorks Ranks Among Top Medical Clinics

Dr. David Minkoff and his wife Sue Minkoff, RN, founded LifeWorks Wellness Center, in Clearwater, Florida, in 1997, as a healing haven where people could obtain the best medical care possible in an environment where they would be treated like family. Since then, they have continued

to strive to provide the highest-quality natural medicine treatments and services for their clients.

LifeWorks is fast becoming one of the leading alternative medical clinics in the U.S., offering more treatments under one roof than many others, including hyperbaric oxygen therapy, IV therapy, ozone therapy, enhanced external counterpulsation, pulsed electromagnetic field therapy and more.

LifeWorks is especially suitable for those with undefined and unresolved underlying health issues, or for anyone just not feeling right. They have been successfully treating patients with a variety of stubborn conditions, including Lyme disease, cancer, chronic fatigue, inflammation, thyroid issues and cardiovascular disease. They conduct research to discover what has changed in the patient’s body and mind, revealing the root causes of health issues, and then treat them naturally with life-enhancing supplements and healing modalities.

Location: 301 Turner St., Clearwater. For more information or to make an appointment, call 727-466-6789 or visit [LifeWorksWellnessCenter.com](http://LifeWorksWellnessCenter.com). See ad page 39.



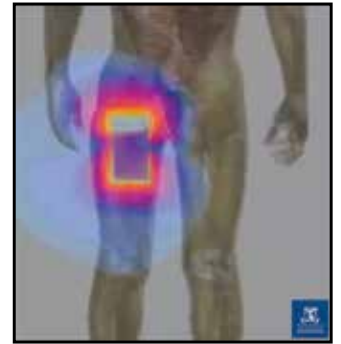
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Contact Michael Hatalovsky at 772-332-9405 for more information about our products and services and to book your **FREE EMF Home Evaluation**.

## space coast news briefs

### Yoga with Marilyn Resumes Classes

Marilyn Hallock, yoga instructor, is pleased to announce her Hatha Yoga classes have resumed. Held in Satellite Beach on Monday and Wednesday evenings, the classes are limited to nine students spaced six feet apart.

“Yoga is different things to different people, but to me, it’s love, giving love, and sharing love,” says Hallock. “Yoga is not just about the shape of your body, it’s about the shape of your life. While yoga allows your body to become flexible, it also helps clear your mind as you begin to let go of thoughts and things you need to do later. Yoga helps you focus on your breath leading to a calmer clearer mind.”

*Classes are held on Monday and Wednesday from 6:30 p.m. to 7:45 p.m. Location: Pelican Beach Clubhouse, 1495 N. Hwy A1A, Satellite Beach. Text/Call 321-604-0767 in advance to ensure space is available. Bring a yoga mat and a strap for stretching. See ad, page 17.*



## For Your Health Thermal Imaging New Location


Jessica Schneider, owner of For Your Health Thermal Imaging, is excited to announce her new location at

  
**For Your Health Thermal**  
DCRC/Clinical Nutrition/CRA/CPC Wellness Coach/D.PSc/CCT

Better Health and Wellness Center in Melbourne. It has been Schneider’s intention and vision for many years to be a part of a full-service wellness center. “I’m thrilled to be associated with a center that offers multiple holistic services under one roof,” says Schneider. “I feel I will be able to serve the community more effectively and efficiently.”

Thermography is a great screening tool for women with breast implants, dense breasts, fibrocystic breasts, and those at high risk for breast cancer, and breast cancer survivors. Thermography (Digital Infrared Thermal Imaging) is a non-invasive clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries by showing the thermal abnormalities present in the body. Thermography also provides a visual for inflammation in the body. “This powerful, radiation-free, and non-invasive procedure requires no contact with the body and can detect subtle physiologic changes even in dense breast tissue,” says Schneider.

Better Health and Wellness Center offers Zyto screening, Electro-dermal screening, massage, acupuncture, ionic foot detox, lymph drainage therapy, LED light therapy, infrared sauna and now thermal imaging.

*To schedule your thermography scan with Schneider, call Better Health and Wellness Center at 321-259-8250. They are located at 1803 North Wickham Rd, Melbourne. YourThermalHealth.com.  Hear more from Jessica Schneider in our video series at my-NA.com/FindBalance. See ad, page 12.*

## HIT THE **RESET** BUTTON ON YOUR HEALTH AND GET **RADIANTLY HEALTHY** IN 2020!



We are currently accepting new patients for Bioidentical Hormone Replacement, Peptide Therapy, Thyroid Imbalance, Autoimmune Disorders, Chronic Fatigue, and much more. Visit our website, [RH-MD.com](http://RH-MD.com), to learn about becoming a new patient and beginning your journey towards radiant health!

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## Smile Design and Wellness Center Keeps Patients Safe


The staff at Smile Design and Wellness Center (SDWC) is following the guidelines of the Centers for Disease Control and Prevention (CDC) and American Dental Association (ADA). Incoming patients are screened via questionnaire and temperature reading. Social distancing has been incorporated in the waiting room and all magazines and toys removed.

“Dentistry has always been on top of infection control,” shares Rob Brown, DDS. “We utilize the principle of Universal Precautions and assume that every patient could be potentially carrying an infectious agent. We sterilize all our instruments and use approved disinfection solutions to wipe down working surfaces.” In addition, all of their assistants and hygienists are wearing face shields.

Postponed dental work can result in increased inflammation, particularly the gum tissue. “We know that this impacts the immune system and those with compromised immunity are more vulnerable to COVID-19,” says Dr. Brown. “The further progression of dental disease is another problem. A cavity that could be restored may become an infected tooth that requires a root canal or extraction and another inflammatory episode.”

As of mid-June, there has been no reported transmission of COVID-19 at a dental office. “If patients are feeling healthy, they should not be fearful of going to the dentist,” says Dr. Brown.

SDWC is located at 5445 Village Drive, Suite 100 in Viera. For more information, call 321-751-7775 or visit [SmileDesignCenter.us](http://SmileDesignCenter.us).

 Hear more from SDWC doctors on holistic dental innovation in our video series at [my-NA.com/OralHealthVideo](http://my-NA.com/OralHealthVideo). See ad, page 18.



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favorite local  
natural health  
practitioners



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- Tips for boosting your immune system
- Learn why thermography is different from a mammogram
- Explore IV Vitamin Infusion Therapy



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Online: [myNaturalAwakenings.com](http://myNaturalAwakenings.com)

## Spirit Fest 2020 coming to Melbourne



The first annual Spirit Fest:

Metaphysical and Holistic Fair will be held on Saturday, August 1 and Sunday, August 2 at the Azan Shriners Center in Melbourne. From 11 a.m. to 6 p.m., there will be 35+ booths (limited for social distancing) with vendors, practitioners, readers, artists, and demonstrations.

“I’m excited to be bringing Spirit Fest to the central Florida coast,” says producer Mary Ellen Popyk. “You’ll find intuitive readers, crystals, jewelry, holistic health specialties, natural products, and much more. There will be something for everyone — our goal is that everyone will learn something new!”

Speakers and special guests are scheduled throughout both days on a variety of topics. The entrance fee is \$5. Children 12 and under attend free. Vendor opportunities are still available.

Visit [SanctuaryFL.com](http://SanctuaryFL.com) for more details. For questions, call 407-850-8440. The Azan Shriners Center is located at 1591 W Eau Gallie Blvd, Melbourne. The event will adhere to Center for Disease Control (CDC) guidelines for a safe and enjoyable experience. See ad, page 24.

## Corina Savela, LLC is Accepting New Clients



Corina Savela is pleased to offer her services as a Board-Certified Patient Advocate, Registered Guardian, Certified Dementia Practitioner and Licensed Health & Life Insurance Agent.

Having worked with seniors and their families since 2004, Savela turned her passion into a full-time business in 2018. Savela uses her experience and unique skillset to assist those preparing for and managing Medicare benefits and costs, to support individuals as they begin experiencing challenges with managing their everyday lives, and to offer guidance to family caregivers who may or may not live in the area.

Patient Advocates assess various resources — time, family, finances, support systems and personal desires — to develop care plan options. They then assist in implementing the chosen plan so individuals can live their lives as close to their desires as possible. Top concerns are living safely yet as independently as possible.

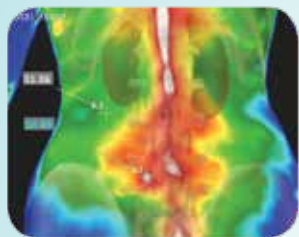
“As baby-boomers continue to enter into the elderly community, the need for Patient Advocates and Guardians will grow. ‘Elder Orphans’ are a group of people who may or may not be married and have no adult children,” explains Savela. “The other growing population is the caregivers: some are boomers, and some are younger sometimes called the ‘Sandwich Generation.’ They are caring for their family (children or grandchildren) and an older loved one and sometimes working as well. Patient Advocates can help.”

Corina Savela enjoys speaking to community and business groups about Medicare and aging topics. For more information, visit [CorinaSavellaLLC.com](http://CorinaSavellaLLC.com) or call 321-209-2998.

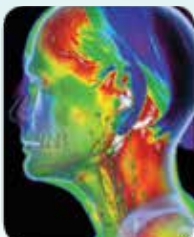
# STUART THERMOGRAPHY

## Early Detection Is Key To Overall Wellness

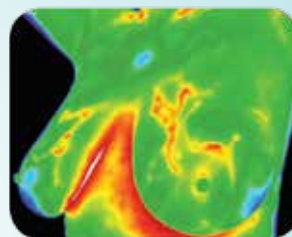
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NO RADIATION



NO COMPRESSION

Stuart Thermography offers the most comprehensive thermography experience across the Treasure Coast. A MD reviews each scan and provides a written analysis of areas of concern. Dr. Zanfini then reviews each analysis with the patient from a Functional Medicine standpoint, offering sometimes simple corrections and solutions to help alleviate each area of concern.

Appointments available Monday – Friday  
Complete Care Chiropractic and Wellness Center  
500 SE Dixie Hwy. • Suite 2 • Stuart

# 772-888-5269

## EMF Solutions Offer 5G Protection

Michael Hatalovsky is pleased to announce his recent certification as an EMF Specialist. A Holistic Nutritionist since 2000, in the fall of 2010 Hatalovsky began noticing many of his clients were not responding to their health regiments. This caused Hatalovsky to research reasons other than



nutrition that could be the cause of their symptoms. His research led to years of gathering information about the damaging effects of EMF Radiation. "There is real science behind this," explains Hatalovsky. "People can do the research for themselves; websites like Bioinitiative.org and EMFScientist.org make available an overwhelming amount of non-bias, scientific research papers and articles showing the harmful effects of EMF Radiation to our bodies and that of our pets, not to mention everything in nature."

Hatalovsky's extensive research gave him the desire to provide education on 5G protection. After investigating six companies, even doing before-and-after blood sample testing, Hatalovsky chose to work with EMF Solutions. "I found EMF Solutions' products to be superior at attacking the negative effects of 5G Radiation. The inspiration behind this technology is Corey Hillis, owner of EMF Solutions."

*For a limited-time EMF Solutions is offering free home and/or office evaluations. To see how EMF Radiation may be affecting you, your loved ones and your pets, call Michael Hatalovsky at 772-332-9405. See ad, page 7.*



## Calm Your Monkey Mind with Life Coaching and Spiritual Counseling

Rev Janice Cary, Unity Minister and Certified Life Coach, is pleased to offer simple and powerful tools to train the brain for success.

Cary teaches clients how to turn away from the internal chatter and onto something meaningful. "Your brain is a brilliant organ," says Cary. "It can think brilliant thoughts, or it can run away with you. Like a puppy, your brain can be trained to focus."

She works with clients who may wish to be successful in their career, experience harmony in relationships, or be a great teacher, parent or family member. As a Life Coach, she gives clients practical tools to lift above the fog of the "monkey mind." She encourages clients to take charge of their brain, listen to inner wisdom and experience with more clarity, focus ease and grace in their life.

Cary urges, "Take this opportunity to experience a series of individual coaching sessions designed specifically to discover: what is important to you, your life's intentions, your standards of integrity and to see the truth in yourself and others. Become 100% accountable in the matter of your life."

*For more information, contact Rev. Janice Cary at [Revjan101@bellsouth.net](mailto:Revjan101@bellsouth.net).*

*All sessions will be held over Zoom.  Hear more from Rev. Janice Cary including an exercise to focus the mind in our video series at [my-NA.com/FindBalance](http://my-NA.com/FindBalance).*





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natural awakenings

July 2020 11

## health briefs

# Try Turmeric, Ginger and Black Pepper for Osteoarthritis

For people suffering from the crippling pain and disability of osteoarthritis, the nonsteroidal anti-inflammatory drug naproxen, marketed as Aleve and other products, is a common prescription or over-the-counter medication, but it comes with side effects that can include gastrointestinal distress and higher blood pressure. In a study of 60 patients with chronic knee osteoarthritis, researchers at Iran's Isfahan University of Medical Sciences compared naproxen in a double-blind trial with a turmeric extract, ginger and black pepper combination. After two doses a day of each for four weeks, the levels of prostaglandin in patients taking the herbs matched the improvements in those patients taking naproxen. Prostaglandin levels gauge joint inflammation in osteoarthritis.



# Reduce Cognitive Decline with Tai Chi

In good news for the 10 to 20 percent of people over age 65 that suffer with mild cognitive impairment, research from China's Central South University, in Hunan, shows that practicing the gentle ancient martial art of tai chi can significantly improve memory, learning, mental speed and attention, the ability to formulate abstract ideas, mental flexibility and visuospatial perception. The research analyzed data from 10 studies that included 1,061 people with symptoms such as forgetting conversations and names, and having difficulty with complex tasks. "As it emphasizes mental concentration, physical balance, full-body stretching and relaxation, and relaxed breathing, tai chi has a great potential for becoming widely integrated into rehabilitation interventions for various medical and psychological conditions," write the study's authors.

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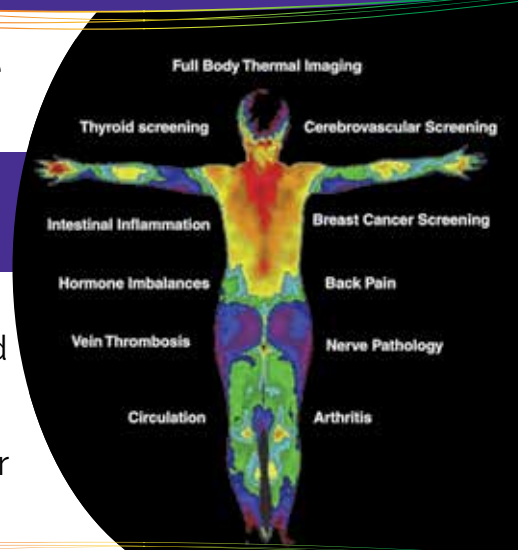
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## Reduce Artery Plaque Risk with Berberine

Berberine, an alkaloid compound found in goldenseal, Oregon grape, barberry and other herbs, can potentially reduce artery plaque, concludes a new study from the Hunan University of Chinese Medicine. Researchers studied the metabolic pathways for atherosclerosis using protein interactions developed from drug research. The database-driven research confirmed that berberine reduces artery inflammation and the thickening of blood vessel walls that can lead to atherosclerosis—the hardening of the arteries. Previous studies have found that berberine reduces blood sugar levels, accelerates weight loss and lowers bad cholesterol levels.

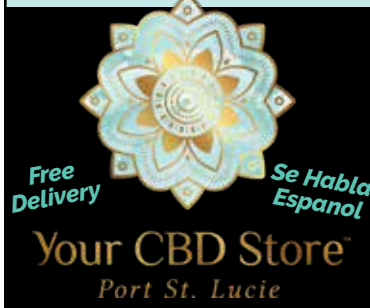
## Boost Motivation with Ayurvedic Bacopa

Feeling a lack of motivation and finding it difficult to find pleasure in life has a clinical name—*anhedonia*—and researchers from the University of Florence have found a promising treatment for it in *Bacopa monnieri*, also known as Brahmi, an Ayurvedic herb used for centuries to boost memory and cognitive performance. Dividing 42 patients with anhedonia into two groups, the researchers gave half of them the antidepressant medication citalopram (Calexa) plus 300 milligrams of Bacopa; the control group was given only the medication. After four weeks, the Bacopa group had significant improvements in symptoms and were able to experience pleasure more easily than the control group.



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## Help Recover from Stroke with Ear Acupuncture

Acupuncture in the ear can help speed rehabilitation of stroke patients, researchers from the Nanjing University of Chinese Medicine have found. In a study of 42 stroke patients, those treated with auricular acupuncture for just six days showed significant improvements in range of motion for arms and legs compared to those given standard acupuncture treatments and conventional rehabilitation.

## Avoid Chlorhexidine Mouthwash to Reduce Cavity Risk

Chlorhexidine gluconate, a mouthwash commonly prescribed by dentists to treat the swelling, redness and bleeding gums of gingivitis, actually increases acidic levels in the mouth, leading to an increase in cavity-causing bacteria, reports a new study from the UK University of Plymouth, published in the journal *Scientific Reports*. The researchers analyzed saliva and blood samples of 36 healthy people that used the chlorhexidine twice a day for seven days and compared the results to using a placebo for the same amount of time. Other recent research has found that the germicidal mouthwash disrupted the ability of oral bacteria to turn nitrate into nitrite, a key molecule for reducing blood pressure, increasing the risk of higher systolic blood pressure. Chlorhexidine has been used increasingly as a pre-rinse before dental procedures due to COVID-19 concerns.

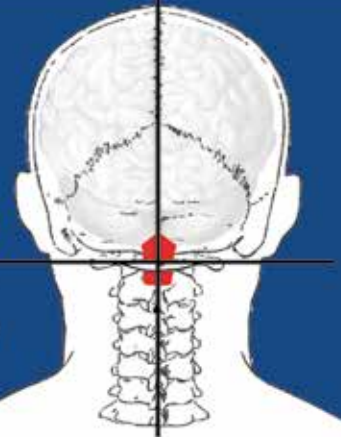


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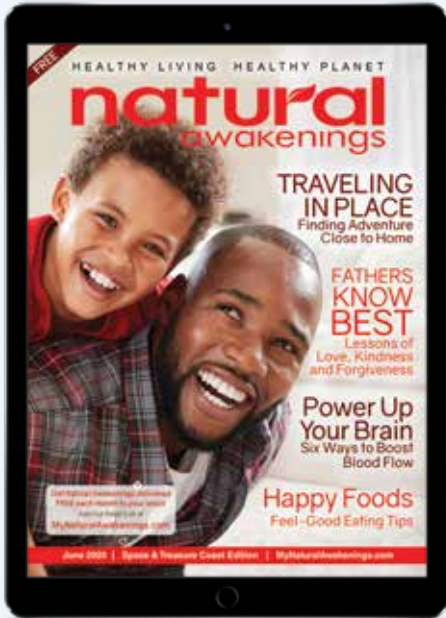
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**FIND EVENTS IN OUR ONLINE CALENDAR**

## global briefs

### Healthy Glow

#### Ultraviolet Radiation Suppresses Skin Inflammation

In research that could help target new treatments for skin cancer, British scientists have identified how human skin suppresses inflammation after exposure to ultraviolet radiation (UVR). In the study at the NIHR Manchester Biomedical Research Centre, healthy volunteers agreed for their skin to be safely exposed to a single, inflammation-causing dose of UVR. Skin samples were taken and researchers examined their immune profile and skin composition over time.

Results showed that the T-cells CD4+GATA3+ and CD8+GATA3+, which help the skin repair itself after UVR exposure, altered skin composition for 14 days. "They could be there to prevent abnormal skin growth or potentially to act as gatekeepers against further inflammation," says lead author Nathan Hawkshaw, Ph.D.



### Tree Believers

#### Forest Loss Leads to Spread of Human Disease

A new Stanford University study published in *Landscape Ecology* reveals viruses like COVID-19

that jump from animals to people will likely become more common as people continue to transform natural habitats into agricultural land. Researchers found the loss of tropical forests in Uganda put people at greater risk of physical interactions with wild primates and the viruses they carry, with implications for the emergence and spread of infectious animal-to-human diseases in other parts of the world. People have converted nearly half of the world's land into agriculture. Tropical forests have suffered the most, with some of the highest rates of conversion occurring during the last few decades. Study co-author Tyler McIntosh says, "At the end of the day, land conservation and the reduction of forest fragmentation is our best bet to reduce human [to] wild animal interactions."



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# COVID Kids

## Stress Can Impact Sperm and Future Offspring

Prolonged fear and anxiety brought on by major stressors such as the COVID-19 pandemic can not only take a toll on a person's mental health, but may also have a lasting impact on a man's sperm composition that could affect future offspring, reports a new study in the journal *Nature Communications*. University of Maryland School of Medicine researchers found that the effects of paternal stress can be transferred to offspring through changes in the extracellular vesicles; small, membrane-bound particles that transport proteins, lipids and nucleic acids between cells and interact with maturing sperm. They are produced in large amounts in the reproductive tract and play an integral role in sperm maturation.

"Connecting with our friends and loved ones by high-tech means or through simple phone calls can help us maintain ties during stressful days ahead," advises Joshua Gordon, M.D., Ph.D., director of the National Institute of Mental Health.



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## global briefs

### Sweet Serenade

#### Music as Medicine

A simple strategy—listening to music for 30 minutes a day—can lower post-heart attack anxiety and significantly reduce future cardiac risks, reports a new study from the University of Belgrade School of Medicine, in Serbia, presented at the American College of Cardiology Annual Scientific Session and World Congress of Cardiology. The researchers recruited 350 patients diagnosed with heart attacks and early post-infarction angina at a medical center. Half were randomly assigned to receive standard treatment while half were assigned to regular music sessions in addition to standard treatment. In a follow-up seven years later, the patients with music therapy on average had anxiety scores one-third lower than those on standard treatment and reported lower angina symptoms by about one-quarter. They also had an 18 percent reduction in the rate of heart failure; a 23 percent lower rate of subsequent heart attack; a 20 percent lower rate of needing coronary artery bypass graft surgery; and a 16 percent lower rate of cardiac death.



### Happy Thoughts

#### Mindfulness and Meditation May Promote Longevity



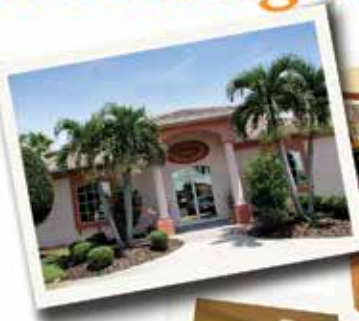
In addition to reducing stress and improving general health, mindfulness and meditation techniques have been linked to longevity, as marked by longer telomere length, a biomarker of human aging. In a new research paper in *Scientific Reports*, Spanish researchers at the Navarra Institute for Health Research, in Pamplona, reported that aging, which typically shortens telomere length, showed no association with that marker in a group of long-term meditators. They theorized that long-term meditation could be related to epigenetic mechanisms, in particular, gene-specific DNA methylation changes at distinct sub-telomeric regions. Lead author Maite Mendioroz, M.D., Ph.D., suggests that yoga practice and meditation are related to longer telomere length in blood cells, writing, "Leukocyte telomere shortening has been associated with several age-related conditions such as cardiovascular events, including stroke, myocardial infarction and cognitive performance."

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## eco tip

# Eco-Friendly Beach Tips

Maximizing Sun and Surf During Crises



Flocking to beaches is a normal urge with summer in full swing. While practicing social distancing due to the coronavirus crisis, don't neglect regular health precautions. It's more important now than ever to soak up vitamin D to bolster the immune system, and it can also reduce the likelihood of developing heart disease or diabetes, according to the UK University of Warwick Medical School.

## Sun Protection

*MotherEarthNews.com* says we can augment the body's natural sun protection by increasing consumption of fruits and vegetables that contain vitamins C and B, which are depleted when exposed to the sun. It also recommends natural tanning creams such as a combination of sesame nut oil, anhydrous lanolin and water; the liquid of one large cucumber added to rose water and glycerin; or a blend of fresh mint leaves, water, sesame or coconut oil, one egg yolk, wheat germ oil and lemon juice. Natural sunscreen innovations are emerging: the *European Journal of Organic Chemistry* reports that synthesizing discarded cashew-nut shells holds promise.

Effective UV protection can be attained by donning hats, sunglasses and protective clothing, including

neck-to-knee swimsuits for children. Seek shade, cover up and avoid the sun between 10 a.m. and 2 p.m. Be extra careful when the UV index is high; check the daily National Weather Service forecast assessing the risk of sun overexposure at [Tinyurl.com/EPAUVWidget](http://Tinyurl.com/EPAUVWidget), which offers a widget for smartphones.

## Respect Wildlife

Respect wildlife that may be present. Be cognizant of designated turtle hatching areas; their prime nesting season continues through October. Also, tell kids not to disturb shorebirds and other winged friends that may be on the sand; some may be resting or eating after flying many miles on a long migratory journey.

## Leave No Trace

Don't leave any trash behind, especially plastic straws or bags; it's best to use metal or bamboo straws and cloth bags. With a stiff breeze, plastics can end up in the water to entangle and choke marine life or break into toxic microplastics that pollute drinking water supplies. The online journal *PLOS ONE* estimates there are 5 trillion pieces, or approximately 269,000 tons of plastic, already in Earth's oceans.

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# Tips for Beachgoers to Help Protect



## SEA TURTLES

by Julie Peterson

According to the Florida Fish and Wildlife Conservation Commission, Florida is the most important nesting area for loggerhead turtles in the world, hosting more than 40 percent of nests laid globally. But Florida hosts a whopping 90 percent of the sea turtle nests laid in the United States each season. In addition to loggerheads, leatherback and green sea turtles nest on the Space and Treasure Coast's beaches and there will be tens of thousands of nests over the summer.

Sea turtles can live 40 to 60 years or much more, but they don't reach sexual maturity for 20 to 35 years. Once sexual maturity is reached, many will nest on local beaches between March and October, with timing dependent on the species. Nesting adults do a bit of camouflage and disguise on their nests and construct them deep in the ground

"The turtle uses her rear flippers to dig an egg chamber, so it is as deep as she can reach. Once the eggs are laid, she covers the nest, and returns to the ocean. The eggs will

not be further tended by her, so she has done her best to protect the hatchlings in how she dug the nest," says Susan Skinner, Sea Turtle Preservation Society (STPS) Board Chair and Director of Communication.

A nest may contain 100 eggs and take about 60 days to hatch. "Estimates vary, but it is said that only 1 in 1,000 hatchlings, or even 1 in 10,000 hatchlings, will survive to adulthood," says Skinner. For this reason, it's extremely important that humans don't cause harm by disturbing or touching the nests, the adult nesting turtles or the hatchlings on the beach.

Loggerheads account for the largest percentage of nests on our beaches when compared to the leatherback and green sea turtles. "We are seeing an increase in leatherbacks this year and are hopeful it is the beginning of an upward trend," says Niki Desjardin, Director of Operations for Ecological Associates which monitors and protects nests on the Treasure Coast including Fort Pierce, the Hobe Sound Natural Wildlife Refuge, St. Lucie Inlet State Park and the southern half of Hutchinson Island. "Last season we recorded 2,225 green sea turtles and typically we see 1000 to 1500 leatherbacks across the Treasure Coast. In comparison, 23,000 loggerheads were recorded last year."

"Residents and visitors can help to make our area as turtle friendly as possible by remembering to keep beaches clean, flat

Florida hosts a whopping 90 percent of the sea turtle nests laid in the United States each season.

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Estimates vary, but it is said that only 1 in 1,000 hatchlings, or even 1 in 10,000 hatchlings, will survive to adulthood.

and dark from May 1 through October 31,” says Skinner. Desjardin adds, “Visitors are often not aware they need to remove their furniture from the beach and turn off their balcony lights.” Residents can help by sharing the importance of these tips with visiting friends and family. “It is also important to note that we don’t mark every nest, so please be mindful not to stab umbrellas and shovels into the ground where there may be a nest,” says Desjardin.

- **Clean:** Remove beach chairs, litter and other unnatural material from beaches.
- **Flat:** Seemingly harmless daytime play can result in harm to adult turtles and hatchlings. Sandcastles and holes dug in the sand may block or trap sea turtles. Be sure to knock down and fill in before leaving the beach.
- **Dark:** Brevard County ordinances prohibit visible lights of any type at night, including cellphones, from May through October. Treasure Coast counties have this ordinance in place from March through October.

*Sea Turtle Preservation Society, Turtle House Gift Shop and Education Center (and offices), 111 South Miramar Ave, Indialantic. 321-676-1701. Hours: 11 a.m. to 4 p.m., Monday, Wednesday, Friday and Saturday*

*Turtle Nest kiosk at the Port (near Terminal One and Grills Restaurant) Hours: 9:30 a.m. to 4:30 p.m. Saturdays and Sundays*

*For sea turtle emergencies in Brevard County, please call the STPS hotline at 321-206-0646, which is monitored 24 hours. For stranded sea turtle emergencies on the Treasure Coast, call Ecological Associates at 772-334-3729. For Space or Treasure Coast call 888-404-3922 for the Florida Fish and Wildlife Conservation Commission for sea turtle emergencies and Florida Wildlife Commission Enforcement to report anyone harassing a sea turtle or disturbing a nest.*

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# BEYOND FACTORY FARMS

## ‘Big Meat’ Comes at High Cost

by Melinda Hemmelgarn

**K**evin Walker, a Michigan State University professor and author of *The Grand Food Bargain and the Mindless Drive for More*, says, “Meat is the poster child of industrial food gone awry.” Independent animal farmers are disappearing while factory farms are getting bigger, causing more air, soil and water pollution in rural communities nationwide, reports the Center for a Livable Future (CLF) at the Johns Hopkins Bloomberg School of Public Health.

Large industrialized farms known as concentrated animal feeding operations (CAFO) rely on the routine use of antibiotics to both prevent the spread of disease and promote animal growth and weight gain—a practice known to fuel antibiotic resistance and compromise human health.

### High Cost of Cheap Meat

According to the U.S. Department of Agriculture, a push toward greater efficiency created the shift to industrial livestock production. However, attempts to maximize production for higher returns at minimal cost come at a price.

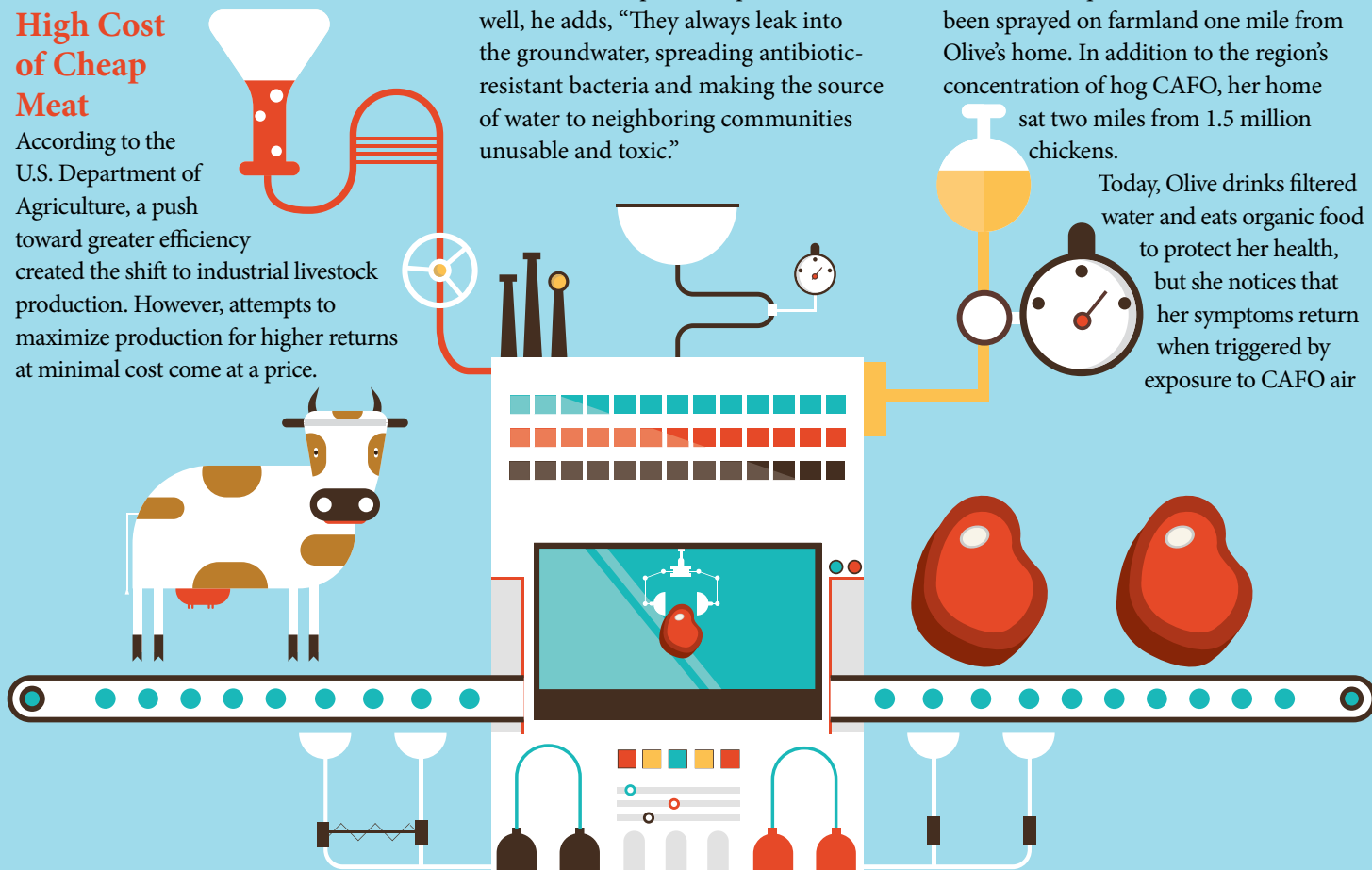
For example, a growing body of evidence shows that CAFO leads to the social and economic decline of rural communities. “Research has consistently found that living near a CAFO is associated with an array of negative health impacts, including respiratory disease, mental health problems and certain types of infections,” says Keeve Nachman, Ph.D., director of the CLF Food Production and Public Health Program.

Everett Murphy, M.D., a retired pulmonologist from Kansas City, concurs, “Not only are the odors from factory livestock farms offensive, but individuals living within three miles of industrial animal operations are at risk for serious, life-shortening illnesses and permanent disabilities.” Concrete reservoirs designed to hold manure present a problem as well, he adds, “They always leak into the groundwater, spreading antibiotic-resistant bacteria and making the source of water to neighboring communities unusable and toxic.”

Joan Olive says she is living proof that exposure to air pollution from factory farms is every bit as harmful as scientists and health experts have warned about for years. On one fateful December day 16 years ago, Olive was outdoors on her family farm near Spencer, Iowa, when she noticed a strong, sickening odor. Feeling nauseous, she went inside, but later that evening, her tongue swelled, she became disoriented and began shaking and sweating profusely.

Olive’s symptoms subsided over the next few days, but since then she has experienced multiple chemical sensitivities, transient symptoms of brain fog, muscle twitching, migraines, and respiratory and circulatory problems. Health experts at the University of Iowa identified the source of the sickening odor as toxic hydrogen sulfide from liquid CAFO waste that had been sprayed on farmland one mile from Olive’s home. In addition to the region’s concentration of hog CAFO, her home sat two miles from 1.5 million chickens.

Today, Olive drinks filtered water and eats organic food to protect her health, but she notices that her symptoms return when triggered by exposure to CAFO air



pollution and pesticides. In March, Olive moved to Spearfish, South Dakota, where she's breathing easier and enjoying time outdoors. But she believes she left behind "thousands of rural residents who are having their lives and health destroyed by Big Ag."

## There Ought to be a Law

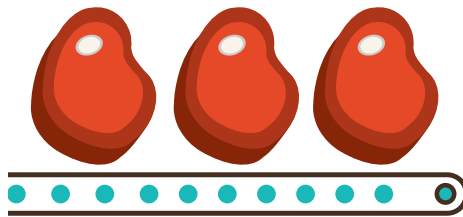
"Government oversight and policies designed to safeguard the health of individuals and the environment from these operations have been inadequate," says Bob Martin, director of the CLF Food System Policy Program.

Citing environmental and public health hazards, the American Public Health Association issued a new policy statement last November calling for a precautionary moratorium on all new and expanding CAFO. It advises a complete halt until additional scientific data has been collected and public health concerns addressed.

## Bypassing Industrial Eating

Many consumers don't realize that the majority of beef, pork and chicken sold in supermarkets, served in restaurants and distributed to institutions nationwide comes from the industrial food system. According to the Public Justice Food Project, 85 percent of the meat Americans consume is produced by four corporate giants—Tyson, Smithfield, Cargill and JBS—each accused of hiding labor, animal or environmental abuses behind folksy brand names and packaging images.

To shed light on abuses and steer consumers away from industrial meat, the Center for Food Safety created a website that pulls back the curtain on CAFO. It recommends replacing half of the meat we eat with humane, sustainably raised, grass-fed and organic meat, while replacing the other half with plant-based sources of protein such as beans, peas, lentils, nuts and



Once you learn how our modern industrial food system has transformed what most Americans eat, you become highly motivated to eat something else.

~Eric Schlosser, author of *Fast Food Nation*, *Chew on This* and co-producer of *Food, Inc.*

seeds—a dietary approach that benefits our gut microbes and protects us against a host of chronic diseases.

## Meat Alternatives

As concerns mount about the health, ethical and environmental impact of animal products, the food industry has responded with more plant-based, lab-grown meat alternatives. Yet, according to the *Food and Technology 2019* report by the market research firm The Hartman Group, many meat replacements rely on highly sophisticated technologies that hardly meet consumers' definitions of "natural".

"It's all about what isn't on the label," says Urvashi Rangan, Ph.D., chief science advisor of the GRACE Communications Foundation. According to Rangan, many plant-based and fake meat products are actually ultra-processed foods that contain genetically engineered ingredients and rely on petroleum-based chemicals that are not required to be listed on the label.

"The Impossible Burger introduces over 48 new proteins to the human diet without

a thorough safety investigation," warns Rangan. She questions whether these new meat alternatives are better than meat from animals raised on pasture without routine drugs and synthetic fertilizers.

There's a big difference between the health and environmental impact of meat from animals raised in feed lots versus those raised with regenerative agricultural practices. "Industrial agriculture is absolutely harmful," reports A Greener World, a nonprofit certifier of the trustworthy Animal Welfare Approved label. But thinking we have to go vegan or purchase fake meat to protect our health or the planet is misguided.

## Eating Less, But Better Meat

"Our bodies are designed to be omnivores, and animal products are part of a diverse, real food diet," says Rebecca Thistlethwaite, director of the Niche Meat Processor Assistance Network at Oregon State University. Thistlethwaite, author of *Farms with a Future* and *The New Livestock Farmer: The Business of Raising and Selling Ethical Meat*, believes in ancestral eating and eating as close to nature as possible. She is mindful of portion size and eats only organic and pasture-raised animal foods to avoid synthetic chemicals and pharmaceuticals.

Will Harris, owner of White Oak Pastures, in Bluffton, Georgia, declares, "It's not the cow, it's the how." Harris transitioned his livestock operation from the industrial model to certified humane animal husbandry and sustainable practices that emulate nature. The switch to a pasture-based system yields healthier animals, he explains, and helps take carbon out of the atmosphere and back into the soil.

In *Cows Save the Planet and Other Improbable Ways of Restoring Soil to Heal the Earth*, author Judith Schwartz

# Critical Questions to Find and Support Good Food

Where does my food come from? Who produced it and under what conditions? Were workers treated fairly and animals humanely? What's in or on my food? Were pesticides, antibiotics, hormones, genetically modified ingredients or additives used in producing it? Is it rich or poor in nutrients? What might be the unintended consequences of my food and farming choices? How might those choices affect our environment and future generations?



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describes how grazing animals play a key role in restoring soil health, and therefore human health. “Well-managed pastures and grasslands with ruminant animals can sequester more carbon than they emit, improve soil health and increase groundwater recharge,” explains Thistlethwaite. Plus, both livestock and poultry can make use of inedible feeds that humans don’t consume, such as grass and sagebrush.

### Power To the People

Rangan and Harris emphasize that the power of consumer spending can shift the market. However, Thistlethwaite says, “We cannot just vote with our forks, as many people don’t have that luxury.” She urges change at both personal and political levels, favoring incentive-based approaches with fewer subsidies going to the industrial system.

“We need more farmers raising high-quality animals in a humane, ecologically responsible manner,” says Thistlethwaite. But we also need more small-scale slaughterhouses and meat processors throughout the country to get quality meat to more of our tables.

In addition to farmers’ markets, cooperatives and community supported agriculture, organizations such as the American Grassfed Association and Local Harvest connect consumers directly to farmers using sustainable practices to help rebuild regional food hubs and networks.

“Start with small steps,” suggests Thistlethwaite. “Buy milk from a local creamery, eggs from a farmer in your community or one-quarter cow to fill your freezer from a local, grass-fed beef producer. Reward the farms and ranches that are doing it right by purchasing from them, promoting them, supporting them.”

*Melinda Hemmelgarn is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at [FoodSleuth@gmail.com](mailto:FoodSleuth@gmail.com). Tune into Food Sleuth Radio at [kopn.org](http://kopn.org).*

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## Take Action to Stop Factory Farms

The COVID-19 health crisis highlights inequalities in how we produce and distribute food. A new bill, the Farm System Reform Act (FSRA), will help to create a more healthy, sustainable and equitable model, by placing a moratorium on new Concentrated Animal Feeding Operations (commonly known as factory farms), cracking down on the monopolistic practices of multinational meat corporations and supporting farmers to transition to healthier, pasture-based models and organic farming. To support the FSRA, the Sierra Club has made it easy to contact members of Congress at [Tinyurl.com/BlockFactoryFarms](http://Tinyurl.com/BlockFactoryFarms).







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# GUT TALK

TIPS FOR A HEALTHY MICROBIOME

by Melinda Hemmelgarn

It's hard to imagine surrendering control of our minds and bodies to trillions of microorganisms, but an ever-growing body of research from the Human Microbiome Project shows how microbes living in and on our bodies affect and even predict our physical and mental health.

The majority of these microorganisms, or microbiota, live within our large intestine. According to Kelly Tappenden, Ph.D., a registered dietitian and head of the Department of Kinesiology and Nutrition at the University of Illinois–Chicago, we have more microbial cells within our gut than we have human cells in our body. These microbes help digest food, regulate appetite, produce certain vitamins, synthesize chemicals such as serotonin, metabolize carcinogens and regulate our immune system. She suggests that we think of them collectively as an organ that develops and changes as we age.

“A huge proportion of your immune system is actually in your GI tract,” says Dan Peterson, assistant professor of pathology at the Johns Hopkins University School of Medicine. Taking care of our gut microbes is paramount during times of stress and risk of infection. In their book, *The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-Term Health*, Stanford researchers Justin and Erica Sonnenburg explain how healthy gut bacteria are essential for both metabolic health and strong immunity, adding that

the chemicals our gut microbes synthesize behave like drugs—they are absorbed into our bloodstream and influence our biology. Seattle-based biologist Ann Bikle refers to the colon as an “onboard medicine chest”. Unfortunately, warns Sonnenburg, physicians too often prescribe antibiotics, which wreak havoc on our microbiota, leaving us susceptible to disease-causing organisms.

## Fiber for a Strong Defense

The Sonnenburgs define a microbiota-friendly diet as rich in plant-based, high-fiber foods and limited in meat and saturated animal fats. Low-fiber diets contribute to a decline in gut microbe diversity, resulting in a weakened immune system. “Fiber is fuel for the gut,” says Joanne Slavin, Ph.D., a registered dietitian and professor of food science and nutrition at the University of Minnesota–St. Paul. It's naturally found in fruits, vegetables, beans, peas, whole grains, nuts and seeds.

Fermentable fibers such as fruit pectin, beta-glucans in barley and oats, and oligosaccharides in beans are metabolized by gut bacteria to produce short-chain fatty acids that provide energy to cells in the colon. Many fermentable fibers are called “prebiotics” because they promote the growth of beneficial gut bacteria. Inulin, for example, is a prebiotic fiber found naturally in onions, garlic, leeks, asparagus, wheat and oats.

Teresa Martin, a registered dietitian based in Bend, Oregon, who researches gut health and disease prevention, recommends 35 to 50 grams of fiber per day to promote diverse, abundant and resilient gut microbes. For those over 50 years of age, the Institute of Medicine recommends 30 grams of dietary fiber per day for men and 21 grams for women. Most Americans get half the recommended amounts because highly processed, low-fiber foods are ubiquitous. Plus, popular gluten-free, keto and paleo diets limit whole grains. When buying packaged foods, check labels carefully and choose those providing at least three grams of fiber per serving.

## A Healthy Microbiome for Life

Martin shares the following strategies for developing and preserving gut health:

- Choose a vaginal birth, if pregnant; and breastfeed to help establish a healthy microbiome in the baby.
- Choose an organic, plant-based diet. Aim for a variety of different plant species each day.
- Enjoy fermented foods such as yogurt, kefir and sauerkraut, but be cautious with probiotic supplements. Only use those with proven safety and effectiveness.
- Limit “microbial assassins”. Artificial sweeteners and emulsifiers such as polysorbate 80, carageenan and carboxymethylcellulose, typically found in processed foods, can lead to bloating, irritable bowel and inflammation.
- Enjoy physical activity; avoid sitting for more than 30 to 60 minutes.
- Go outside, enjoy fresh air and play in the dirt.
- Reduce stress. Try yoga, meditation and mindfulness.
- Sleep six to eight hours each night.
- Think about gut microbiota every day, advises Martin. “Anything you can do to help fuel healthy microbes, no matter how small, will make a difference to your health.”

*Melinda Hemmelgarn, the Food Sleuth, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at [FoodSleuth@gmail.com](mailto:FoodSleuth@gmail.com).*

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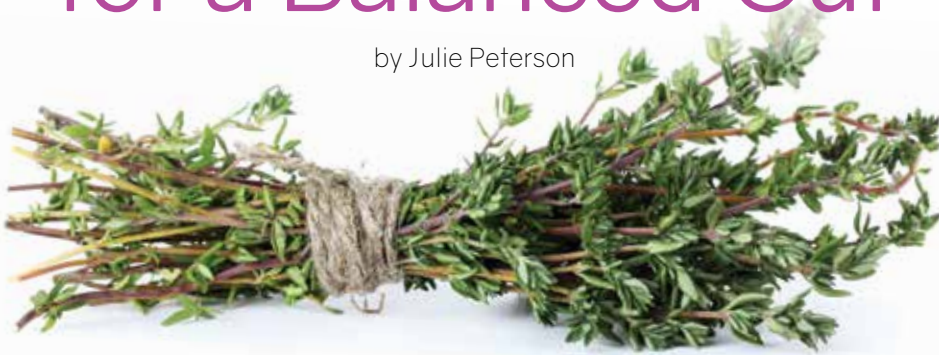
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# Incorporating Herbs for a Balanced Gut

by Julie Peterson



**H**erbs have been used through the ages for health and wellness. Whether in food, as medicine, or applied topically, herbs can offer benefits for the body. For those concerned about gut health, overall health and immunity, many herbs are effective and simple to incorporate.

## Gut Health

The herbs needed for a healthy gut vary among people, as does the dosing and the method of delivery. Everyone's gut microbiome is different and certain illnesses or conditions can cause it to be deficient in different ways, so a complete health history and advisement is recommended before consuming herbs to improve gut health.

Someone with Crohn's, for example, may need herbs to heal and reduce inflammation throughout the digestive tract so that nutrients can be properly absorbed. Simpler issues, such as bloating or indigestion, could be resolved with something like slippery elm or ginger. Ginger could be made into tea or eaten as crystallized ginger. Even a natural ginger ale could be used.

Other herbs to promote a healthy digestive system include cloves, peppermint and turmeric. "[Turmeric] works on inflammation, it works on balancing your digestion, it gets that gut microbe microbiome working the way it's supposed to," says Cecelia Avitabile, Master Herbalist and Certified Nutritional Consultant at The Herb Corner in Melbourne. Incorporating turmeric is simple when added to soups or smoothies.

Thyme is another beneficial whole-body herb that is antimicrobial and antibacterial.

Another aspect to gut health is to include herbs that are rich in fiber. "You might want to do some dandelion root or some burdock...use chia seeds or flax seeds just to add some natural fiber to your gut," says Avitabile.

A common issue, Gastroesophageal reflux disease (GERD), is caused by an overly acid gut, which becomes more common with age. "Slippery Elm is great for putting the proper mucilaginous enzymes in your gut and it helps to boost the mucus secretion, so everything stays balanced with the acidity that's in your gut," says Avitabile.

Gina Kearney, Clinical Herbalist at Herbs & Owls in Jupiter, says, "Inulin...is a well-studied prebiotic that nourishes the beneficial gut flora including Lactobacilli and Bifidobacteria." She adds that it also helps to regulate blood sugar, enhance immunity, lower cholesterol and increase absorption of calcium and magnesium.

Inulin can be found in chicory root, sunchoke, burdock, dandelion, elecampane, garlic, onion, asparagus, artichoke leaf, asparagus and beets. Kearney advises increasing inulin consumption by adding dandelion to salads or artichoke leaf to tea.

## Whole Body Health

Joanna Helms, Registered Herbalist (AHG) and owner of Mama Jo's Sunshine Herbals in Indian Harbour Beach, points out that our microbiome is on all the surfaces of our body, inside and out, and our health defenses begin with good bacteria. Unfortunately, overuse of sanitizers can alter that microbiome and kill off some of the good bacteria, leading to a compromised microbiome.

"We don't have to look for what's going to go after the virus to suppress it or attack it," says Helms. By keeping the body healthy, the immune system is more capable of doing what it's supposed to do. Common aromatic household herbs such as rosemary, cinnamon and ginger are great to incorporate into the diet for this purpose.

Thyme is another beneficial whole-body herb that is antimicrobial and antibacterial. And don't overlook raw or cooked garlic in the diet. Raw garlic combines with chemicals in the body and creates new chemical constituents that fight off bacteria in the lungs. Cooked garlic enhances the immune system.

Not an herb, but apple cider vinegar can be a beneficial and natural solution. "Apple cider vinegar kills microbes that are negative to us, but builds the microbiome," says Helms. It can be used as a diluted body spray, in the bath water or consumed to build the good bacteria in and on the body.

## Consult with an Expert

Herbs can be made into teas, compresses, foot soaks, capsules, syrups, foods and more. Some people may have an aversion to drinking tea but will take a capsule. Others may prefer a liquid syrup. An herbalist can be helpful to ensure the correct delivery system. "I try to make it palatable and usable for the person that we're working with," says Avitabile.


Consulting with an expert can help determine the root cause of what's going on in the gut and elsewhere in the body. Sometimes digestive problems start with stressful events or are the result of a medication that's being taken, it can be complex. Avitabile says, "I like to call myself an herbal detective."



Unfortunately, overuse of sanitizers can alter that microbiome and kill off some of the good bacteria, leading to a compromised microbiome.

Kearney says, for example, that incorporating inulin when the gut microbiome is severely damaged may not be the best first step. Other healing herbs may be needed first, before general gut health herbs will be effective.

Helms says that dosing is also important. With some herbs, too much can cause problems, while the right amount can alleviate problems.

 To learn more, watch our video and audio interviews with these herbalists at [myNaturalAwakenings.com/HerbsForTheGut](http://myNaturalAwakenings.com/HerbsForTheGut).

To connect with the herbalists in this article refer to their ad. The Herb Corner: page 26; Herbs & Owls: page 44; Mama Jo's Sunshine Herbals: page 9.



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# CALMING KIDS

## Ways to Turn Anxiety Around

by Ronica O'Hara

**I**t is difficult for children to make sense of what's happening in response to COVID-19 as schools close, sports and extracurricular activities stop and many people wear masks. Before these unsettling circumstances took place, one in eight children experienced anxiety disorders, but now parents are reporting that even happy-go-lucky children that skipped through life have turned clingy; regressing to playing with old toys or becoming withdrawn. "The dramatic change in schedules, reduced social contact and worry about the illness itself can all contribute to the anxiety," says Eli Lebowitz, Ph.D., director of the Program for Anxiety Disorders at the Yale Child Study Center. "Some children will also have relatives or friends directly impacted by the virus."

As the situation improves, so should children's emotional well-being, but if anxiety lingers, parents can take heart in new research from the center that shows how childhood anxiety can be reversed before it becomes a crippling adult condition. The study of 124 children aged 7 to 14 with anxiety disorders found that when parents made simple behavior changes, their kids'

symptoms sharply decreased 87.5 percent of the time and disappeared completely 60 percent of the time. Parents drew closer to their children and felt less stressed themselves, and the kids continued to improve even after the study ended.

According to Lebowitz, lead author of the study, the key is to reduce parental accommodation—actions that parents take to soothe and protect their anxious children, like texting to provide constant reassurances, speaking for a child with social fears or staying with a child that fears separation until they fall asleep. These actions may not be a problem in the short term or in tough times, but when used repeatedly, the child often becomes more fearful, less confident and unable to function in a normal manner.

In a new study published in the *Journal of the American Academy of Child and Adolescent Psychiatry*, parents learned in 12 weekly sessions how to slowly pull back from accommodating actions while validating the child's emotions and conveying confidence in their ability to handle challenges. Notably, a parent-focused program, Supportive Parenting for Anxious Childhood Emotions,

produced better results than the control group, in which the children underwent 12 sessions of cognitive behavioral therapy learning to replace negative thoughts with positive ones. More information on this program for parents and therapists can be found at [SpaceTreatment.net](http://SpaceTreatment.net).

### Everyday Anxiety-Busters

Here are some other straightforward strategies that can lower childhood anxiety.

**Getting physical.** "Encourage your child to do any kind of exercise: jumping, swinging, running, catch, tag, hopscotch, biking, hiking, skateboarding. These activities are all considered weight-bearing because they place deep pressure on the joints and muscles, which calms their sensory systems that help regulate emotions," advises Brittany Ferri, a Rochester, New York, occupational therapist specializing in pediatrics and mental health.

**Getting outdoors.** Sunlight stimulates the production of vitamin D and mood-boosting serotonin, and studies show that even brief nature walks can lower anxiety and improve focus in kids.

**Giving them seeds and a shovel.** Planning and working in their own garden give kids a healthy dose of fresh air, physical activity and a sense of accomplishment, and growing their own vegetables makes them more likely to enjoy eating them.

**Breathing deep.** "Parents can teach children coping skills such as relaxing their body or taking slow deep breaths to help them regulate their anxiety," says Lebowitz. For example, a child can lie on their back and pretend to blow up a balloon. Or using a fresh flower, a child can breathe in the scent through the nose for a count of four, hold the breath for the same amount of time and then breathe out slowly through the mouth.

**Playing it out.** "Parents can help a child role-play what they could do in a situation that they're nervous about," says Leigh Ellen Watts Magness, a clinical social worker and play therapist, in Athens, Georgia. "They can create a puppet show where the characters have

a similar problem, create a poster about some strategies they might use to relax or have their figurines talk to other toys about how they feel. All of these things help kids process feelings of anxiety.”

Ronica A. O'Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

## Words Have Consequences

Some words don't help anxious kids, says University of Minnesota psychology professor Abigail Gewirtz, author of *When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents and Worried Kids*. “These kinds of statements dismiss, minimize or even punish children for their anxiety, and they teach children that anxiety isn't important, or worse, is damaging and should be ignored or stuffed away,” she says.

Amanda Walker, a Los Angeles clinical psychologist, advises, “It is important to try and respond to the anxiety with loving kindness, with compassion and openness. Asking ‘What happened?’ instead of ‘What's wrong?’ changes the way that a challenge is viewed. Other approaches are, ‘I can see why you might feel that way’, or, ‘It's okay to be scared; lots of kids feel that way.’”

To reinforce a child's confidence, “The key is reminding a child of past things they were afraid of that never came to pass or bringing to the attention of a child the ways that the child was able to face their fear and overcome it,” says Bruce L. Thiessen, a San Diego clinical psychologist. “Past reminders can increase self-efficacy and build self-confidence, which are powerful anxiety buffers. “Children find it all the more difficult to cope with anxiety if they feel that they are alone in their struggle,” he adds. “It is important to reassure them by saying something like, ‘We are in this together. I am here for you.’ It may be important to add, ‘No matter what happens, you and I are going to find a way to be okay.’”

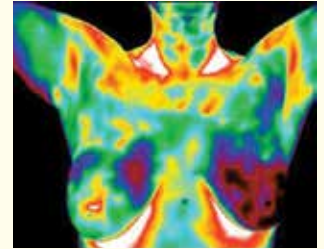
Statements to avoid: “You don't need to worry. You have nothing to worry about. I'm the adult, let me do the worrying. When I was your age, I had much bigger things to worry about.”

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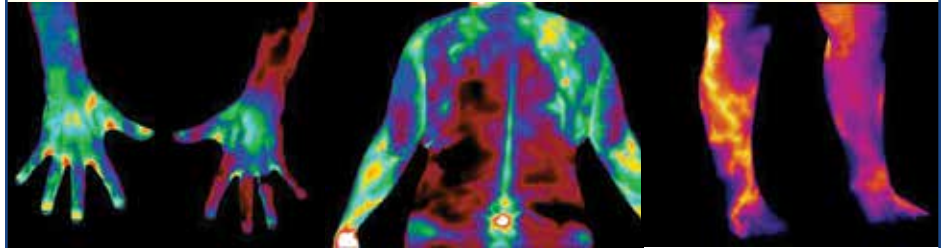
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# OUTDOOR FEASTS

## Inspired Picnics and Healthy Grills

by Marlaina Donato

Nothing defines the summer season quite like firing up the grill or escaping with a picnic basket to a favorite hideaway. From luscious fruits to gorgeous greens, enjoying a meal outdoors inspires us to eat what is in season and invites us to sip the moment. Most of all, it gives us special time with loved ones or with ourselves.

Ashley English, of Candler, North Carolina, author of *A Year of Picnics: Recipes for Dining Well in the Great Outdoors*, sees picnics as a delicious excuse to eat healthy and in sync with the seasons. “No matter what time of year you’re picnicking, there’s always going to be something ripe and in season to showcase. We all know that foods eaten at their peak time of ripeness simply taste better, so use your summertime picnic as an opportunity to bite into a ripe watermelon or your autumn picnic as the ideal time to bake an apple crisp.”

### Portable Pleasures

Thinking outside the box can jazz up the ordinary. English sings the praises of

picnicking not only in woodlands and on beaches, but on rooftops. Being open to different times of the day welcomes a shift in mood. “I’m particularly fond of breakfast picnics. They’re an excellent way to clear your head and get motivated, as they’re an activity fully engaging all of the senses. Twilight picnics are another favorite. As the sun begins to set, the light is less harsh and the mood outdoors becomes decidedly quieter. I find picnics during this time of day to be especially relaxing,” says English.

Simple tasks like washing salad greens or whipping up a quick hummus dip the night before a picnic can save considerable time. Traditional picnic baskets are not required, and English recommends vintage suitcases, wooden crates or a backpack, especially if the picnic destination involves an uphill trek. She also emphasizes simplicity: “While a lavish spread with myriad options is quite fun, a simple picnic can be equally enjoyable. A grazing board to-go is quite easy. Pack up a medley of fruits, veggies, charcuterie or cheeses, crackers, spreads

and pickles and a little something sweet, and you’ve got all you need to create a memorable meal outdoors.”

Robyn Lindars, of Fort Myers, Florida, author *The Healthy Electric Smoker Cookbook: 100 Recipes with All-Natural Ingredients and Fewer Carbs*, says, “I love grilled veggies paired with goat cheese and fresh herbs on French or Italian bread. You can add capicola or just stick to veggies for tasty sandwiches that do well in a cooler.”

### Great Grilling

Grilling “adds a ton of flavor to food without needing to add additional fat or calories. Cooking over fire is also the oldest method of cooking,” says Lindars. Happily, the health risks associated with barbequing meat over hot coals can be reduced by using flavorful marinades or opting to go vegan.

Reducing temperature decreases carcinogenic compounds associated with grilling meats and can be best accomplished by waiting until charcoal turns to embers or turning the gas grill down a notch or two. Grilling further from the flame on an elevated rack is also a good option. Citrusy or balsamic vinegar-based marinades naturally minimize toxic potential by reducing the formation of unhealthy compounds, studies show.

“You are what you eat and what you eat was eating. Opt for the highest-quality protein possible—grass-fed beef, organic, humanely raised protein,” suggests Lindars. “Make your own marinades and rubs to avoid ingredients like soybean oil and corn syrup. You can easily make your own with simple ingredients like olive oil, fresh herbs, vinegars, sea salt and spices. Fresh rosemary, lemon zest, juice, sea salt, pepper and garlic with a splash of olive oil makes for an amazing marinade, and can even be paired with grass-fed butter to put on chicken. A basic rub of smoked paprika, sea salt, fresh ground pepper and dash of garlic powder is great on just about anything.”

*Marlaina Donato is the author of several books and a recording artist. Connect at AutumnEmbersMusic.com.*



# Recipes for Outdoor Feasts



## Fire-Roasted Gazpacho

- 3 lb small-to medium-size tomatoes, possibly a mixture of San Marzano and Campari tomatoes (The smaller tomatoes will get more exposure to the grill)
- 2 large cucumbers
- 1 poblano pepper
- 1 head of garlic
- 8 oz mini-bell peppers
- 2 tsp white wine vinegar
- 1 cup water (or more)
- Dash olive oil
- 1 Tbsp sea salt (preferably bourbon barrel smoked sea salt)
- 1 Tbsp black pepper (preferably bourbon barrel smoked pepper)
- 1 tsp sugar
- 1 large bunch basil
- 1 ripe avocado, diced

Preheat a charcoal grill for medium direct heat—about 350° F. (Gas works, but will not produce as much smokiness as charcoal.)

Prepare the veggies to go on the grill: wash everything and slice the cucumbers into thin lengthwise pieces; put the garlic cloves onto skewers.

Grill the tomatoes, cucumbers, peppers, garlic and poblano pepper until char marks form on all sides.

Remove the veggies and place in a big pot. Add water.

With an immersion blender, mix everything together until uniform in consistency.

Add the olive oil, vinegar, salt and pepper to taste; more water for a thinner consistency; and the basil at the end with one last blend with the immersion blender.

Chill at least 3 hours before serving so the flavors have time to meld together.

Garnish with diced avocado and fresh basil.

*Recipe and photo courtesy of Robyn Lindars, GrillGirl.com.*

## New Twists on Old Favorites

Brew up delicious and colorful herbal teas for gourmet lemonades. Try hibiscus, lemongrass, lavender or fresh ginger tea, adding fresh organic lemon juice and a sweetener of choice.

In a blender, whip up unsweetened plant-based milk (almond, coconut or cashew) with a ripe banana, a small handful of dates and a splash of vanilla extract, and pour into popsicle molds.

Combine peanut, almond, sunflower or soy butter with cocoa or carob powder, a tablespoon of plant-based hazelnut creamer and a pinch of salt. Roll into balls and then add sesame, chia seeds, cinnamon, coconut sugar or chopped dates.

## Southwestern Red Pepper-Avocado Sandwiches/Wraps

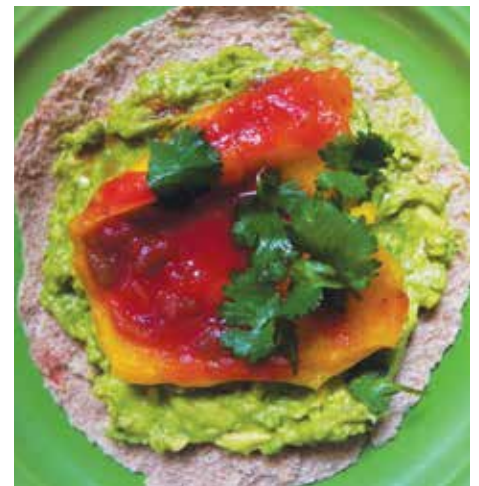
1 jar roasted red peppers (drained and dried with a towel) or freshly made, oven-roasted peppers

2 fork-smashed avocados or 1 large Florida avocado

Salsa of choice, preferably smoky chipotle or sweet varieties

Chopped cilantro

Bread or wraps of choice



To assemble sandwiches, slather bread or wrap generously with smashed avocado, then press a roasted red pepper on top. Spoon salsa of choice and sprinkle with cilantro over all before covering with other slice of bread or rolling a wrap. Keep chilled until serving.

*Recipe and photo courtesy of Marlaina Donato, AutumnEmbers.com.*



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## wise words

# STEPHEN DINAN ON A SACRED VISION FOR AMERICA

by Linda Sechrist

Stephen Dinan, founder and CEO of The Shift Network, is committed to creating a healthy, sustainable, peaceful and prosperous world, as are the 200,000 members of his worldwide organization. Interested in personal growth and spirituality since his early 20s, Dinan's core passion has been to shift society, not just the individual. In his book *Sacred*



*America, Sacred World: Fulfilling Our Mission in Service to All*, Dinan harvests the world's wisdom and his own experiences to show how humans can grow, evolve and mature psychologically and spiritually, laying out an envisioning process for what's possible when America achieves its full potential.

Positing that envisioning is not only the work of leaders but of all of America's citizens, Dinan sheds light on a new sacred conversation and overriding vision that can guide us to finding the will and the way to midwife a new chapter in American history.

### *What is a sacred worldview?*

We have a lot of forces pulling us into our separate identities, whether this is as Americans, Democrats, Republicans or identifying as counterculture or mainstream culture. Bifurcations, which happen when we identify with a part of reality and make the rest wrong, bad or problematic, keep us in a state of suffering.

A sacred worldview means living in reverence for all humanity and all life; seeing divinity in all people and things, not just in a few people, a group or political party; seeing the higher, nobler and deeper dimension to all manifest reality that is expressed in humanity's spiritual and religious impulses. A different way of engaging each other and designing how life works flows out of seeing life as the great mystics do; from a higher vantage point of interconnectedness.

### *At its heart, what is Sacred America about?*

*Sacred America, Sacred World* is about recognizing our role within

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the larger whole. It's about our unity as one human family. When we can redesign our society from this standpoint, we're fulfilling the deepest principles upon which this country was based. Part of the fulfillment of a sacred vision for our country is building upon our most ancient principles. For example, "E pluribus unum" is a deep metaphysical concept meaning out of many, one. It's not that all is oneness. This principle tells us that we evolve out of our "manyness" into our oneness, with each of us having a different role. Our manyness, our individuality, the unique flavors of life, different cultures and languages, is not something we want to erase. We do want to remember that we share this unitive ground and vision, as well as the powerful founding code of liberty, equality and justice for all.

Our country is coded with a mission to lean toward unity, to lean toward oneness. As the melting pot for the world, we integrate more cultures than any other country, creating unity from a great diversity of traditions, cultures, philosophies and religions. This is our shared inheritance.

Ultimately, *Sacred America, Sacred World* is about building a movement of

awake, conscious and caring citizens who are powerfully committed to building a new era for America.

### How do we do this?

America can fulfill its higher potential and promise in the way that parallels how an individual matures to his or her next level of development. I believe that America's next level of expression is within each of us, but it requires that we do some internal housecleaning, clearing out the past, letting go of our different political polarizations, being more solutions-focused and more focused on fulfilling our larger mission in service to the globe, rather than just in service to ourselves.

We have to go beyond partisan warfare to embrace those with other political views as our deepest allies. They are also part of the team that is here to help America shine; yes, even the people you can't stand. In short, we need to open to a vision of possibility for our country, one in which we successfully navigate the crises, polarizations and political warfare of today to create a country that reflects our highest ideals and that truly serves the birth of a new, global era for

humanity, one that is peaceful, sustainable, healthy and prosperous.

### Why are the largest demonstrations in our history against racial discrimination not only an issue for Black, Indigenous and People of Color (BIPOC), but also for all of humanity?

Living in a culture that accepts oppression of others holds back the development of everyone. It increases fear, decreases compassion and leads us to think more of personal safety than the good of the whole. If we are to move toward being a global society that honors the sanctity of all life, racism and the effects of racism must stop. Doing so creates a context in which we can all raise conscious children, and black, indigenous and other people of color can have the opportunity to make their full creative contribution to the whole as well.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at [LindaSechrist.com](http://LindaSechrist.com). To listen to the full interview, visit [Tinyurl.com/SDinanInterview](http://Tinyurl.com/SDinanInterview).



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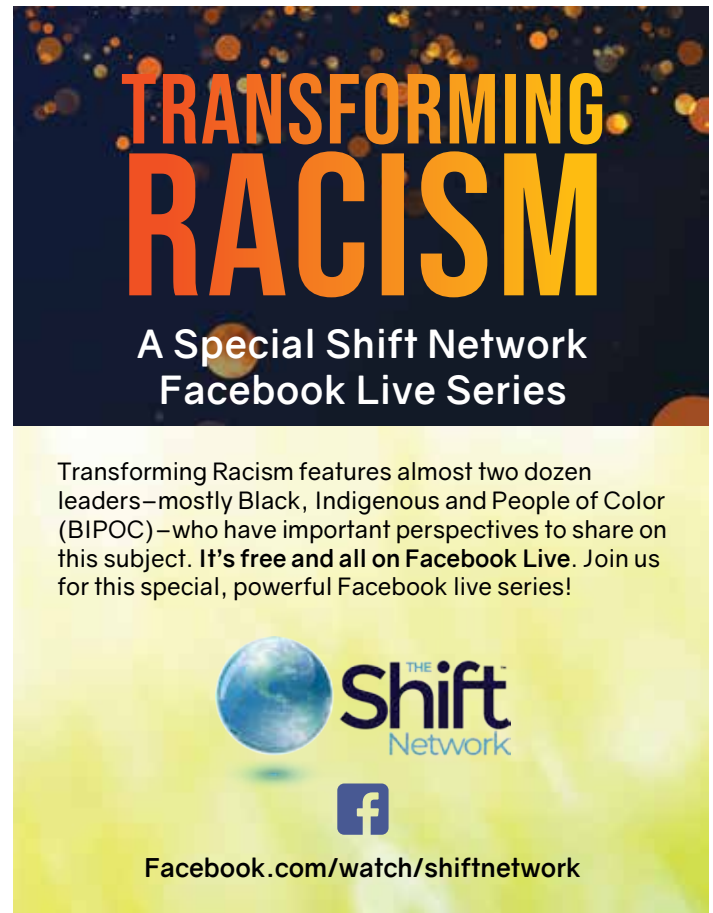
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# Earth-Friendly Pets

## Our Animals Can Go Green, Too

by Julie Peterson

**A**lthough cats and dogs don't require much more than food, a cozy napping spot and human attention, U.S. pet owners spent \$95.7 billion last year on their furry companions, according to the 2019 National Pet Owners Survey Statistics produced by the American Pet Products Association. That's a lot of products, all of which require packaging, shipping, shopping, consumption and waste that the environment must bear. Finding eco-

friendly alternatives is key to having a pet that doesn't inadvertently harm the planet.

### Proper Playthings

Pet toys can be costly to the wallet and the environment. Dogs can destroy flimsy items in seconds and the growing number of cat toys under the couch is money out the window. When choosing a toy, consider the pet's play style. Look for non-toxic natural fiber, recycled, upcycled and locally sourced products. Reject plastic

and other toxic materials that degrade and leach harmful substances into the pet. Purchase toys that have minimal packaging and remember that it won't be any fun to play with if it is constantly stuck under the furniture or falls to pieces during the first roughhouse session.

Soft toys can be salvaged. Tie them in knots, sew them together or braid them into tug toys. Make soft or tug toys by upcycling old towels or T-shirts. Stuff some catnip in an old sock and let the playing begin. Cats can have as much fun with a paper bag as with an expensive toy. Consider simplicity.

### Homeopathic Remedies

Many chemicals and pharmaceuticals can be replaced with simple, natural products. Essential-oil-based insect repellants are safer for pets and people. Apple cider vinegar contains nutrients, vitamins, minerals and enzymes that can be helpful for the treatment of allergies, urinary tract problems, hot spots, dandruff, ear discharge, eczema and stiff joints in dogs, according to *Organic Pet Digest*. Dr. Marc Smith, a veterinarian at Natchez Trace Veterinary Services, in Nashville, advises, "Apple cider vinegar is a good source of potassium and has excellent antibacterial and antifungal properties to boost the immune system."

A veterinarian trained in traditional Chinese veterinary medicine can often provide natural treatments and preventatives using herbs, essential oils and other natural substances. Find such a practitioner at [tcvm.com](http://tcvm.com).

### Green Grooming

Taking a bath in chemicals seems wrong for both humans and pets. Eco-friendly alternatives are available. "We use



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shampoos without chemicals, preservatives or phosphates,” says Kim Molnar, owner of Salon Fido LLC, in Cross Plains, Wisconsin. “It keeps the dog from inhaling or absorbing hazardous chemicals and keeps the same from washing down the drain.”

## Natural Nourishment

A quality diet is good for the health of pets and the Earth. Many companies use local ingredients, sustainable manufacturing and recyclable packaging. Avoid artificial dyes, preservatives, fillers and chemicals.

According to the Association for Pet Obesity Prevention, an estimated 56 million cats and 50 million dogs in the U.S. were overweight or obese in 2018. Judicious feeding will trim a pet’s waistline and reduce the amount of packaging and bodily waste a pet produces.

“You can reduce the number of products you need by sharing your food with pets. Saving whole-food leftovers reduces waste and helps move pets away from processed food,” says Molnar. “There’s so much common sense involved. Feed them food.” Dogs love cooked sweet potatoes, pumpkin, carrots, broccoli and eggs. Cats can have cooked eggs, rice, spinach, pumpkin, salmon and chicken. Be aware of which foods are unsafe for pets. Some examples include onions, chocolate, bones, avocado and grapes.

## Pooper Scoopers

Poop happens. Clean it up right. Kitty’s litter can be nontoxic and kept fresh with regular scooping. Picking up after the pup keeps green spaces clean and limits excess nutrients going to waterways. “If your dog is harboring any type of intestinal parasites such as hookworms, roundworms or whipworms, then the eggs of those parasites can be present in poo and spread worms to other dogs and people,” says Sarah J. Wooten, DVM, CVJ, in Greeley, Colorado.

Dogs and cats may seem to tread lightly on the Earth, but their carbon footprint can be heavy. Help them get green by evaluating what they consume and getting them in step with Mother Nature.

*Julie Peterson writes about wellness and environmental issues. Reach out at JuliePeterson2222@gmail.com.*

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## calendar of events

**PLEASE NOTE:** All events were accurate at press time, but due to circumstances created by the current COVID-19 pandemic, we suggest confirming these details with the hosts before attending.

**THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.**

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

### SUNDAY, JULY 5

**Full Moon Meditation** – 7-8:30pm. Full moon meditation is powerful for releasing things from your life, old negative emotions and thinking, and transformation. Session begins with a Crystal and Tibetan bowl meditation and if weather permits will go across street to the ocean for silent meditation under the moon. Bring a mat or towel. \$25. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### SATURDAY, JULY 11

**The Focused Mind: Mindfulness Meditation Teacher Training** – 10am-6pm. 100hr (6-month) Teacher Training Program with Anthony Profeta. If you are interested in developing the foundation skills to become a mindfulness meditation teacher. This training immersion will help you gain a more complete understanding of mindfulness meditation with a thorough exploration into Buddhist philosophy and its meditation techniques, especially its mindfulness and compassion practices. To learn more about requirements and cost visit [AnthonyProfeta.com](http://AnthonyProfeta.com). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### MONDAY, JULY 13

**Past Life Healing with Reiki Meditation and Sound** – 5:30-7pm. A Reiki journey technique is used with the intention to obtain spiritual and inner guidance, information, healing, and empowerment from higher sources of consciousness. Includes the River of Life healing experience to let go of what is not needed any longer and receive the gift of Empowerment with Maria Banas. Bring: yoga mat, pillow, blanket, and water. \$20. Register online or call 321-729-9495. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. [AquarianDreams.com](http://AquarianDreams.com).

### WEDNESDAY, JULY 15

**Sacred Sound Immersion Meditation with Crystal Bowls** – 5:30-7pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Led by Susan Rizzo. \$15. Aquarian Dreams, 414

N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. [AquarianDreams.com](http://AquarianDreams.com). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### FRIDAY, JULY 17

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

### SATURDAY, JULY 18

**Kundalini Yoga, Meditation with Deep Gong Healing** – 10-11:30pm. Benefits of Healing Gong: Creates deep relaxation and clears the mind; Immediate reduction of stress and anxiety; Stimulates the glandular system and improves function; Stimulates circulation; Organizes emotional energy and more. Led by Jessica Martin. Bring a mat and or blanket and comfortable clothes. (Please use rear door for entrance) \$20. Register online or call 321-729-9495. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

### SATURDAY, JULY 18

**Good Vibrations: Sound Bath Healing Meditation** – 1-2:30pm. During his sound bath meditations, Meditation Teacher Anthony Profeta uses Crystal & Himalayan Singing Bowls, and other instruments to create an environment & experience that will wash away your stress, break loose energy blocks within your energetic system, and allow you to enter into a state of relaxation & healing. \$20. Register online or call 321-729-9495. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

### SUNDAY, JULY 19

**New Moon Guided Meditation** – 6-7:30pm. During this meditation, you may lie on a mat, sit in a



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chair, or sit on a cushion. Anthony Profeta takes us on this meditative journey of healing, relaxation, & connection. The Crystal & Himalayan Bowls will be played during the entire meditation. Suggested: Bring yoga mat or pillow. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### TUESDAY, JULY 21

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

**Quantum Creation: Manifest Your Dreams** – Kumari offering live online video program that represents a distillation of 33 years mastering the art of manifesting at the highest vibrational levels. Learn energy alchemy techniques to release old patterns blocking your abundance and well-being, transform your ability to quiet the drama, increase your intuition and tap into your innate power to create more happiness, health, prosperity and spiritual connection. Six-week program includes all video replays, bonus videos, handouts and private online forum. More information and registration at [DivineHumanInstitute.com/Quantum-Creation](http://DivineHumanInstitute.com/Quantum-Creation).

### WEDNESDAY, JULY 22

**Trance to Transformation** – 5:30-7pm. Learn how to quickly access the trance states and be

guided to the higher states. Also, program to enable you to return to those states with ease with Bruce Orion. \$20. Visit BruceOrion.com. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Register online at AquarianDreams.com. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

## SATURDAY, JULY 25

**Reiki 2 Certification Course** – 11am-7pm. Reiki Level II / Usui/Holy Fire II is designed with the intention for the student to create a deeper commitment to healing themselves and others. Topics covered: 3 of the 4 primary symbols, Hand positions for healing, Distance healing techniques, Using crystals with Reiki and more. 7 CEU's for Yoga Alliance teachers. Instructor Maria Banas is a certified Reiki Master Teacher. \$185. Register online or call 321-729-9495 to register. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

## MONDAY, JULY 27

**Deeksha Healing: The Oneness Blessing with Crystal Bowl Meditation** – 5:30-7pm. Includes powerful Soul Sync and crystal bowl meditation and Deeksha Blessing, which is a transfer of energy to initiate higher states on consciousness. Brings a shift in perception resulting in clarity

and spontaneous feelings of love, joy, peace and inner silence, dissolving negative life patterns and releasing cellular and energetic level traumas facilitating healing with Maria Banas. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

## WEDNESDAY, JULY 29

**Sacred Sound Immersion Meditation with Crystal Bowls** – 5:30-7pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Led by Susan Rizzo. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

## FRIDAY, JULY 31

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

## save the date

**SATURDAY, AUGUST 1-  
SUNDAY, AUGUST 2**

**Spirit Fest: Metaphysical and Holistic Fair**– 11am-6pm. Enjoy 35+ booths with vendors, practitioners, intuitive readers, artists, and demonstrations. Something for everyone. Speakers throughout both days, Entrance fee: \$5. Children 12 & under free. Vendor opportunities are still available. Visit SanctuaryFL.com or call 407-850-8440 for more details. Azan Shriners Center, 1591 W Eau Gallie Blvd, Melbourne. Will adhere to CDC guidelines.

**SATURDAY, SEPTEMBER 12**

**Turtle Krawl 5k Run/Walk** – Brevard's largest 5k race. Participants will receive beautiful Turtle Krawl tech shirts (guaranteed for first 2000 registrants.) Virtual race provides for unlimited race locations and flexible packet pickup or packets mailed to you for safe participation. 100% of race proceeds benefit Sea Turtle Preservation Society. Online giveaways from generous sponsors. Register online at TurtleKrawl.com.



Dr. David Minkoff



The Best in  
*Natural Medicine!*

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

Specializing In:  
Allergies • Auto Immune Disease  
Cancer • Chronic Fatigue  
Heavy Metals • Inflammation  
Lyme Disease • Thyroid Issues

*We Fix Your Health...Naturally*

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## on going events

**PLEASE NOTE:** All events were accurate at press time, but due to circumstances created by the current COVID-19 pandemic, we suggest confirming these details with the hosts before attending.

**THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.**

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

## sunday

### TREASURE COAST

**Unity of Ft. Pierce** – 10am. Practical spiritual teachings that empower abundant and meaningful living. We honor all paths to God and strive to be a beneficial presence on our planet. Services will be held in the Sanctuary in June, honoring physical distancing. Masks are recommended and will be available. The service with Rev. Janice can also be viewed through Facebook Live Stream at [facebook.com/unity.fort-pierce/](https://facebook.com/unity.fort-pierce/). Unity of Ft. Pierce 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

## monday

### SPACE COAST

**Yoga in the Village** – 10:30-11:30am. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

**Gentle Hatha Yoga** – 11am-12:15pm. A gentle approach to Hatha including asana (postures) and Yoga Nidra meditation with Patti Akers. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Free Neuropathy Seminar** – 3-3:45pm. Do You Suffer with Neuropathy? Learn about the latest breakthrough that can relieve pain and numbness caused by peripheral neuropathy. Non-surgical, Drug-free Treatment. 90% of treatment done in the comfort of your own home. Our program has helped hundreds, nationwide gain their life back. Stephen H. Canuel, D.C. American College of Physical Medicine Board Certification Neuropathy. Free. Melbourne Chiropractic Spine and Injury Center. Attend in person or call to sign up for the virtual seminar at 321-499-4608. [WestMelbourneChiropractor.com/peripheral-neuropathy-relief](https://WestMelbourneChiropractor.com/peripheral-neuropathy-relief).

**Yoga for Beginners** – 4-5pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Aisling. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### TREASURE COAST

**Psychic Medium Readings & More** – 10am-3pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. 15-minute only readings in the store with social distancing masks required. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome - limiting to only a few in the store at a time with chairs outside to wait. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. [PsychicNTheGenie.com](http://PsychicNTheGenie.com).

**A Course in Miracles Study Group** – 7-8:15pm. Conference call facilitated by Kathryn Joy, everyone is invited, newcomers welcome. Come study, learn, practice, and share experiences. (Love-Offering appreciated). (Call in 5 minutes early) Join Me Conference call Number to Dial: 408-418-5040. Conference ID: 167-346-787#. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

## tuesday

### SPACE COAST

**Yoga for Beginners** – 11am-12pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Debby Jefferies. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Yin Yoga** – 12:15-1:30pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Debby Jeffries. \$10 (or yoga membership) To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Hatha Yoga** – 5:30-6:30pm. Multi-level class for beginners and intermediates. Led by Ellen Cameron whose experience allows her to modify asana to the students' ability, so they get the benefits of the practice without strain. \$10 (or yoga membership). To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### TREASURE COAST

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

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

## wednesday

### SPACE COAST

**Free Neuropathy Seminar** – 10-10:45am. See description Monday 3pm.

**Gentle Hatha Yoga** – 11am-12:15pm. A gentle approach to Hatha including asana (postures) and Yoga Nidra meditation with Patti Akers. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### TREASURE COAST

**Insight Meditation on Zoom** - 11am-Noon. Cultivate resilience and calm with Rev. Janice Cary. Join via Zoom with meeting ID of 871601586. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. [UnityofFtPierce.com](http://UnityofFtPierce.com).

## thursday

### SPACE COAST

**Yoga in the Village** – 9:30-10:30am. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

**Gentle Hatha Yoga** – 11am-12:15pm. A gentle approach to Hatha including asana (postures) and Yoga Nidra meditation with Patti Akers. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Kundalini with Meditation & Healing Gong** – 12:30-1:45pm. Kundalini class with pranayama, stretching poses, kriya, meditation, mantra and relaxation with gong. All levels. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](https://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Gentle Hatha Yoga** - 5:30-6:30pm. Gentle Hatha yoga classes with a focus on healing and medita-



tion. Instructor Teren Nichols is a licensed intuitive massage therapist. \$10 (or yoga membership). To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Yoga in the Village** – 6-7pm. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

## TREASURE COAST

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

**Pilates Mat Class** – 9-10:30am. Mat class offered by certified instructor, Barbara Lengen. Held in the outside garden. For information visit [AtlanticPilates.net](http://AtlanticPilates.net). \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

## friday

## SPACE COAST

**Free Neuropathy Seminar** – 10-10:45am. See description Monday 3pm.

**Yoga for Beginners** – 11am-12pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Debby Jeffries. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Yin Yoga** – 12:15pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Debby Jeffries. \$10 (or yoga membership) To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Family Meditation** – 4pm. During our guided meditation sessions, we will practice together and bring to bring calm, peace, grounding & connection to our lives. In today's stressful world these tools are beneficial for both adults and children alike. Cost: \$10 or yoga membership includes 2 family members. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

## TREASURE COAST

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

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

## saturday

## SPACE COAST

**Yoga in the Village** – 10-11am. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

## TREASURE COAST

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

**Psychic Medium Readings & More** – 10am-3pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. 15-minute only readings in the store with social distancing masks required. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome - limiting to only a few in the store at a time with chairs outside to wait. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. [PsychicNTheGenie.com](http://PsychicNTheGenie.com).

## classifieds

### BUSINESS OPPORTUNITIES

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

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

### COMMUNITY

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

### FOR RENT

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

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



## Turtle Krawl 5k Run/Walk

To benefit the Sea Turtle Preservation Society

### Brevard's Largest 5k Race

Saturday, September 12 - VIRTUAL RACE

Unlimited Race Locations & Flexible Packet Pickup or by Mail for Safe Participation

#### Why participate?

- 100% of race proceeds go directly to STPS to help save sea turtles
- Get our award-winning Turtle Krawl race shirt and optional medal
- You can participate virtually while staying safe
- Online giveaways from our generous sponsors

REGISTER online at [TurtleKrawl.com](http://TurtleKrawl.com)

## the natural directory

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in The Natural Directory email [Kris@myNaturalAwakenings.com](mailto:Kris@myNaturalAwakenings.com) to request our media kit.

### ACUPUNCTURE

**MARCELA BOWIE, D.O.M., AP**  
105 S. Riverside Dr, Ste 201  
Indialantic, 321-961-8243  
[NoWorriesNaturalMedicine.com](http://NoWorriesNaturalMedicine.com)



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

### HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE

1395 N. Courtenay Pkwy, Ste 202  
Merritt Island, 321-252-3720  
[HealthyHealingClinic.com](http://HealthyHealingClinic.com)



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

### STUART ACUPUNCTURE, INC.

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



With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad, page 11.

### ALTERNATIVE HEALING

#### CARE NATURAL WELLNESS CENTER

Brian P. Walsh, D.C.  
1051 Eber Blvd, Ste 102  
Melbourne, 321-728-1387  
[CareWellnessFL.com](http://CareWellnessFL.com)



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

products. See ad, page 27.

### ART THERAPY

**MARCY PURDY, ATR BC**  
ArtReach of Vero Beach  
[MarcyArtReach@gmail.com](mailto:MarcyArtReach@gmail.com)  
772-538-5532



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

### AYURVEDA

**HEALING ELEMENTS AYURVEDA**  
1290 S Hwy A1A, Ste 102  
Satellite Beach, 321-480-9617  
[HealingElementsAyurveda.com](http://HealingElementsAyurveda.com)



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

### CBD HEMP PRODUCTS

**NATURE'S HEALTHY HARVEST**  
2330 N. Wickham Rd, Ste 14  
Melbourne, 321-610-3989

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

**YOUR CBD STORE PORT ST. LUCIE**  
2818 SW Port St Lucie Blvd  
Port Saint Lucie, 772-207-7302  
[YourPSLCBDStore@gmail.com](mailto:YourPSLCBDStore@gmail.com)



Your source for quality CBD products and education. We're happy to answer all your questions in our relaxed atmosphere. Tinctures, water solubles, skin-care, edibles and pet products. See ad, page 13.

### CHILDREN'S HEALTH

#### CHILDREN'S HEALTHCARE OF BREVARD

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

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

### CHIROPRACTIC

#### CLOW CHIROPRACTIC

145 Palm Bay Rd NE, Ste 120  
W Melbourne, 321-725-8778  
[ClowChiropractic.com](http://ClowChiropractic.com)



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

#### JONES CHIROPRACTIC

6615 N Atlantic Ave, Ste A  
Cape Canaveral, 321-868-0888  
[JonesChiropractic.net](http://JonesChiropractic.net)



We care for infants to athletes to seniors, using activator to hands-on techniques, incorporating Aquamed Hydromassage and Kennedy Decompression Therapy. Serving Brevard 25+ years. See ad, page 19.

#### DR. ROZANA SHARMA, DC

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



Specializing in non-surgical spine and joint rehabilitation through adjustments, NeuroMuscular physical therapy, postural rehabilitation (no more tech neck), Photobiomodulation-cold laser. Now accepting injury cases. See ad, page 11.

#### UPPER CERVICAL HEALTH CENTER

1600 W Eau Gallie Blvd, Ste 104  
Melbourne, 321-622-4447  
[UpperCervicalCare.com](http://UpperCervicalCare.com)



**Upper Cervical Health Centers of America** Drs. Renee Hahn and Amanda Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 14.

### CLEANING: NATURAL

#### PROVERBS 31 CLEANING SERVICE

Brevard & parts of Indian River  
321-210-8538  
[Proverbs31CleaningService.com](http://Proverbs31CleaningService.com)

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

## COACHING

### CAROL BAXTER

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



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

### CHERI FLAUTO WHOLE LIFE COACH

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



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

### REV JANICE CARY

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



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

## COLON HYDROTHERAPY

### AUDRA RACANIELLO, LMT, CT

Indialantic  
321-616-5977  
AudraRacaniello.amtaMembers.com

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

## COUNSELING

### LESLIE HAATVEDT, PHD, LMHC

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



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

## DENTISTRY

### SMILE DESIGN AND WELLNESS CENTER

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

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 18

### CLAIRE STAGG, DDS, PA

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



Whole body connections and anti-aging Dentistry advanced non-surgical TMJ, snoring and sleep breathing disorders therapy, head, neck and facial pain treatment, non-extraction orthodontics, smile makeovers and dentistry for patients with multiple chemical sensitivities. See ad, page 29.

## EMF: 5G PROTECTION

### EMF SOLUTIONS

Michael Hatalovsky  
Holistic Nutritionist  
772-332-9405



EMF products and services to protect you and your family from harmful EMF 5G Radiation. Free in-home evaluation to ward off fatigue, sleep issues, headaches, disease risks and more. See ad, page 7.

## EYE & VISION CARE

### HEALTH FOR LIFE

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

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

## FENG SHUI

### FENG SHUI DESIGN

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



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

## HAIR SALONS

### ELEMENTS ORGANIC SALON

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



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

## HEALTH FOOD

### GLORIA'S HEALTH HUT

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

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

### NUTRITION SMART

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

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

### ORGANIC FOOD CENTER

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

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

### PEGGY'S NATURAL FOODS

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

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

### SUNSEED FOOD CO-OP

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

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

## HEALTH FOOD CONT.

### SUNSHINE HEALTH FOOD STORE

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

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

## HERBALISTS

### GINA KEARNEY

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



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

### MAMA JO'S SUNSHINE HERBALS

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

Enjoy a cup of complementary tea in the relaxing atmosphere of herbs and handmade herbal delights. Bulk Herbs, Handmade Products, Consultations, Classes, and Supplies. Teas, tinctures, lotions, soaps, facial products, salves, and more. See ad, page 9.

### THE HERB CORNER

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

Bulk Herbs, Herbal Certification Course and other herbal classes. Essential oils, handmade salves and lotions, customized herbal blends and private consultations. See ad, page 26.

## HYPNOSIS

### LORI BURKE

#### HYPNOTHERAPY LLC

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



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

### ELIZABETH L CAMPBELL, BCH CI, MNLP, CTH

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



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

### HYPNOTHERAPY BY JENNY

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



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

## INTEGRATIVE MEDICINE

### MELISSA DEAN, MD

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



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

### DEBORAH A. DEMARTA, MD, FACS, FAARFM

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



Anti-Aging, Functional and Regenerative Medicine. Colorectal Surgery and Functional GI, hormone replacement, food allergy and nutritional testing, IV vitamin therapy, heavy metals testing, medical aesthetics, THERMiVa vaginal rejuvenation, TherMiSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, Botox and fillers, skin care, weight loss. See ad, page 29.

### RADIANTLY HEALTHY MD

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



Are you Radiantly Healthy? We offer Integrative/Functional Medicine solutions to address health challenges and healthy aging! We combine both traditional and natural options including medical marijuana certification. See ad, page 8.

### YALE R. SMITH, MD, DABA, BCASI, FAAMFM, ABAARM

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



With 33 years of experience and expansive knowledge in traditional and integrative and functional medicine, Dr Smith specializes in heart attack prevention, food allergies, hormone imbalances, weight loss, and nutritional support for cancer patients. See ad, page 2.

## IV THERAPY

### RADIANTLY HEALTHY VITAMIN INFUSION DRIP LOUNGE

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



Delivering vital nutrients, IV Therapy benefits people with Chronic Fatigue, Depression, Migraines/Tension Headaches, Allergies, IBS, Cardiovascular Disease, Autoimmune Disease, Athletic Recovery, Viral/Bacterial Infections, and Common Cold/Flu. See ad, page 8.

### VITALIFTS

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



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

## LOCAL FARMS

### FLORIDA FIELDS TO FORKS, CSA

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



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

## MASSAGE THERAPY

### CHAD TAYLOR, LMT/ GINGER TAYLOR, LMT

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



Advanced, Integrative therapists offering: Massage Therapy (prenatal, deep tissue, and sports stretching), Craniosacral Therapy, Lymphatic Drainage Therapy, Micro-Current Advanced Pain Management, Gentle Scar Release, Thai Massage, Reflexology, and Total Body Balancing; helping clients transition towards a better life. (MA93522, MM35261, MA75423)

### DANIELLE DEMPSEY, LMT

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



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

### JUDY PORTER, LMT

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



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

### STUDIO 1250

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

**STUDIO | 1250** Offering massage, natural skin care and body care, including facials, body wraps and scrubs in a relaxing and healing environment. Call to book today. (MM37698)

## MEDICAL MARIJUANA

### ESSENTIALS MEDISPA & SALON

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



If you are looking for an alternative method of relief to chronic health problems, you may be eligible for the use of medicinal marijuana. See ad, page 17.

## MEDITATION

### TRANQUILITY HAVEN CENTER

Andrea Pearson, 772-210-5172  
524 SE Dixie Hwy, Stuart  
TranquilityHavenCenter.com



Our center provides a safe space that optimizes your meditation experience. We offer a variety of meditation, yoga and healing classes, for all ages.

## METAPHYSICAL STORES

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

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



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

### GENIE'S GEMS

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



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

## PSYCHIC AND THE GENIE

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



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

## SCENTED DRAGON

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



The Premier Metaphysical Store on the Treasure Coast offers knowledgeable staff, incense, crystals, stones, sage, candles, jewelry & more. Readers available daily. US 1 in Port St. Lucie. See ad, page 20.

## NEUROPATHY

### DR. STEVE CANUEL

Board Certification Nephropathy  
490 Center Lake Dr, Ste 100A  
Palm Bay, 321-499-4608  
WestMelbourneChiropractor.com



A long-term solution you can do at home! Our scientific, proven approach heals your nerves and reverses your symptoms. Relief without Surgery, Shots, Addictive Medications. See ad, page 34.

## PATIENT ADVOCATE

### CORINA SAVELA, LLC

Ins. Agent & Certified Patient Advocate  
Melbourne, 321-209-2998  
CorinaSavelaLLC.com



Assistance with preparing for and managing Medicare costs and benefits. Support for those without family and caregivers of a loved-one. Registered Guardian, Community Speaker and Educator. (Ins. Agent FL#W412514, Registered Guardian FL#1433)

## PEDIATRICIANS: HOLISTIC

### RUTH M. RODRIGUEZ, DO

Natural Solutions with Dr. Ruth  
Space & Treasure Coast, 321-427-6538  
NaturalSolutionsWithDrRuth.com



Dr. Ruth Rodriguez, board-certified Osteopathic Pediatrician provides holistic and individualized guidance to return children to vibrant health via Concierge- and Tele-medicine, and one-to-one consultations.

## PET SUPPLIES: NATURAL

### NATURAL PET SPECIALTY SHOP

398-B N Harbor City Blvd  
Melbourne, 321-259-3005  
NaturalPetSpecialtyShop.com



Featuring: grain-free, high-quality protein, raw & organic pet foods, treats, supplements, homeopathic

and herbal remedies, chemical-free grooming products, natural flea & tick supplies and much more. See ad, page 21.

## PSYCHIC MEDIUMS

### CHRISTOPHER JOHANSEN

Psychic & the Genie  
Downtown Stuart, 772-678-6170  
PsychicNTheGenie.com



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

### TESS, THE TREASURE COAST MEDIUM

Intuitive Medium, Reiki Master,  
Past Life Regressions  
By appointment: 772-200-0016  
TessTheHealer@gmail.com  
TreasureCoastMedium.com



Are you grieving the loss of a loved one and need closure? Did you miss the chance to say 'Goodbye'? Or are you in need of divine guidance about your career, love life, or finances?

Allow the Angels to help you make the right decisions. Learn how to cultivate your own intuition through classes offered in spiritual development.

## REIKI

### SPARK OF DIVINE LLC

1789 Old Dixie Hwy  
Vero Beach, 772-257-6499  
SparkOfDivine.com

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

## SALT THERAPY

### THE SALT CAVE IN THE HAIR TIKI

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



for stress anxiety & fatigue.

Dry salt therapy (halotherapy) promotes healthier breathing & skin, sounder sleep, endurance & overall wellness. It's also healing on a variety of levels

## SOLAR ENERGY

### SOLAR ENERGY SYSTEMS OF BREVARD, INC.

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



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

## SPIRITUALITY

### THE INSTITUTE FOR SPIRITUAL DEVELOPMENT TREASURE COAST

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



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

### UNITY ON THE SPACE COAST

2000 South St, Titusville  
321-383-0195  
UnityontheSpaceCoast.org



A positive, practical, progressive approach to Christianity based on the power of prayer, celebrating personal and spiritual diversity. Watch us on YouTube on Sundays 11am.

## THERMOGRAPHY

### FOR YOUR HEALTH THERMAL IMAGING, LLC

1803 North Wickham Rd  
Melbourne, 321-259-8250  
YourThermalHealth.com



Whether your pain, condition, or disease is acute or chronic, a thermography scan can identify dysfunction and pathology for your healthcare professional. It's pain-free, fast, radiation-free, and non-invasive. See ad, page 12.

### SPACE COAST THERMOGRAPHY

7125 Turner Rd, Ste 101  
Rockledge/Suntree, 321-574-9014  
SpaceCoastThermography.com



Radiation-free breast health screenings, women's health studies, and full-body studies with the highest resolution thermal imaging equipment available in Brevard County. Discounts Available! See ad, page 31.

### STUART THERMOGRAPHY

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



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 10.

### THERMOGRAPHY OF BREVARD

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



Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 34.

## VETERINARIANS

### ANIMAL WELLNESS WORLD

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



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

## YOGA

### HATHA YOGA WITH MARILYN

Pelican Beach Clubhouse  
1495 Highway A1A  
Satellite Beach, 321-604-0767

Balance your Body, Mind & Spirit with Hatha Yoga. Gentle, guided yoga postures with Stretching, Deep Breathing, and Relaxation. \$5 per class through Satellite Recreation Department. See ad, page 17.

# achieve **WELLthier Living™**



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# The Premier Center for REGENERATIVE MEDICINE



**Melissa Dean, MD, MMB**  
Anti-Aging Medicine  
Master's Metabolic  
Medicine

Dr. Melissa Dean has been serving Vero Beach, FL and the surrounding area for over 15 years. With a welcoming and positive atmosphere, Dean Wellness Institute provides an integrative approach to medicine. Every patient that walks through our door will be provided with a customized plan of care tailored to their individual healthcare and nutritional needs.

**Thomas Edison sums up our philosophy best:**

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

## NATURAL & INTEGRATIVE HEALTH CHOICES

### Services We Provide...

- Age Management, Anti-aging/  
Age Reversal Medicine
- Bio-Identical Hormone Replacement  
Therapy for Men & Women
- Chelation Therapy  
(many types offered)
- Sports Health Management
- Nutritional Programs
- Tobacco Cessation
- Preventative Medicine
- Vitamin Evaluation
- Oxygen Therapies
- *Plus many other  
innovative therapies*



**Catherine Cheries, P.A.**



**Dean Wellness Institute**

Integrative Approach to Medicine

1345 36th St, Suite B  
Vero Beach, FL 32960

**772-567-1500**

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**DeanWellnessInstitute.com**

*Feel Beautiful*  
from the top down



- A Non-Surgical Solution  
for Reversing Hair Loss
- No scars
- No downtime
- No side effects

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HAIR RESTORATION  
THERAPY FOR  
WOMEN AND MEN