

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings



No-Waste CUISINE

Tasty Choices for
Overlooked Plants

STRONG & HEALTHY

Five Ways to
Strengthen
Kids' Immunity

WHOLE-BODY DENTISTRY

Goes Beyond the
Teeth and Gums

COOL TREATS FOR CATS AND DOGS

Get Natural Awakenings delivered

FREE each month to your inbox

Join Our Email List at

MyNaturalAwakenings.com

WANT MORE NATURAL AWAKENINGS?



BE NOTIFIED OF
NEW CONTENT!

SIGN UP FOR OUR


eNEWSLETTER!


Stay informed with our trending articles, local event listings, videos, insights and more!

CONNECT WITH US ON

SOCIAL MEDIA

Be part of our online natural community! Enjoy articles, inspiration, polls and giveaways!

 Like us on **Facebook** /NASpaceTreasure

 Subscribe to our **NEW YouTube** Videos For Your Health Series /myNaturalAwakenings

CONNECT WITH US ONLINE

myNaturalAwakenings.com

Find online exclusive articles and the latest issue at myNaturalAwakenings.com. Go to the homepage and explore recipes, find local events and search for natural businesses with ease.

THIS MONTH'S ONLINE EXCLUSIVES



**MINDFUL
WALKING**

Meditative Steps
for Well-Being

THE UPSIDE OF LOCKDOWNS

Air Gets Cleaner Around the Globe

**HOW AWE CAN TRANSFORM
OUR LIVES**

THIS MONTH'S VIDEO SERIES



Watch this month's interviews with local dentists and discover the connection between your oral health and overall health.

VISIT

my-NA.com/Videos

my-NA.com/OralHealthVideos

1

FIND EVENTS IN OUR ONLINE CALENDAR

AQUARIAN DREAMS

Serving Brevard County since 1986

Conscious Living Products

Incense, Aromatherapy, Journals, Sage Vegetable-Wax Candles, Windchimes, Yoga tools, Meditation Music, Crystals, Visionary Art, & more....



Global Imports

Inspirational Home Decor, Unique Gifts, India Tapestries, Batik Wallhangings



Natural Children's Products

Organic Cotton Baby Toys, Natural Fiber Clothing, Positive Lifestyle Children's Books, Meditation CDs, Wooden Toys



Natural Fiber Clothing

*Imports from India, Bali, Nepal & Guatemala, Yoga Clothing Sarongs * Tie-dyes*

Gemstone Jewelry

100's of one-of-a-kind pieces

Daily Classes

*Yoga * Meditation * Healing
Community Gatherings*



Holistic Books

Largest selection in Brevard County!
Aromatherapy, Chakras, Crystals, Consciousness Expansion, Dalai Lama, Dreams, Eastern Teachings, Energy Healing, Feng Shui, Herbs, Holistic Health, Juicing & Raw Foods, Massage & Acupressure, Meditation, Music & Sound, Natural Birth, Parenting, Personal Development, Plant-Based Cookbooks, Reiki, Spiritual Growth, Stress Reduction, Vegan Cooking & Philosophy, Yoga, Yogananda, Zen

Daily Services Available

***Massage Therapy
& Thai Massage***

***Acupuncture & Chinese Herbs
Hypnotherapy * Astrology
Reiki * Chakra Balancings***



414 N. Miramar Ave (Hwy A1A)
Indialantic (321) 729-9495
www.AquarianDreams.com

Publisher/Editor **Kris Urquhart**
Managing Editor **Laurie Davey**
Contributing Writer **Julie Peterson**
Design & Production **Courtney Ayers**
Advertising Consultants
Main Office **Kris Urquhart**
321-426-0080
Space Coast **Kasey Knight**
321-684-9026
Treasure Coast **Marie Mocerì-DiCanio**
772-444-7739
Webmaster **Zach Davey**
Social Media **Amy Hass**
Distribution Team **Sugey Bernal**
Paul Capodilupo
Shawn Richter
Tri-County
Distribution

CONTACT US

Main Office & Advertising: 321-426-0080
Distribution: 321-421-7817
Email: Kris@my-NA.com
myNaturalAwakenings.com

NATIONAL TEAM

CEO/Founder **Sharon Bruckman**
COO/Franchise Sales **Joe Dunne**
National Art Director **Stephen Blancett**
Art Director **Josh Pope**
Financial Manager **Yolanda Shebert**
Asst. Director of Ops **Heather Gibbs**
Digital Content Director **Rachael Oppy**
National Advertising **Lisa Doyle-Mitchell**
Administrative Assistant **Anne-Marie Ryan**

Natural Awakenings Publishing Corporation
4851 Tamiami Trail N., Ste. 200
Naples, FL 34103
Ph: 239-434-9392 • Fax: 239-434-9513
NaturalAwakeningsMag.com

© 2020 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call if you would like copies placed at your business. To find a location near you visit my-NA.com/FindUs.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



SUBSCRIPTIONS ARE AVAILABLE:
\$25 for 12 issues.
Call 321-426-0080 to order.



letter from the publisher

Dental Visits Are More than Just a Mouthful



With social distancing still in effect, my recent visit to the dentist put a little more pep in my step as it was a chance to safely interact with people and be out of the house. However, for many, a dental visit can be more than a satisfying outing, it is fundamental support for their overall health.

This month, our feature article, *Whole-Body Dentistry*, reveals a vibrant world of oral health options provided by biological, holistic and integrative dentists. This includes

an array of options to assist with healing and prevention of inflammation to treatments that can impact heart health, sleep related disorders, anxiety and other conditions. In *Whole-Body Dentistry* [page 20], author Linda Sechrist shares that children born tongue-tied may never expand the palate as it is supposed to, and chronic mouth-breathing can cause anxiety because the nitric oxide receptors located in the nose signal arteries and veins to relax.

“When considering parenthood, it’s doubtful that anyone thinks far into the future to imagine a child’s long-term health problems that might result from decisions made about their teeth even before they appear,” shares Sechrist in *Dentistry’s Bigger Picture* [page 22]

I recently discussed these issues and more with local integrative dental experts in our video series exploring how oral health is connected to whole body health. You can listen to these interviews at myNaturalAwakenings.com/OralHealthVideos.

Nutrition plays a role not just in oral health but overall health as well, explore ways to maximize your garden’s bounty and try some new recipes in our Conscious Eating column [page 32]. Find five ways to strengthen kids’ immunity in *Strong and Healthy* [page 26] and try some cool treat recipes for your cat or dog [page 28]. Then in our Wise Words interview, we share the perspective of an environmental justice and resource equity leader in *Healing America Through Social Justice* [page 30]. For more great articles, visit our website for this month’s online exclusives and discover how the air is getting cleaner around the globe in the *Upside of Lockdowns*. Then enjoy meditative steps for well-being in *Mindful Walking*.

Here’s to a healthy mouth and body!

Kris Urquhart, Publisher



ONLINE EXCLUSIVES: www.my-NA.com

FACEBOOK: Find us at Facebook.com/NASpaceTreasure

YOUTUBE: Find us at Facebook.com/NASpaceTreasure

PINTEREST: Pinterest.com/NatAwake

TWITTER: Twitter.com/NaturalNetwork

INSTAGRAM: Instagram.com/naturalawakeningsmag

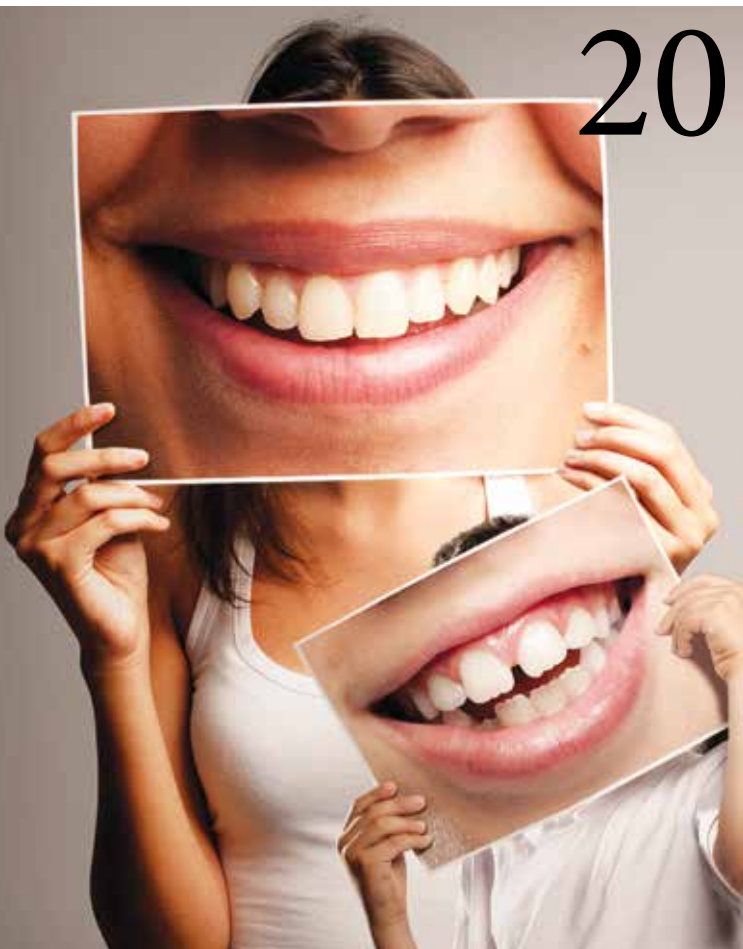
Download the NA app free at iTunes store

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.

Contents



ADVERTISING & SUBMISSIONS

HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at MyNaturalAwakenings.com, email 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. Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

All calendar events must be submitted online at: MyNaturalAwakenings.com. E-mail calendar questions to: 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.

20 WHOLE-BODY DENTISTRY
Biological Dentists Get to the Root Causes

22 DENTISTRY'S BIGGER PICTURE

24 HEALING WATERS
Hot Baths Rejuvenate Body and Mind

26 STRONG AND HEALTHY
Five Ways to Strengthen Kids' Immunity

28 COOL TREATS FOR CATS AND DOGS

30 MUSTAFA SANTIAGO ALI
on Healing America Through Social Justice

32 NO-WASTE GARDEN EDIBLES
Ways to Maximize Your Garden's Bounty

DEPARTMENTS

- 6** news briefs
- 16** health briefs
- 18** global briefs
- 24** healing ways
- 26** healthy kids
- 28** natural pet
- 30** wise words
- 32** conscious eating
- 36** calendar
- 39** classifieds
- 42** natural directory

24



28



32



SINCE 1988 IN SPAS & HOME USE



**VOLCANIC ORIGINS
FACE & BODY
FIRMING MASQUE**

- Instant **ANTI-AGING** & **FACE LIFTING EFFECTS**
- Good Bye **"CREPEY" SKIN**
- Good Bye **LOOSE SKIN**



**CELLULITE
SOLUTION**

Absorbent volcanic particles & **ZEOLITE** support an **INSTANT SUCTION ACTION** on all body areas.



Now, more than ever, you need to DETOX!
Go to **VolcanicOrigins.com** or call
888-745-6806/305-776-5865

space coast news briefs

Shuler Auctioneers Launches Simulcast Auctions

Debbie Shuler is pleased to announce Simulcast Auctions by Cliff Shuler Auctioneers & Liquidators, Inc. Shuler has adapted her business to conduct the auctions live and online at the same time. Participants who cannot attend the auctions in person can hear the auctioneer selling as they make their bids.



"We're licensed to auction just about everything under the sun, even the kitchen sink," says Shuler. The auctions offer real estate, antiques, motor vehicles of all kinds, boats, firearms, tools, machinery, household goods, commercial equipment and more.

The next Julia Street Simulcast Auction will be held September 26. There is no charge to attend or register online. Items can be accepted for upcoming auctions Monday through Friday from 9 a.m. to 2 p.m.

For more information, call 321-267-8563 or visit SoldFor.com. Cliff Shuler Auctioneers & Liquidators, 422 Julia Street, Titusville. See ad, page 26.



Eco-Friendly Dome Home for Sale

Lynn Ganster, Realtor with Morris Williams Realty, is pleased to announce an iconic, well-known custom dome home has come on the market in Brevard County. The home has only had two owners, has been updated and includes a bedroom/office with a front door entrance to allow for home-use or a business opportunity. The home includes a winding fir staircase with a teak handrail leading to the private master suite and access to additional bedrooms, bathroom and laundry room with washer and dryer.

This home offers large open gathering spaces, a living room with custom built-in, kitchen with a walk-in pantry, open cabinetry, new refrigerator, generous countertop space and island cooking.

The nearly two-acre parcel boasts an outdoor view with a guitar-shaped koi pond, pool, wrap around screen-enclosed lanai, pool, hot tub and tiki bar. Parking is available for multiple vehicles, toys and boats with a detached two-car garage and additional two-bay carport, outdoor shed/workshop, and a circular drive with room for an RV. There is also a chicken coop and room for plenty of animals if desired.

"You can feel the great care these owners have taken of this home," says Ganster. "There are so many options with this comfortable, memorable home."

For more information, call 321-438-9598. See ad, page 19.

Natural Healthcare Options

Specializing in:

- All-natural products: tinctures, salves, syrups & capsules
- Customized herbal remedies & teas
- Herbal/Nutritional classes

Consultations by Donation

- Unique jewelry & gemstones
- Essential oils
- Organic bulk herbs

Store Hours:
Wed– Fri 10am–5pm
Saturday 11am–3pm

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

**The Herb Corner
and Learning Center**

Cecelia Avitabile
Certified Master Herbalist
& Nutritional Consultant

Celluma Light Therapy for Acne, Anti-Aging and Pain

Beth Myers, Lac, DOM at Ni's Chinese Medical Center, is pleased to offer Celluma (LED) Light Therapy to improve cellular performance. Phototherapy is known for its healing and anti-inflammatory properties. Research has shown that it can increase circulation, accelerate tissue repair, decrease inflammation, ease muscle and joint pain, stiffness and arthritis. For skin care it helps to decrease wrinkles, improve skin tone, texture and clarity and kill acne bacteria.



"The clinical benefits include pain relief in conditions such as carpal tunnel syndrome, bursitis, tendonitis, ankle sprain, and temporomandibular joint dysfunction, shoulder and neck pain as well as tissue repair in cases of diabetic ulcer, venous ulcer, mouth ulcer, fractures, tendon rupture, ligamentous, tear, torn cartilage, and nerve injury," says Myers.

Celluma low-level light therapy can be applied in conjunction with acupuncture for maximum benefits.

For more information or to make an appointment with Beth Myers, call 321-757-9731. Ni's Chinese Medical Center, 1250 W. Eau Gallie Blvd., Suite L, Melbourne. DrBoNi.com. See ad, page 11.

Holistic Stress Detox Course and Oneness Deeksha Initiation

Aquarian Dreams is pleased to host a two-day training course, *A Holistic Approach for Stress Release*, led by One Consciousness Trainer Maria Banas, certified in India at Oneness University.



The techniques taught in this course help to dissolve crucial problems presented by the mind and body on the path to well-being, love and achievement. Participants will learn five ancient meditative arts drawn from the mystic traditions of India: relaxation to detox stress from the physical body, activating mystic power centers to detox the energy body, forgiveness to detox from the mind, intention to detox from the wisdom body, and joyful living and giving to detox the bliss body.

"Each of these arts will lead you towards a greater evolution in consciousness," says Banas. "We will also be drawing into ourselves the power of the Universe through a special process of Oneness Blessing or Deeksha, which will open up your consciousness to the transcendental dimensions of the specific art you are practicing."

The course will be held August 22-23, Saturday from 10 a.m. to 7 p.m. and Sunday from 10 a.m. to 5 p.m. Cost: \$189 or \$160 in advance. For more information or to register, call 321-729-9495 or visit AquarianDreams.com/special-events. Class size limited for social distancing. Aquarian Dreams, 414 N. Miramar Ave, Indialantic. See ad, page 3.

Innovative Biological Dentistry

SMILE



Design & Wellness Center



"Dr. Brown, and the entire team, is patient, caring, and willing to explain things in an accessible way. They act as expert consultants regarding decisions to be made about care and your life!"

-Thomas R.



- Dental Implants
- One Visit Crowns
- Mercury-Safe Dentistry
- Ozone Therapy
- Minimally Invasive
- No Shot-No Drill, LASER Dentistry

Dr. Chris Edwards
Dr. Rob Brown
and Introducing
Dr. Haley Freymiller

5445 Village Drive, Suite 100
Viera, FL


www.smiledesigncenter.us
321.751.7775

PREVENTION BEFORE DETECTION with Thermography

Non-invasive • Radiation free
Painless • Compression free

**DETECTS INFLAMMATION,
INJURIES, CANCER AND MORE**

Arthritis • Breast Cancer
Headaches • Melanoma
Neck and Back Pain
Colon, Gastro-intestinal, and
Immune Dysfunction
Unexplained Pain and more

 Grant program
for **FREE**
breast scans.

321-312-0363
CALL FOR
AUGUST SPECIAL

**THERMOGRAPHY
OF BREVARD**
1051 EBER BLVD, STE 102
MELBOURNE

**INDIAN RIVER
THERMOGRAPHY**
1119 7TH AVE,
VERO BEACH



ThermographyofBrevard.com  ThermographySpaceTreasureCoast

space coast news briefs

Kula Yoga Teacher Training in Merritt Island

Kula Yoga is hosting a 200-hour Teacher Training at their Merritt Island studio in October. The class will run on weekends from October 9 through October 25, plus 30 hours of yoga classes for a total of 232 hours. Virtual training is available as well.



Students in the program will learn to deepen their physical and spiritual practice; learn philosophy, anatomy, and asanas (poses) of yoga; connect with themselves in a deeper way; learn sequencing of classes to be prepared to teach upon graduating; and learn the basics of chakras, breath work, and Ayurveda.

“Kula Yoga offers a welcoming place to learn and explore the world of yoga,” says studio owner Cassie Camp. “It is our mission to incorporate yoga into our community to live healthier and more fulfilling lives.”

Kula Yoga is located at 230 E Merritt Island Cswy, Ste 102, Merritt Island. Cost: \$3100 (early-bird \$2800) with an additional discount if paying in cash. Early-bird deadline is August 15. Payments can be arranged. For more details, visit KulaYogaMerrittIsland.com or call 321-978-5116. Trainings will also be held this fall in Port Orange, New Smyrna Beach.

Laser Removal for Hair, Blood Vessels and Spider Veins



Dr. Rozana Sharma has added two new services: Laser Vascular Renewal and Laser Hair Removal for all skin types. Laser Vascular Renewal can precisely treat visible vessels, broken capillaries, “spider veins” and most common vascular lesions on the face and body. She continues to provide the same chiropractic care and other rehabilitation services as always and is offering complementary consultations to determine the best treatment options.

Dr. Sharma also provides healthcare management for her patients. “I am the liaison between the medical care and wellness care that patients desire. Managing what supplements and medications patients are incorporating into their lives is important because, often, I find that patients are not taking enough or even the wrong herbs or vitamins because they read it was good for them,” says Dr. Sharma. “For example, many patients are taking turmeric for its anti-inflammatory benefits but are taking the wrong dosage. Making minor adjustments can make all the difference.”

“Healthy living doesn’t have to be complicated as long as health management is established. Let me help guide you on your wellness path, so you get the most out of life,” say Dr. Sharma.

Call 321-361-6869 to make an appointment with Dr. Sharma. Her office is located inside Florida Therapy Center at 1990 W. New Haven Ave, Suite 105, Melbourne. Follow her on Facebook at [Facebook.com/DrRozana](https://www.facebook.com/DrRozana) for specials and updates. DrRozDC.com. See ad, page 25.

Find your copy of
Natural Awakenings at

tropical
SMOOTHIE
CAFE

eat better.  feel better.®

Stuart  Palm City  South Stuart
Port St Lucie  Treasure Coast Mall
Fort Pierce  Jensen Beach

Do You Have Congestive Heart Failure, Hypertension, High Blood Pressure or Coronary Heart Disease?

We have Natural Ways to Test and Treat these conditions & more...



Yale R. Smith, MD, DABA, BCASI, FAAMFM, ABAARM incorporates 33 years of medical experience to take a deep dive into your medical history exploring every symptom and ailment, and combines that with cutting-edge testing and the best of Traditional and Integrative Medicine.

*Now accepting
NEW
patients!*

Completed the Advanced Metabolic Cardiovascular Certification
2 Simple Blood Tests that can Save Your Life!

The CardiaX test detects genetic variations and aims to reduce the prevalence of heart disease through early detection and prevention. It may be appropriate to run if you have the following symptoms or conditions:



- Cardiovascular Disease
- Diabetes
- Atrial Fibrillation
- Hypertension
- Insulin Resistance
- Stroke
- Dyslipidemia

The PULS (Protein Unstable Lesion Signature) Test



measures the most clinically significant protein biomarkers that measure the body's immune response to Arterial injury.

These injuries lead to the formation and progression of Cardiac Lesions which may become unstable and rupture. Leading to a Life-Threatening Cardiac event.

CONTACT US TODAY TO GET YOUR CONSULTATION AND TESTING.



**CENTER FOR ANTIAGING AESTHETIC
AND REJUVENATION MEDICINE**

Interest-free payments available through PayPal.

321-421-7111 • 7000 Spyglass Ct, Ste 300, Viera • AntiAgingIM.com

WE LISTEN AND CARE



So you can find the Root Cause of your health issues and get Natural Solutions!

NATURAL HEALTHCARE FOR ALL AGES:

Designed Clinical Nutrition using Nutrition Response Testing®, Chiropractic, PEMF Therapy, & ChiroThin Dr Supervised Weight Loss Program.

CALL 321-728-1387 TODAY
for a Health Evaluation
to see how we can help **YOU!**



CARE

Natural Wellness Center

Get Healthy.
Stay Healthy.
Naturally.

Visit our website for an initial visit coupon.
CareWellnessFL.com

1051 Eber Blvd. • Suite 102 • Melbourne

treasure coast news briefs

Treasure Coast Medium Shares Message



Tess the Treasure Coast Medium, is pleased to share a message she has received and channeled from Arch Angel Gabrielle. Tetrault explains that this time is one of transformation. The situation provides time to turn within while we are quarantined. The message she received advises that we use the time constructively. Engage in activities that facilitate an easy connection to your spiritual connection such as music, prayer, meditation, and journaling. Try being creative or outside in nature, engage in a favorite hobby or just doing what you love. “While our conscious mind is busy with the task at hand, our subconscious mind is free to connect to higher realms of consciousness,” says Tetrault. “This gives us the chance to slow down and listen. From that point guidance comes from a higher realm, for our best and highest outcomes.”

Based on her channeled communication, Tetrault recommends, “This is the opportunity to continue the Earth’s transformation toward love! One soul at a time starting with the self and rippling out through the energetic planes of existence. Move away from the vibration of fear to a new one of love and the future.”

To read the complete channeling, please contact Tess Tetrault, The Treasure Coast Medium, at 772-200-0016 or email TessTheHealer@gmail.com.

USDA Organic Certified CBD Products in Port Saint Lucie

Your CBD Store Port St. Lucie is pleased to offer USDA Certified Organic products that are free of harmful chemicals. “Through plant- based science, cutting-edge formulas have been created that bring new meaning to holistic lifestyle. SunMed products use the whole plant and offer Broad and Full Spectrum options,” explains Rachel Stevens, store affiliate.



Your CBD Store of PSL is now offering *CBG Day Citrus* a specially formulated blend with essential oils that help to settle the mind and focus on the positive. *CBN Night Plus* utilizes Lavender and Valerian Root making it a natural choice at the end of a stressful day.

For the month of August Your CBD Store PSL is offering special discounts on award winning women’s wellness blends that assist with feelings of well-being and soothing skincare products containing cucumber, mint, and Vitamin E.

“Your CBD Store PSL is working with local community and other local businesses to help bring calm and balance back into our daily lives,” explains Stevens.

Offering free delivery, curbside pickup, shipping and no contact sales. Phone and video education provided upon request. 772-207-7302. 2818 SW Port St. Lucie Blvd., in Port St. Lucie. See ad, page 35.

TRANSFORMING LIVES

One Person at a Time!



Nutrition World

We’ve Expanded!

- Supplements
- Essential Oils
- Natural Body Care
- Health Coaching
- Ion Foot Cleanse Detox
- Sunlighten Sauna Sessions
- Bio Feedback
- Massage
- Blood Analysis
- Aroma Touch/ Raindrop Technique

PRACTITIONER ROOM AVAILABLE

Join Joanne every Thursday 10-11am on WPSL 1590 AM
for her health and wellness show **Joanne’s World of Nutrition** as she answers common, and sometimes not so common, questions concerning healthy life-style choices.



772-464-3598
101 N. US 1 • FT. PIERCE
IN THE HISTORIC ARCADE BUILDING
JoannesNutritionWorld.com

Soul Garden Art and Qi Gong, Where Art Meets Nature

ArtReach of Vero Beach owner and practitioner Marcy Purdy is excited to invite clients into her outdoor space. “Enter into our garden, intentionally created to inspire calm, introspection and creativity in a peaceful and safe space,” explains Purdy.



Purdy, owner of Twin Oaks Professional Center in Vero Beach, is a certified Qi Gong instructor, and has been a Nationally Board-Certified Art Therapist for over 35 years in Vero Beach. Purdy goes on to explain her newest offerings, “It’s important that each of us find a way to feel more in control of our own lives right now. By creating this space where art meets nature, clients can dig deep into their souls, weed out what no longer serves their higher purpose and plant seeds for their futures.”

Purdy’s Soul Garden Sessions can include painting, clay, paper-mache, mosaics, garden stones, soul collage, painted bamboo and Qi Gong...or any combination thereof. “Art is transforming, it can help individuals trade anxiety and fear for peace and serenity,” says Purdy.

ArtReach is currently offering ‘bring a friend’ specials for first timers and tailored experiences for individuals. To schedule or for more info contact Marcy Purdy directly at 772-538-5532.

Psychic & the Genie 5 Year Anniversary Celebration

Jeanne Mehlretter and Christopher Johansen, co-founders of Psychic & the Genie Metaphysical Store, invite you to join them in celebrating their five-year anniversary on Saturday, August 29 from 11 a.m. to 4 p.m.



The day will feature raffles, \$25 psychic readings and 20% off all merchandise at Psychic & The Genie and Genie’s Gems stores, both located in downtown Stuart. Visitors can also add a little glimmer to their look with “fairy hair” colorful iridescent strands, free with any purchase.

“I would like to personally thank our amazing community for all the love and support we have received over the past five years,” says Johansen. “We are nothing without you all.”

Psychic & The Genie supports the community’s small businesses by carrying their jewelry, books, local honey, home remedies, art and other local items. The store carries a variety of products and gifts for mind, body, and spirit including salt lamps, candles, essential oils, crystals, stones, incense and more.

Appointments for readings are recommended, walk-ins are welcome. Location: Psychic & The Genie, 313 Colorado Ave in Stuart. For more information, call 772-678-6170 or visit PsychicNTheGenie.com.

▶ Hear more from about psychic medium reading from Christopher Johansen in our video series at my-NA.com/Metaphysical.

Flu and Respiratory Illness

How to Naturally Fight Viruses?

The immune system is the first line of defense against a virus entering our body. The stronger the immune system, the lesser chance of you falling sick. **Chinese medicine** has been used for thousands of years to help boost the immune system so you can fight against virus's. Today, it is being used to help alleviate symptoms that many are experiencing with the current pandemic. If you are experiencing symptoms associated with a flu or respiratory illness or you would like to receive preventative treatment, give us a call today, there's no reason to suffer.



Bo-Shih Ni



Beth Myers



Yang-Fen Sun



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

We have secured a healthy environment by following the health & safety guidelines of CDC.

Appointments also available via TELEHEALTH

-Special for August-

Free New Patient Health Evaluation (\$80 value) with Beth Myers or Yang-Fen Sun



HEALTH CONNECTIONS DENTISTRY™

321-777-2797

SmileProfessionals.com

WE PROVIDE INDIVIDUALIZED HEALTHY AND NATURAL SOLUTIONS FOR CHILDREN AND ADULTS

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

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

Dr. Stagg answers YOUR questions via videos about how IT'S ALL CONNECTED™! Submit your questions as well as like and Follow us on [facebook.com/SmileProDentist](https://www.facebook.com/SmileProDentist) and [Instagram @SmileProDentist](https://www.instagram.com/SmileProDentist)

CLAIRE STAGG DDS MS FAACP

2120 Highway A1A • Indian Harbour Beach, FL 32937 [in.](https://www.linkedin.com)

treasure coast news briefs



It's Never Too Late to Begin Again, 12-Week Workshop

Life and Relationship Coach, Rev. Carol Baxter, is pleased to present the "It's Never Too Late to Begin Again" workshop. This 12-week program is designed for those who may be starting the next chapter in life initiated by events such as retirement, a divorce, a move, a health issue, an empty nest, or a shift into another career. Baxter believes that changes in your middle and mature years can raise many self-doubts and questions about the future.

"Join me for this 12-week workshop that will help you refocus your direction by addressing issues like boredom, excitement, feeling untethered, irritability, enthusiasm, and depression," says Baxter. "Using a simple set of mindfulness tools, you'll discover that everyone is creative, and that age is just a number."

The workshop uses Julia Cameron's latest book, *It's Never Too Late to Begin Again*. "Laura Ingalls Wilder published *Little House In the Big Woods* when she was 64. In 2015 Sam Waterston, Martin Sheen, Lily Tomlin, and Jane Fonda opened with the Netflix original: *Grace and Frankie*. Five years later, they entered their seventh season at ages 79, 79, 80, and 82, respectively, showing that it's never too late to find joy, passion, creativity, and direction," says Baxter.

The 12-week program is offered on Tuesday evenings 7 to 9 p.m. over Zoom, starting August 11. Tuition \$225. For more information, call Rev. Carol at 772-359-8924, email RevCarolBaxter@gmail.com or visit TheInspiredLivingCenter.com.

Purely Organic Salon for Hair

ORGANIC SINCE 2012

beautiful hair naturally



ALL PRODUCTS we use are the best available on the market. Our hair color products include organic, non-toxic and Henna options. Also offering Organic Manicures, Pedicures and Massages.

195 Jackson Ave, #100, Satellite Beach

321-243-0540

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

MM#37984

Organic infused 100% certified organic color and mineral color haircare lines from France. We are the 1st salon in the U.S. to carry this unique color line!

Calm and Empowered Hypnotic Recording Available on YouTube



Hypnotists from the Treasure Coast Chapter of the National Guild of Hypnotists are pleased to offer a hypnotic experience via YouTube for anyone who needs to feel less fear, calmer or even to feel more empowered. The group decided to share their skills by creating a recording to help create a more positive outlook

during the time of the pandemic.

Organized by Elizabeth Campbell, president of the chapter and owner of TranceformU in Stuart, the hypnotists pooled their ideas during a virtual Zoom meeting. They each recorded their portion on whatever devices they had on hand, in their individual places of isolation. "Thanks to the internet, they could all be collected so that I could then put them into a useful recording," says Campbell. Her son, a composer, wrote the background music and helped her with the technical aspect of getting it onto YouTube.

"We are pleased we could create something useful to share with the world," says Campbell. "We invite you to listen and enjoy, taking from it what you like, and then to listen again and again, to reinforce whatever you like the most in the recording."

The recording can be found on the homepage of TranceformU.com. Elizabeth Campbell, TranceformU, 611 SW Federal Highway, Suite K-1, Stuart. 772-215-2985. TranceformU.com.

Ubuntu Fish Gallery Celebrates One Year Anniversary

Dana Sardano, owner of Ubuntu Fish Gallery (UFG), invites you to the One Year Anniversary Celebration of Ubuntu Fish Gallery on September 5 from 5 to 8 p.m. Meet featured artist, Dana Sardano, local artists, workshop facilitators, enjoy artwork, artwork giveaways, live music, and light refreshments.



Ubuntu Fish is an artists' gallery created by artists for artists with the intent to provide a safe and comfortable environment to cultivate personal, creative and spiritual growth. Walk into UFG mystified and enamored by the space; walk out better off for having been there.

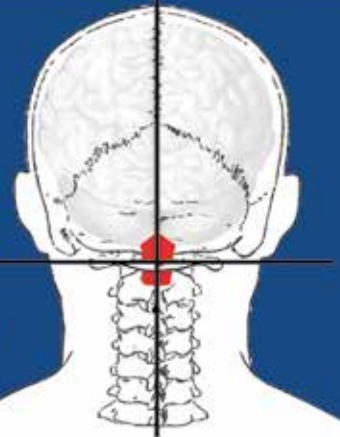
Ubuntu Fish offers individual spiritual readings, intuitive guidance, and hosts a variety of workshops and events designed for the development of spiritual and creative gifts including painting workshops, holistic wellness workshops, art in nature and personal growth workshops for children, and more.

"What we have learned through our own personal journeys is that spiritual connectedness and creativity go hand in hand. One may argue which came first, the chicken or the egg, but we contend that it doesn't matter. What does matter, however, is that these gifts flourish in tandem," says Sardano

Ubuntu Fish Gallery is located at 508 Osceola St. in Stuart. For more information, call 772-201-2931 or visit UbuntuFishGallery.com. See ad, page 41.

Did You Know Your Nervous System Runs Your Immune System?

Let Us Get On Your Nerves "Naturally"



FREE SHOWING

**The Power of
Upper Cervical**

**Thursday, August 20th
at 7pm**

The Power of Upper Cervical documentary was produced by people who have had their health restored through Upper Cervical Care.

Join us to find out how Upper Cervical chiropractic can strengthen your immune system. We gently align your spine to remove nerve interference and restore brain to body communication so your body can function at 100%. Expect Health!

Call (321) 622-4447 to reserve your seat.



UpperCervicalCare.com

kudos

“Write Your Cancer Story” Essay Contest Winners

Local Nonprofit Complementary Cancer Care honored cancer survivors for National Cancer Survivors Month by hosting a “Write Your Cancer Story” essay contest. Members of the general public were invited to submit an original essay inspired by a personal experience with cancer. The community was invited to vote and has selected the winners. Congratulations to first place winner: Norma Best Boucher, second place winner: Theresa Morrow and third place winner: Jani Stone.

“Thank you to all our courageous cancer survivor writers,” says organizer Christina Tecson. “All cancer patients, survivors, and caregivers are invited to participate in Complementary Cancer Care’s free support programs and activities.”

Complementary Cancer Care partners with community experts and local resources to provide much needed support services to complement medical treatment—such as yoga, tai chi, meditation, art classes, educational speakers, peer support groups, and mental health counseling—at no cost to clients. These programs—designed to focus on movement and relaxation practices, creative expression, information, and support, among other benefits—are designed to help relieve the cancer burden and improve total quality of life. The goal is to connect people going through similar circumstances, to foster emotional support, and to provide tools and resources to educate and empower them on their journey to healing.

Read the essay stories online at CompCancerCare.org/cancer-stories.

business spotlight

LifeWorks Wellness Center Offers a Smorgasbord of Therapies



LifeWorks Wellness Center in Clearwater, Florida, co-owned by Dr. David Minkoff, M.D., and his wife Sue, a registered nurse, is one of the leading alternative medical clinics in the U.S. Since 1997, the clinic has been offering a comprehensive A to W menu of complementary therapies.

Starting with allergy elimination, Bio-Energy testing and bioidentical hormone replacement, the alphabet of services includes ultraviolet blood

irradiation therapy, the Vibra-Plate and well woman care, as well as hyperbaric oxygen therapy, IV therapy, ozone therapy, enhanced external counter pulsation, pulsed electromagnetic field therapy and many others in one facility. This means that patients don’t have to be referred out to other healthcare practitioners that only specialize in individual modalities. That provides convenience not only for locals, but also for those that must travel from outside the area or state for Minkoff’s optimal health approach.

A complementary and alternative healthcare expert, guest lecturer, writer and radio show guest and host, Minkoff’s definition of optimal health is “a person whose body is in excellent condition, with plentiful energy and freedom from pain. The body of a person with optimum health should be able to deal with routine environmental stressors without breaking down and should be able to recover quickly after physical insults. Optimum health should allow a person trouble-free performance so that he or she can enjoy the maximum lifespan of his or her genetic endowment.”

From years of experience, Minkoff, the clinic’s medical director, knows that health is not a static state, but rather, “It is determined by the daily lifestyle choices you make and the inherited strengths and weaknesses of your body. All individuals have their own unique optimum health for their body. This optimum state is a condition that can be measured by both objective and subjective indicators.”

LifeWorks is especially suitable for individuals with undefined and unresolved underlying health issues and has been successfully treating patients with a variety of stubborn conditions including Lyme disease, cancer, chronic fatigue, inflammation, thyroid issues and cardiovascular disease.

Minkoff is the author of *The Search for the Perfect Protein: The Key to Solving Weight Loss, Depression, Fatigue, Insomnia, and Osteoporosis* and writes the Optimum Health Report to empower individuals about their health.

LifeWorks Wellness Center is located at 301 Turner St., in Clearwater, FL. For more information or to make an appointment, call 727-466-6789. To sign up for a free subscription to the report, visit LifeWorksWellnessCenter.com/Dr-David-Minkoff-Md-Health-Blog. See ad, page 47.

product spotlight

Volcanic Ash Clay Masque Addresses Loose Skin and Cellulite

The Volcanic Ash Face and Body Masque by Volcanic Origins contains an earthy treasure of volcanic clay ash consisting of natural ingredients that help balance the skin's level of hydration. Suitable for all skin types, it provides an all-natural facelift that tightens loose skin and reduces puffiness, dark circles, crow's feet, fine lines under the eyes and sagging under-eye tissue.

Popular since 1988, the product is showcased worldwide at high-end spas, skincare clinics and beauty salons. Previously only available at beauty and health expos, the COVID-19 crisis has challenged Volcanic Ash Face and Body Mask creator and owner Bob Johnson to demonstrate for website viewers the immediate results expo attendees experience firsthand.

"Visible results—firmer, tighter and brighter skin from the simple test of applying the mask on one hand—sold the



product on the spot," says Johnson, who encourages individuals to see untouched before-and-after photos online. "We've appeared at over 1000 trade and consumer shows worldwide and have sold over 300,000 treatments and reorders."

The detoxifying masque heals the skin, improving conditions such as eczema, acne and psoriasis. "Super-penetrating,

microscopic, absorbent particles, including zeolite, draw up damaging toxins and impurities. This instant surface detox shows actual face-lifting effects to loose skin on frontal neck, chin and jaw line areas," says Johnson. "Made with bentonite (volcanic ash clay) and kaolin clays, regular use also combats wrinkles, age spots, discolorations, melasma, large pores, acne and cellulite.

Good for the whole body, Johnson says, "With full body use of either the CBD-infused masque or the original, super-absorbent particles support an instant suction action on thighs and other surface cellulite-prone areas, promoting actual inch reduction appearance." Volcanic Origins, a cruelty-free company, never uses artificial colors, perfumes, dyes or other harmful chemical additives.

Online product discounts are available. No coupon required. No limit on the number of discounted masques. Wholesalers can contact the company. For more information, call 888-745-6806 or 305-776-5865 or visit VolcanicOrigins.com and Facebook. See ads, page 6 and 33.

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, to learn about becoming a new patient and beginning your journey towards radiant health!

At **Radiantly Healthy MD**, we find the underlying cause of your symptoms and then we combine traditional medicine, natural options and lifestyle changes to create a plan to help you return to symptom free, optimal health!



FOLLOW US ON FACEBOOK FOR HEALTH TIPS, EVENTS, & SPECIALS!
[RHMDRadiantlyHealthyMD](https://www.facebook.com/RHMDRadiantlyHealthyMD)

www.rh-md.com

call us today: **321.254.6803**

health briefs

Hug a Mate for a Happy Relationship

The more a couple shares affectionate hugs, kisses and cuddles, the more satisfied they are in the marriage, a new study from the State University of New York at Binghamton shows. It tested 184 heterosexual couples on the effects of non-sexual intimate touching like holding hands or cuddling while watching TV rather than actions intended to lead to sex. The more affection the couples routinely experienced, the more they felt satisfied with their partners' touch, even if they had "avoidant attachment styles" and ordinarily were more reserved with physical displays of affection. "Interestingly, there's some evidence that holding your partner's hand while you're arguing de-escalates the argument and makes it more productive," says lead author Samantha Wagner.



Eat More Fiber for a Longer Life

Eating the right kind of fiber lowers the risk of death from multiple causes, reports a new study in *The American Journal of Clinical Nutrition*. Researchers from the University of Toronto followed more than 92,924 Japanese people 45 to 74 years old for nearly 20 years and found men that ate higher levels of dietary fiber had a 23 percent reduced risk of death compared to those that ate the least dietary fiber; the figure was 18 percent for women. The more dietary fiber people ate, the less likely they were to die from cardiovascular or respiratory diseases and injuries; it also protected against cancer mortality in men, but not women. Fiber from fruits, beans and vegetables, but not from cereals, was linked to lower mortality.

Avoid Toxic Chemicals to Prevent Celiac Disease

Children and young adults diagnosed with celiac disease have been found with elevated blood levels of toxic chemicals found in pesticides, nonstick cookware and fire retardants, reports a new study from the New York University Grossman School of Medicine published in *Environmental Research*. Researchers analyzed levels of toxic chemicals in the blood of 30 children and young adults ages 3 to 21 after being diagnosed with celiac disease. They compared those results to those of 60 other young people of similar age, sex and race.

Girls with higher than normal exposure to pesticides known as dichlorodiphenyldichloroethylenes were at least eight times more likely to have celiac disease. If they had elevated levels of perfluoroalkyls (nonstick chemicals found in products like Teflon), they were five to nine times more likely to have the disease. Boys were twice as likely to receive a celiac diagnosis if they had elevated blood levels of polybrominated diphenyl ethers (fire-retardant chemicals).

Find Calm Through Meditation


by Andrea Pearson

Worldwide people are adjusting to new norms that feel anything but normal. Many are having a difficult time with change which can lead to feelings of fear and anxiety. Meditation is a scientifically proven practice that can help calm the nervous system and boost the immune system. Meditation helps you focus on the present, which helps you gain perspective and feel safe. When you are in the present moment, you are not stressed out about the past or worrying about the future. Often people will say they can't meditate, or they don't know how. Here are some practical tips to help you get started.

Meditation is a practice, the more you do it, the easier it will become. It requires some patience and no expectations on yourself.

- 1 Get in a comfortable position. Some people like to sit upright, with hips slightly higher than knees. others prefer to lay on their backs.
- 2 Take a few deep breaths. Inhale through the nose, and then exhale out through your mouth. Your stomach should inflate like a balloon on the inhale and deflate on the exhale.

- 3 Observe how your body feels. Relax your muscles. Allow your body to get settled in. Mindfully direct your breath to any areas of tension or tightness.
- 4 Imagine your thoughts as clouds. Blow them away with each exhale and focus on your breath. Don't judge your thoughts. If you find it helpful, repeat a mantra to stay focused.
- 5 Inhale for 4 counts, hold at the top for 2, exhale for 4 counts, hold at the bottom for 2. Continue through this cycle.
- 6 Start with small increments and gradually add up to 20 minutes, twice a day, for optimal results.
- 7 Start reaping the rewards!

Andrea Pearson has a background in fitness and wellness. In March of 2020, following her passion to help others she opened Tranquility Haven Center in Stuart, with the intent to provide a safe community space for those interested in finding peace and balance in their lives. Visit TranquilityHavenCenter.com for class schedules or call 772-210-5172.  Hear more tips to stay balanced in our video interview with Andrea Pearson at my-NA.com/FindBalance.

THERMOGRAPHY, CLINICAL NUTRITION, AND WELLNESS COACHING FOR ALL AGES

Thermography: Detects abnormalities & changes in the early stages when they are easiest to correct.

**Radiation free • Painless • Non-invasion
Time efficient • Cost effective • F.D.A registered**

Clinical Nutritionist: Support lifestyle choices to optimize how nutrients in food are processed, stored and discarded by your body for overall well-being.

Wellness Coach: Create a plan so you can manage your health by taking a proactive role in your wellness.



For Your Health Thermal

DCRC/Clinical Nutrition/CRA/CPC Wellness Coach/D.PSc/CCT

321-259-8250

1803 North Wickham Rd • Melbourne

YourThermalHealth.com



global briefs



Bug Bites

Bumblebees Chew Leaves to Hasten Pollen Production

When trying to establish colonies in early spring, bees rely on flower pollen as a protein source for raising

their young. Consuelo De Moraes, a chemical ecologist and entomologist at Eidgenössische Technische Hochschule Zurich, in Switzerland, reported in *Science* that at least three species of bumblebees use their mouth parts to snip little confetti bits out of plant foliage, and that the biting gets more widespread when there's a pollen shortage. Experiments show that mustard and tomato plants nibbled by *Bombus terrestris* bees bloomed earlier than unbitten plants by days or weeks. In a caged-bee test, bumblebees trapped with non-blooming plants were more likely to poke holes in foliage after three days without pollen than a bee group buzzing among plentiful flowers. When researchers switched the bees' situations, those trapped without blooms started nibbling leaves, too. Professor of Biology Dave Goulson, at the University of Sussex, in England, says, "I can imagine that hungry bees unable to find flowers might try biting leaves in desperation."

Hot Topic

Tropical Forests Face Climate Change Risk

Tropical forests remove and absorb carbon from the atmosphere as they grow, and researchers estimate that despite current deforestation levels, they still hold more carbon than civilization has generated by burning coal, oil and natural gas over the past 30 years. But as trees stressed by heat and drought due to global warming die and release their carbon, their ability to act as reservoirs will diminish. A global team of more than 200 researchers led by tropical ecologist Oliver Phillips, of Leeds University, measured more than half a million trees in 813 forests in 24 countries to calculate how much carbon the different forests now store, based on the height, diameter and species of each tree. Their research, published in *Science*, also looked at how carbon storage varied from place to place using data from 590 long-term monitoring plots. If warming reaches 2° C above preindustrial levels, the study found huge swaths of the world's tropical forests will begin to lose more carbon than they accumulate. Already, the hottest forests in South America have reached that point.



Profasov AN/Shutterstock.com
Reeves/Shutterstock.com



5G Protection for You and Your Family!

Fatigue • Sleep Disorders • Immune System
Headaches • Alzheimer's Disease

Call today for a **FREE EMF Radiation Level Evaluation in your Home, Office, Studio or Spa!**

Cell Phone or Laptop Chip \$79.95

Visit Biolnitiative.org and EMFScientist.org to find over 4,000 EMF Studies, and discover for yourself how dangerous EMF Radiation really is.



Contact Michael Hatalovsky at **772-332-9405** for information.

Do You Suffer with Pain & Numbness Caused by NEUROPATHY?

Suffer No More!

Learn how at our **FREE seminar!**

- Non-surgical
- Drug-free
- 90% done at home

Stephen H. Canuel, D.C.
American College of
Physical Medicine
Board Certification Neuropathy

Call to sign up for one of our
virtual or in-office seminars!



Melbourne
Chiropractic Spine
and Injury Center
...A Neuropathy Clinic

Monday 3pm, Wednesday 10am, Friday 10am in August.

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

SEMINARS SPONSORED BY:


Cooling Towers

More Nuclear Reactors on the Way

The U.S. Department of Energy (DOE) is spending \$230 million this fiscal year to start building two new prototype nuclear reactors over the next seven years as part of an Advanced Reactor Demonstration Program. Both will be built in equal partnership



with an industrial firm and could receive up to \$4 billion in funding from the DOE. Commercial nuclear generators supply 20 percent of U.S. electrical power and 50 percent of our carbon-free energy. The inventory comprises 96 reactors, down from 113 in the early 1990s. More reactors are slated to close, and the nuclear industry's share of the electricity supply is expected to fall, yet engineers continue to develop designs for reactors they say will be safer and more efficient. Proponents of nuclear power doubt the program will spur construction of new commercial reactors as long as natural gas and renewable energy remain relatively cheap. Robert Rosner, a physicist at the University of Chicago, says, "New builds can't compete with renewables."

ECO-FRIENDLY DOME FOR SALE

Call today!
321-438-9598



LOCAL ICONIC HOME FOR SALE

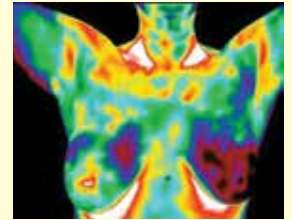
Energy Efficient & Aerodynamic Geodesic Dome Home
ALMOST 2 ACRE LOT • SWIMMING POOL & HOT TUB
GARDENS • PONDS • FRUIT TREES • CHICKEN COOP



We SEE it before you FEEL it! SPACE COAST THERMOGRAPHY

100% Safe, Non-Invasive, Radiation-Free

- Detects inflammation in the body
- Highest image quality guaranteed
- Risk Assessment for Breast Cancer
- Board-Certified Medical Doctor
- Images provided in B&W/Color



**SPACE COAST
THERMOGRAPHY**
321-574-9014

**AUGUST SPECIAL: \$75 off Full Body
\$50 off Women's Health Study**

7125 Turner Rd, Ste 101, Rockledge (Suntree area)
Online booking at SpaceCoastThermography.com

NEW VIDEOS FOR YOUR HEALTH

We've been
interviewing your
favorite local
natural health
practitioners



- Discover mouth breathing can lead to ADHD, Sleep Apnea, Teeth Crowding and more
- Learn how oral health is related to overall health
- Discover how to use herbs for a balanced gut



[YouTube.com/myNaturalAwakenings](https://www.youtube.com/myNaturalAwakenings)



[Facebook.com/NASpaceTreasure](https://www.facebook.com/NASpaceTreasure)



Online: myNaturalAwakenings.com



WHOLE-BODY DENTISTRY

Biological Dentists Get to the Root Causes

by Linda Sechrist

While the majority of individuals may consider oral health as separate from overall health, the mouth and body are very much connected. Until the late 1970s, this was rarely acknowledged outside a circle of dental professionals, physicians and allied researchers involved in organizations such as the International Academy of Biological Dentistry and Medicine, The International Academy of Oral Medicine and Toxicology (IAOMT) and the Holistic Dental Association.

Dentists associated with these groups favor the use of preventive measures, a minimally invasive approach to dentistry and biocompatibility testing for all materials

used in oral health procedures. Their individualized methodology and systemic health method of addressing the root causes frequently includes nutrition and lifestyle, providing patients with a less-toxic and safe experience for their overall health.

An important newcomer to this area is the myofunctional treatment system used in orthodontics for children 5 to 15 years old. Research in this field now points to the real causes for crooked teeth and incorrect jaw development—mouth breathing, tongue thrusting, reverse swallowing and thumb sucking (known as incorrect myofunctional habits), in addition to allergies, asthma and an open-mouth posture.

Early interventions beyond conventional solutions

Jean Marie Nordin, DDS, co-owner of Groton Wellness, in Groton, Massachusetts, added pediatric orthodontics to her practice after learning about early innovative interventions from her mentor, James Bronson, DDS, of Bronson Family Dentistry, in McLean, Virginia. “Our program for children involves a comprehensive evaluation on the first visit. We look at breathing habits, the way their tongue swallows and the function of the muscles. In medicine, we believe that form follows function; therefore, we observe what muscles around the mouth actually do when the individual swallows. It is really the way you breathe and swallow, as well as how the muscles work, that plays a significant role in where teeth end up and line up,” explains Nordin, who identifies problems in patients between 2 and 5 years old.

“We can start them on a removable Myobrace mouthpiece that can be worn at night and an hour during the day. The mouthpiece begins to change the way the tongue works, waking it up and strengthening it. If a child is born with the physiological problem of a tongue-tie that can’t swallow properly or get up onto the palate, that tongue will never expand the palate like it’s supposed to,” she clarifies.

For chronic mouth-breathers, the face grows long and narrow, which in the long term can cause cardiovascular disease. In the short term, it can cause anxiety, because the nitric oxide receptors located in the nose signal arteries and veins to relax. “A cardiologist knows about this phenomenon,” says Nordin, who notes that the dysfunction can be unwound before a child turns 9.

While early interceptive myofunctional orthodontic treatment methods such as Myobrace appliances have proven effective for children, there’s also good news for adults that suffer from breathing problems which cause sleep apnea, says Nordin, who employs a myofunctional



therapist. Orofacial myofunctional therapy is neuromuscular reeducation of the oral facial muscles via a series of exercises that work with the muscles of the lips, tongue, cheeks and other parts of the face.

Early intervention and role modeling

“Parents can begin playing a pivotal role in how their children care for their teeth, as well as how they feel and behave in the dentist’s office, as early as age 1. I encourage every mother to bring their child to an appointment. They can hold the child in their lap so they can watch me caring for mom’s teeth. Generally, by the time they are alone in my chair, they aren’t frightened,” advises Pentti Nupponen, a doctor of dental medicine and owner of the Halifax Center for Holistic & Cosmetic Dentistry, in Halifax, Pennsylvania.

Chris Kammer, a doctor of dental surgery and owner of Gums of Steel Oral Hygiene Transformation, in Middleton, Wisconsin, also suggests early interceptive treatments for young children. “Early treatments with removable appliances which expand the arch in the roof dome, influence bone growth and make room for incoming teeth can be performed by general dentists,” says Kammer, who notes that a proper diet may help prevent crowding of teeth, as well as malocclusion, or misalignment, of upper and lower teeth.

Gum and heart disease

Doctors practicing functional medicine are more likely to refer patients to biological and holistic dentists. Cardiologists are particularly aware of a 2014 *American Journal of Preventive Medicine* study in which researchers looked at individuals with gum and heart disease. Individuals that received adequate care for gum disease had 10 to 40 percent lower cardiovascular care costs than those who didn’t get proper oral care. Another study revealed that gum disease increases an individual’s risk of

heart disease by approximately 20 percent. Given such evidence, the American Dental Association and American Heart Association have acknowledged the relationship between the two diseases.

By neglecting important ongoing research regarding new and old dental practices, as well as orthodontics, mainstream media has largely left the public in the dark regarding problems associated with root canals, mercury amalgam fillings and some dental implants.

Root canals, tooth extractions and gum disease

Iveta Iontcheva-Barehmi, owner of Boston Dental Wellness, in Brookline, Massachusetts, takes a holistic and biological approach to dentistry founded on the philosophy that everything within the whole body is connected. “Teeth are related to organs, tissues and glands along the body’s meridians, energy channels through which the life force flows,” says the integrative periodontist, who prefers extracting teeth when necessary and using zirconium implants rather than performing a root canal.

Iontcheva-Barehmi explains, “It’s logical that the connection between the meridians and teeth can indicate an individual’s overall health and wellness. Tooth extractions protect patients from tooth-related disease and systemic infections that can be harmful to overall health. A failing root canal is a chronic abscess around the root of the tooth. It has a direct connection with the bloodstream and disseminates infection through the whole body. This is the reason why holistic dentists recommend extractions.” She believes the best research on this was done by Weston Price, a Canadian dentist and pioneering nutritionist.

Treating gum disease

To treat gum disease, Amparo David, DMD, owner of Dentistry by Dr. David

and the founder of the TMJ & Sleep Therapy Center of New England, in Bolton, Massachusetts, refers patients to the periodontist she keeps on staff. “I can tell that a patient has internal inflammation by looking at the gums and tongue. Gum disease has been linked to health problems such as diabetes, heart disease, stroke and premature births or low-birth weight babies,” says David, whose preventive and healing suggestions for healthy gums includes chewable oral probiotics, daily coconut oil pulling, consisting of swishing a tablespoon of oil in the mouth for 15 to 20 minutes to reduce harmful bacteria there and on the teeth. She also recommends flossing with an electric toothbrush and a Waterpik. “I suggest adding one or two drops of tea tree oil and iodine to the water in the pick,” notes David, who urges patients to eat less sugar and carbohydrates and more vegetables, proteins and fruits.

“We treat gums with ozone after a deep cleaning because it kills bacteria on contact. Patients maintain healthier gums using ozonated oils twice a day and by using a good toothpaste with no glycerine or fluoride,” says David, who notes that temporomandibular mandibular joint (TMJ) problems are tied to sleep disorders. “Many adolescents have TMJ problems, and sometimes experience this after extraction or retraction orthodontics.”

Despite the slow trickle of related information to the public and the lack of acknowledgement by the majority of dental professionals, these new philosophies and biological dental protocols are definitely improving overall health and wellness. According to the IAOMT, a dentist that chooses to put biocompatibility testing first can look forward to practicing effective dentistry while knowing that patients are being provided with the safest experience for their overall health.

Linda Sechrist is a senior staff writer for Natural Awakenings.

DENTISTRY'S Bigger Picture

by Linda Sechrist



Reading through a list of titles for today's TV shows and watching movie trailers, it obvious that viewers love watching professionals solve crimes with forensic science that analyzes physical evidence piece by piece. While 'forensic scientist' is a broad term reserved for crime scene investigators, it might be applicable to holistic and integrative dentists, who know how to collect clues and fit together the pieces of a patient's health puzzle, starting with the mouth. From their holistic perspective, dentistry is a whole-body, whole-person experience.

In the hands of skilled holistically-oriented dentists such as Chris Edwards DDS ND, of the Smile Design & Wellness Center in Rockledge, or Claire Stagg, DDS MS FAACP, owner of Health Connections Dentistry in Indian Harbour Beach, patients feel confident knowing that beyond dental school and many years of hands-on practice, much time and money has been invested in continued education. Their form of non-toxic

dentistry integrating mind, body and mouth requires that they stay abreast of the latest research.

Smile Design & Wellness Center

"The general public is somewhat aware of the connection between mouth and body, especially that an unhealthy mouth presents a greater risk of heart attack and stroke. Many can't relate it to themselves, as there is no pain. Trouble starts with the silent killer – inflammation," says Edwards, a biological dentist also known as Dr. Xylitol. Inflammation under the gum leads to "leaky gum" which allows bacteria to enter the bloodstream.

After 42 years of practice, Edwards is still passionate about dentistry, particularly the subject of the microbiome, a collection of trillions of microbes living on and in the body. "Streptococcus mutans, an acid producing bacteria in the oral cavity, causes tooth decay. Xylitol is my number one game changer because it changes

the ecology of the mouth rendering streptococcus mutans unable to replicate well, secrete acid, and dissolve tooth enamel," advises Edwards. "A favorable pH, good diet and hygiene can reverse the beginning breakdown of the enamel. Patients are fascinated to look at their Live Plaque Analysis on a Darkfield Microscope, when they see the activity of their own bacteria swimming through their saliva."

For precision, Edwards works with a surgical microscope and a high definition monitor situated above the patient. "It's all about illumination and magnification. When performing an extraction, any pathology is perceptible all the way to the bone. This allows me to be certain that my laser clears away all infected tissues," he says.

During examinations, Edwards educates patients with a video tour of the mouth. He slips a periodontal probe under the gum. If the gum bleeds, he points out that this is inflammation and explains that the gum is the first protective barrier against inflammation in the body. He helps patients get to the root cause of their conditions and disease. "I have a lot of other technology, such as ozone, air abrasion, Platelet-rich Fibrin (PRF) and Cerec to better serve patients," he remarks.

Health Connections Dentistry by The Smile Professionals

When considering parenthood, it's doubtful that anyone thinks far into the future to imagine a child's long-term health problems that might result from decisions made about their teeth even before they appear. Stagg and one of her early mentors, Dr. Darick Nordstrom, creator of the Advanced Light Force (ALF) appliance concept and founder of the ALF InterFACE Academy, do understand the impact. "Darick is the genius who developed the functional dental appliances that I also use. His intention and mine is to improve a patient's overall health, beauty and functions such as smiling, eating and breathing for a higher quality of life. The ALF designs simulate forces to the jaws and head that nature intended, and deals with the root causes of TMJ, sleep

apnea and other sleep related breathing disorders. One of the reasons that holistic oriented dentists, such as myself, can see the need for early craniofacial intervention is because we see patients, from childhood to adulthood, and know from our hours of continued education courses how everything is connected,” advises Stagg.

“Without the development of proper nasal breathing, swallowing and balanced cranial function, teeth will crowd and faces as well as necks and bodies may grow crooked. Once you know this you can’t go back. The journey becomes one of figuring out the best options for the patient rather than applying cookie cutter solutions,” explains Stagg, who notes that patients frequently have the potency of their prescriptions reduced and the pressure on their CPAP machines changed after she orally treats the root cause of their health challenges.

Stagg’s patients have the convenience of an onsite Complex Motion Cranial Tomographic (CMCT) Imaging unit that allows practical, positional and highly

The general public is somewhat aware of the connection between mouth and body, especially that an unhealthy mouth presents a greater risk of heart attack and stroke.

diagnostic 2D radiographic images of jaw joints and head, as well as a Cone Beam Computed Tomography unit for 3-D imaging to see and measure how closed a patient’s airway volume is, and what type of treatments and appliance therapies are best suited to allow proper air intake.

Stagg has written a book detailing her professional journey as well as how oral health connects to overall health in language that lay people can understand. “When the public has a better understanding of the benefits of this kind of dentistry, there will be more demand for it.”

Health Connections Dentistry by The Smile Professionals is located at 2120 Highway A1A, in Indian Harbour Beach. To make an appointment or ask for more information, call 321-777-2797. Visit SmileProfessionals.com.

Smile Design & Wellness Center is located at 5445 Village Dr. Ste.100, in Rockledge. To make an appointment or inquire about more information, call 321-751-7775. Visit SmileDesignCenter.us.

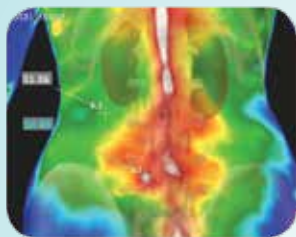


Hear more from Dr. Claire Stagg about airway development and how it impacts snoring, sleep apnea and much more in our Oral Health Video Series. Hear from Dr. Chris Edwards and the dentists at Smile Design & Wellness Center about how technology can assist the healing process and learn how dental oncology can support those undergoing cancer treatments. Watch the oral health videos at my-NA.com/OralHealthVideos.

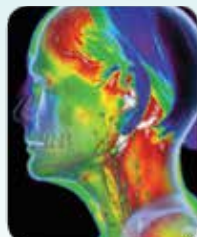
STUART THERMOGRAPHY

Early Detection Is Key To Overall Wellness

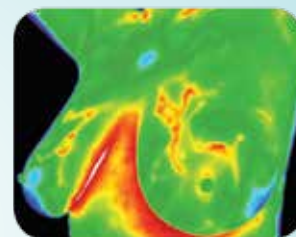
RADIATION FREE • PREVENTATIVE • DIAGNOSTIC SCREENINGS



HIGH DEFINITION



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



HEALING WATERS

Hot Baths Rejuvenate Body and Mind

by Marlaina Donato

Down to our very cells, water is the foundation of life. In the ancient Greco-Roman world, bathing in hot mineral springs and cool saltwater was a common ritual for better health, and spaces dedicated to baths were considered sacred. Stepping into a warm tub harkens back to the safety of the womb while offering abundant health benefits. Opting for a bath instead of a shower can not only help minimize headaches, insomnia, menstrual cramps, depression and chronic pain, but soothe a burnt-out nervous system. It can also enliven stagnant blood and lymphatic fluids, enabling metabolic waste to be carried out of the body through perspiration.

“Hydrotherapy is used in many natural health systems for a wide variety of ailments from inflammation to nervous system dysfunction and skin conditions. Whether you have access to a bathtub or not, there are many ways you can apply these traditional practices to your own self-care routine,” says Marlene Adelman, herbalist and founder of the Herbal Academy, in Bedford, Massachusetts.

Whether we step into a full-body tub or a foot basin, water is a balm for the modern spirit bogged down by information overload and world events. “Taking time away in the sanctuary of warm water allows us to slip into a different state of mind and

to release the energetic armor we defend ourselves with, as well as recuperate and heal internally,” says Kiva Rose Hardin, herbalist and co-editor of *Plant Healer* magazine, in New Mexico.

Insulin Sensitivity, Pain and Depression

A good bath can lower chronic systemic inflammation associated with osteoarthritis, rheumatoid arthritis and fibromyalgia. It can also impact how the body uses insulin. A 2018 study published in the *Journal of Applied Physiology* shows that immersion in hot water counters low-grade inflammation and increases glucose metabolism in individuals unable to exercise.

Hot baths relax muscles by promoting blood circulation through the tissues and prompting the nervous system into a calming parasympathetic mode. Cold-water soaks—preferably in the morning—provide perks that include boosting immunity and increasing depression-zapping endorphins such as dopamine.

A Handful of Nature

The skin is our largest organ, and what we put into the bath affects us from the outside-in. Bentonite clay for detoxing and

Dead Sea salts for pain are great choices. Studies going back to the 1990s show significant, lasting effects of Dead Sea salts on those with osteoarthritis of the knee, as well as rheumatoid arthritis.

Fortifying the bath with Epsom salts, evaporated sea salt or Himalayan pink salt is highly beneficial. “Himalayan salt has 84 valuable trace minerals, including potassium, magnesium and sodium. It draws out toxins, cleanses the skin and helps cleanse the body energetically,” says Hellen Yuan, founder of the bath product company Hellen, in Brooklyn.

Adding bundles of fresh or dried herbs or snipping them into sachets can strengthen immune response and provide a welcome antidote to work-related stress. “Aromatic herbs and essential oils are inhaled through our olfactory system and make a beeline to our brains, signaling that it’s time to relax or feel energized,” says Adelman, who emphasizes practical common sense. “Although flowers and leaves floating in the tub make for lovely social media posts, most household plumbing cannot handle big, bulky plant material. The simplest way to add herbs to a bath is by making a super-concentrated tea.” Hardin concurs, recommending fresh or dried lavender, flowering goldenrod tops, holy basil leaves (tulsi, *Ocimum tenuiflorum*) or calendula blossoms.

Sacred Waters

Baths are good medicine for both genders. “Men carry so much stress in their bodies and typically hold in a lot of tension. A good bath brew eases the muscles and replenishes the mind and soul,” says Yuan.

Bathing can be the ultimate sacred offering to the body. From her wood-fired outdoor tub at the edge of a starlit mesa, Hardin advises, “Efforts need not be expensive or time-consuming. Just focused intent will inherently return a sufficient degree of sensuality, magic and beauty to the bath.”

Marlaina Donato is the author of Multidimensional Aromatherapy. Connect at AutumnEmbersMusic.com.

Essential Oils and Safety Tips

From Hellen Yuan: Foot baths are a great alternative to a full-body bath because of the 72,000-plus nerve endings in our feet and the six acupuncture meridian points.

From Marlene Adelmann: Essential oils should always be properly diluted and dispersed in oil, thick aloe vera leaf gel, Castile soap or a dispersing agent such as Solubol. Water, alcohol and hydrosol are not safe carriers, as they do not disperse the essential oils.

For aromatherapy bath salts, dilute essential oils in a small amount of oil before stirring into the salt. For nut allergies, avoid almond oil.

Nourishing Additions Add Zing to Bath Waters

Organic apple cider vinegar: 1 cup to a bath to balance skin pH levels, combat yeast infections and soothe sunburn

Himalayan salt: ½ cup to bath water for acne, eczema and psoriasis

Dead Sea salts or sea salt: ½ cup to bath water for psoriasis and arthritis pain

Chamomile flowers or organic, dried rose petals:

1 extra-strong cup to bath water for relaxation and better sleep or use herbs gathered in a muslin bag or sock and steep in the bath

Ginger: ½ cup shredded fresh ginger or 1 teaspoon ginger powder to bath water for increasing the body's chi, boosting immunity and relieving pain. Follow-up with a shower to rinse off perspiration (contraindicated in the presence of high blood pressure, diabetes or a history of heart disease)

Epsom salts: ½ cup added to the bath to fortify magnesium and boost serotonin, which can increase energy and stamina, decrease irritability and adrenaline, lower blood pressure, increase concentration and improve sleeping habits

Essential oils: 5 to 7 drops mixed well into bath salts—lavender (for nervous system support), eucalyptus or tea tree (congestion, colds, flu), geranium (adrenal and reproductive hormonal support), pine or fir needle (adrenal and nervous system support)

Marlene Adelmann's Go-to Bath Recipes:

Herbal Bath De-Stress Tea

¼ cup lemon balm leaves ¼ cup chamomile flowers
¼ cup peppermint leaves ¼ cup rose petals

Combine herbs together in a 2-quart jar. Pour 2 quarts boiling water over herbs and let steep for 15 minutes. Strain tea and discard or compost herbs. Pour tea into bath and enjoy.

Herbal Bath Salts

2 cups Epsom salt 1 cup sea salt 2 Tbsp carrier oil
½ cup baking soda 20 drops lavender essential oil

Put salts and baking soda in a bowl and combine thoroughly. Combine essential oil with carrier oil in a small bowl. Add essential oil mixture to salt mixture. Store in a glass jar for 6 to 12 months. Use 1 to 2 cups per bath.

Tired of Neck
STRAIN?
Back & Joint
PAIN?

**Dr. Rozana Sharma, DC,
CAN HELP!**

She specializes in:

- Non-surgical spine and joint rehabilitation
- Medical Massage
- Vascular Renewal
- Laser Hair Removal (for all skin types)
- Anti-inflammatory lifestyle design



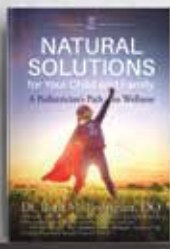
321-361-6869
1990 W New Haven Ave
Ste 105 • Melbourne
(inside FL Therapy Center)
DrRozDC.com

**FIND
HEALTHY
SAVINGS
ONLINE**

Find special
offers from local
businesses at

my-NA.com/offers

NATURAL SOLUTIONS



**for Your
Child and
Family**

In this book, you will discover:

- The relationship of emotions to illness and affirmations
- The mind-body-spirit connection
- List of toxic ingredients in our everyday products
- How to get support and empower yourself and your family

AUTHOR

Dr. Ruth M. Rodriguez, DO
Board Certified
Osteopathic Pediatrician



amazon amazonkindle

NaturalSolutionsWithDrRuth.com/book

PUBLIC AUCTIONS

Live, Online & Simulcast

(Live & Online at the same time so if you can't attend, you can hear the Auctioneer selling as you are bidding!)

Licensed to Auction just about everything under the sun, even the kitchen sink!

Real Estate, Antiques, Motor Vehicles of all kinds, Boats, Firearms, Tools, Machinery, Household Goods, Commercial Equipment and So Much More.

Next Live & Online Julia Street Auction: September 26

No Charge To Attend/No Charge To Register Online. Check website for other Auctions & Updates.

Cliff Shuler Auctioneers & Liquidators, Inc AB#9



Shuler & Shuler Real Estate Auctioneers, Inc. - Debbie Shuler, Lic RE Broker

Serving Brevard County & Florida for over 42 years.

321-267-8563 • SoldFor.com

422 JULIA STREET • TITUSVILLE

healthy kids



Strong and Healthy

Five Ways to Strengthen Kids' Immunity

by Ronica O'Hara

With American children increasingly afflicted with asthma and allergies, it's critical to help them build up their natural immunity. Microbial ecologist Jack Gilbert, Ph.D., of the University of California San Diego School of Medicine, co-founder of the crowdsourced American Gut Project, advises, "Furry pets, the outdoors, dirt in the backyard, forests—life!"

As the co-author of *Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System*, Gilbert is part of an emerging scientific consensus called the "hygiene hypothesis", which posits that excessive sterility—being overzealous in protecting our children from germs and other microbes—can dampen the ability of their bodies to fight off allergens and infections. "As a species, we have evolved in a world full of microbes, and our immune systems have developed to cope with that," he says. "The immune system needs to be used and trained by exposure to the world around it." From birth onward, here are some proven strategies that strengthen kids' immune systems.

1 Start off right with natural birth and breastfeeding: One in three babies in the U.S. is born by caesarean section, and about half the

time it's optional rather than necessary—perhaps because parents don't understand that babies born in this manner have been shown to have altered immune development, reduced gut microbiome diversity and a higher risk of developing allergies, atopy and asthma in the short term, with a long-term risk of obesity, according to a study published in *The Lancet*. Likewise, breast-feeding protects against the likelihood of viruses, eye and urinary tract infections, inflammatory bowel disease, gastroenteritis, lymphoma, leukemia, and Type 1 and 2 diabetes, reports the American Academy of Pediatrics.

2 Feed them the right foods: Provide lots of antioxidant-rich fruits, veggies and fiber—organic when possible—while avoiding processed foods. "The intestinal lining of the gastrointestinal tract serves as the body's first line of defense against many pathogens. Through certain strains of probiotics and prebiotics found in whole food, we can help landscape our child's intestinal microbiome to create a positive effect on their innate and adaptive immune responses," says Krystal Plonski, a Seattle naturopathic physician with a pediatric focus.

Sunny studio/Shutterstock.com

3 Avoid cleaning toxins: The COVID-19 pandemic has many of us reaching for virus-zapping bleach disinfectants, but Gilbert advises not to overuse them. Once the viral threat is past, it's wise to go back immediately to natural cleaners like vinegar and baking soda. A 2015 study in *Occupational & Environmental Medicine* of more than 9,000 children ages 6 to 12 in Spain, Holland and Finland found the incidence of infections such as flu, tonsillitis, sinusitis, bronchitis and pneumonia was more prevalent in homes where bleach was used.

4 Get them outside around dirt: Whether toddlers are making mud pies, older kids are growing gardens or teens are kicking up dust on the sports field, childrens' immune systems thrive when they meet the microbial richness of dirt and the vitamin-D boost of the sunny outdoors. In a study in *The New England Journal of Medicine* that focused on two technology-free communities, Amish children that lived and worked at old-fashioned family dairy farms had a quarter and a fifth the rate of asthma and allergies, respectively, as Hutterite children that lived off-site from their community's large industrialized farms. Georgetown University researchers report that sunlight, besides producing vitamin D, energizes infection-fighting T-cells in the skin that play a central role in human immunity.

5 Get them a pet: The dirt, germs and fur that dogs and cats bring to a house may be just what young immune systems need. Finnish researchers following 397 babies found those that grew up in homes with pets were 44 percent less likely to develop an ear infection and 29 percent less likely to receive antibiotics than pet-free babies. Canadian researchers found that babies from families with pets—70 percent of which were dogs—showed higher levels of two types of microbes linked to lower risks of becoming allergic and obese. They theorize that exposure to dirt and bacteria early in life—for example, in a dog's fur and on its paws—can create early immunity.

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



Taking Care of Cancer Patients First

Though the world may change, the mission of Cancer Care Centers of Brevard will not. Our patients come first, as they always have.

CCCB, the area's only community based cancer center, remains open, dedicated to providing life-sustaining care while making accommodations for the safety and well-being of our patients. Let us care for you.



833.394.4904

CancerCareBrevard.com



Merritt Island | Melbourne Pine | Melbourne
Wickham | Melbourne Eau Gallie
Palm Bay | Rockledge | Sebastian



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



COOL TREATS FOR CATS AND DOGS

by Tonya Wilhelm

Spending quality time with our pets is always a win, especially if it's in the kitchen. Pet treats can be more than tasty; if we use the right ingredients, they can be downright nutritional. Stop at a favorite local health store to pick up the ingredients to prepare these easy and cool pet treats.

Berry Delicious

Basil isn't just a culinary herb—it improves digestion, delivers anti-inflammatory properties and antioxidants, strengthens the immune system and helps to detoxify the liver. It's perfect for this summertime frozen snack.

Blueberries aren't the only healthy berries. Blackberries are full of vitamin C, high in fiber, manganese and antioxidants, are a good source of vitamin K and offer antibacterial and anti-inflammatory attributes. Coconut oil provides vitamins and minerals, is antibacterial, antiviral and has antifungal properties, making it a good choice for yeasty dogs. It also aids in digestion, although too much of a good thing can cause diarrhea. Berries are a great treat for pets. Raspberries

contain quercetin, a naturally occurring flavonoid that reduces inflammation.

Yields: Depends on size of molds

- 1 cup coconut oil
- ½ cup blackberries
- ½ cup raspberries
- 1 Tbsp basil leaves

Place the coconut oil in a pan over low heat. Stir until melted and set aside. Place the blackberries, raspberries and basil leaves into a mixer and blend.

Add the melted coconut oil into the mixer and blend ingredients together.

Place a silicone ice cube mold on a cookie sheet for support. The smaller the cavities, the better.

Pour the mix into the molds and place in the freezer.

Once frozen, pop out treats and store in a glass container in the freezer.

Serve one frozen treat to each pet every few days.

Sardines and Milk

This frozen pet treat will delight both dogs and cats. Not only will they enjoy this treat, but it offers a powerhouse of nutrition. Sardines provide pets with healthy fats such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), otherwise known as omega-3 fatty acids. They also provide vitamin D₃, B₁₂, coenzyme Q₁₀ and amino acids. Not bad for a small fish.

Cow's milk for pets is pretty much a no-no. They do not tolerate its high level of alpha-s1-casein protein. Goat's milk, on the other hand, contains extremely low to no amounts of this protein, and so allows better absorption of the nutrients. Goat's milk also supplies essential nutrients such as iron, calcium, phosphorus, potassium, vitamin B₅ and A, as well as healthy fats, enzymes and minerals, making it a good choice for the liquid component in this frozen treat.

Yields: Depends on size of molds

1 can (3.75 oz) wild-caught sardines in water

1 cup goat's milk, raw or fermented is best

Place the ingredients into a mixer and blend. Place a silicone ice cube mold on a cookie sheet for support. The smaller the cavities, the better.

Pour the mix into the molds and place in the freezer.

Once frozen, pop out treats and store in a glass container in the freezer.

Serve one frozen treat to each pet every few days.





Cooling and Soothing

Blueberries are quite popular as a healthy fruit for good reason. They are the most antioxidant fruit around. Because they contain natural compounds called anthocyanins, which are flavonoids, blueberries help protect against cardiovascular disease. They also have high amounts of EPA and DHA, making these little berries quite the superfood.

Carrots offer a great crunch. They also are a fine source of betacarotene, vitamin A, fiber and potassium. Not just a calming herb, lavender is also anti-inflammatory and even aids in digestion. Strawberries are fragrant and tasty, and also provide vitamins C and B₉, magnesium and potassium. These sweet fruits are rich in antioxidants.

Yields: Depends on size of molds

½ cup blueberries

½ cup carrots

½ cup strawberries

1 Tbsp dried lavender

Place the ingredients in a mixer and blend.

Place a silicone ice cube mold on a cookie sheet for support. The smaller the cavities, the better.

Pour the mix into the molds and place in the freezer.

Once frozen, pop out treats and store in a glass container in the freezer.

Serve one frozen treat to each pet every few days.

Tonya Wilhelm is a professional dog trainer, spreading the word about positive methods of preventing and managing behavioral issues with a holistic approach. To connect, visit RaisingYourPetsNaturally.com.

Fatigued? Lethargic? Stressed?

Chronic stress affects adrenal function and toxicity can be an issue. Using a Functional Medicine approach, Dr. Deborah DeMarta will work with you to determine the source of your health issues.

Mention this ad & receive a **FREE** 15-minute consultation!

Offering Functional Medicine solutions for:

- Micronutrient Deficiencies
- Autoimmune Diseases
- Hormone Imbalance
- Sleep Disturbances
- Anxiety
- Functional Bowel Disorders (IBS, diarrhea, gas, bloating)
- Food Allergy Testing
- Colon Cancer Preventions

Anti-aging Services for skin laxity, discoloration, wrinkles, scars and more:

- Halo Hybrid Fraction Laser
- Forever Young BBL Laser
- Morpheus8 Fractional
- Laser Hair Removal
- European Facials
- Body Contouring

Board Certified in General, Esthetic and Colorectal Surgery
Board Certified in Anti-Aging, Functional & Regenerative Medicine
Certified in Cosmetic & Medical Botox, Fillers, & Cosmetic Laser Therapy



Deborah A. DeMarta, MD

INSTITUTE OF HEALTH & WELLNESS

218 SW Atlanta Avenue • Stuart

Located on the water in beautiful downtown Historic Stuart

772-539-9556 • InstituteHealthWellness.com



Mama Jo's
Sunshine Herbals

Handmade:

Soaps • Salves • Lotions • Teas
Custom Herbal Formulations • Tinctures
Private Consultations and More...

Hours:

11am-6pm • Tuesday-Friday

11am-4pm • Saturday

Weekly Classes Available

Joanna Helms, BA, RH (AHG)
Registered Herbalistn American Herbalist Guild

321-779-4647

1300 Pinetree Dr, Suite 3 • Indian Harbour Beach

AN OASIS FOR YOUR WELL-BEING

Stop by for your
healthy products

to keep the immune
system strong and safe.

**BUILD YOUR
IMMUNE SYSTEM
FOR BACK TO
SCHOOL!**

**10% OFF
HERBAL
IMMUNI-TEA**

Following and monitoring CDC
suggestions and servicing our
customers responsibly.

Check out our monthly special posted weekly at our new Facebook page:

[Facebook.com/MamaJosSunshineHerbals](https://www.facebook.com/MamaJosSunshineHerbals)

Mustafa Santiago Ali on Healing America Through Social Justice

by Sandra Yeyati

Mustafa Santiago Ali has dedicated his career to fighting for environmental justice, public health, resource equity and political empowerment to uplift the most vulnerable communities in America. For 24 years, he served at the U.S. Environmental Protection Agency and is currently vice president of environmental justice, climate and community revitalization for the National Wildlife Federation. He is a renowned public speaker and has appeared on MSNBC, CNN, VICE TV, Black Entertainment Television, Democracy Now! and other networks.

Does the Black Lives Matter movement feel different than other moments in our history?

Yes. This is a transformational moment. So many different types of folks are coming together in large numbers, not just in our country, but across the planet, saying that change has to happen and



we have to eliminate systemic racism and discrimination. They want the 21st century to look like the 21st century, and not something from the 1950s or the 1940s or even the 1960s.

How can we keep the momentum going?

By bringing all kinds of different folks together, building authentic coalitions that are rooted in change, harvesting the energy

of this moment and making sure that the right types of legislation—whether at the federal, state, county or local level—are reflective of what people are asking for. Then we focus on getting engaged in the civic process—voting.

Dr. King said, “I cannot pass legislation to make you love me, but I can pass legislation to stop you from lynching me.” When we fast forward that to today, we can pass legislation that addresses social ills, disparities and other egregious types of behaviors. We can also make sure that our organizations are representative of what America looks like—in our hiring practices and on our boards—and make sure that our philanthropic organizations are moving in the right direction where they are helping to fund and support folks who are doing this transformative work. It really is a holistic set of actions.

How do you remain hopeful in light of America’s turbulent history?

I see many artists and entertainers who are getting engaged in an effective way, and they have the ability to reach so many folks. Even more critical are the thousands upon thousands of incredible young leaders who are pushing, willing to put their bodies on the line, creating their own organizations and investing their time to make real change happen.

I see people at the local and state level changing laws that have been entrenched for decades. I see organizations that would not normally see themselves in these types

Use all natural Kure-it Rx instead of pills and feel the difference!

Customers recommend Kure-it Rx infused oils for:

- Back & Joint Pain
- Arthritis & Fibromyalgia
- Stiff & Sore Muscles
- Cuts, Wounds, Sores
- Acne & Skin Conditions
- Burns & Sunburn
- Spider & Insect Bites
- Inflammation/Bone Spurs

Ask about our new +CBD versions!

"If you say no to pills, your kids will too."

Kure-it Rx
KureItNow.com

ROCKLEDGE Mrs. Mango & Co. 3500 US 1
MELBOURNE Miss Mango's Herb Appeal 461A N. HARBOR CITY BLVD

Questions and phone orders, call **1-888-587-3487** (**888-Kureitrx**)

CONCENTRATED FOR LONGER LASTING EFFECT!

CBD HELPS PROVIDE RAPID RELIEF!

#kureitnow

THINK GREEN IN '20 MAKE THE GREEN CHOICE

of conversations or actions saying, “You are right. I apologize for not being here sooner, but we’re going to do everything we can now to stand in solidarity with this change that’s happening.” My hope is anchored in the fact that people are already doing the work and we’re seeing fruits from the seeds that people planted sometimes hundreds of years ago, but definitely decades ago.

What kind of justice are you fighting for?

We’re fighting for housing, transportation, economic and public health justice, and of course, the environment.

Which vulnerable communities are you fighting for?

I fight for communities of color. I fight for lower-wealth white communities. I fight for indigenous brothers and sisters. And I fight for the planet. I know that disproportionately, these are the communities that are often unseen and unheard, and I know if we can give voice to those communities, then it will benefit everyone. Social justice gives us the opportunity to make America whole—to be stronger and better, as we become anchored in real justice. We have to be focused on moving our most vulnerable communities from surviving to thriving.

What is your contribution to the National Wildlife Federation?

I sat down with President Collin O’Mara to have real conversations about what a 21st-century organization and their 6 million members would look like. I thought that if I could get 10 or 20 percent of those members to embrace environmental justice and to stand in solidarity with folks, then that could help the movement and make real change happen. The National Wildlife Federation board has just approved a full environmental justice analysis of all of its programs, policies, activities and budgeting decisions. No other organization in our country does that, and it sends a clear message to all the other organizations that are out there that these are the types of things you have to do to be a 21st-century organization.

Sandra Yeyati, J.D., is a freelance writer. Reach her at SandraYeyati@gmail.com.

HATHA YOGA

with Marilyn

MON. & WED.

6:30-7:45 pm

Pelican Beach

Club House



BENEFITS:

- Lower blood pressure
- Increase flexibility
- Reduce stress
- Calm mind
- Improve circulation

Call Satellite Beach Recreation Dept • 321-604-0767

Here for Your Health!

Acupuncture & Community Acupuncture >> Chinese Herbal Medicine
 Functional Medicine >> Advanced Lab Testing >> COVID-19 Antibody Testing
 Therapeutic Nutritional Supplements >> Neuro-Emotional Technique (NET)

We Provide Better Solutions to Chronic Health Problems

Immune health >> Gut microbiome >> Pain of muscles, joints & nerves
 Stress & anxiety >> Fatigue >> Insomnia >> Weight loss & detox
 Women’s health >> Headaches & migraines >> Allergies >> Lyme



Amanda Milian, AP, DOM >> Angela King, AP, DOM
 Chelsey Dodd, AP, DOM >> Christine Nielson, MD
 In-person visits and Telehealth appointments now available



INDIAN RIVER
 Acupuncture &
 Functional Medicine

- Like our page
- Follow us!
- Subscribe

indianriveracupuncture.com >> 1300 36th St, Suite H, Vero Beach >> 772-564-8383



No-Waste Garden Edibles

Ways to Maximize Your Garden's Bounty

by April Thompson

Most gardens are loaded with delicious, nutritious food that goes uneaten and overlooked, from edible greens like sweet potato leaves to flavorful flowers like tulips, marigolds and wisteria. Getting better acquainted with the edible parts of common backyard plants opens up a world of culinary possibilities. With continued concerns around potential exposure to COVID-19, maximizing a garden's bounty while minimizing trips to the grocery store is an added benefit.

"Food foraged from your backyard is fresher, tastier and cheaper than store-bought food," says Ellen Zachos, the Santa Fe author of *Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat*. "There is also the novelty factor. People don't expect to be served a BBQ sauce made from crabapples or a curd made with flowering quince fruit. You simply can't buy those flavors."

Many plants and trees commonly thought of as being ornamental have edible parts. Hostas are a common one that Zachos loves to nibble on as much as the deer do. "You can harvest at a couple stages: First, when spears are poking up and the leaves have not unfurled. A little later in the season, you can blanch them and put in a stir fry or quiche, or roast them as you would asparagus," explains Zachos.

Roses are another multipurpose ornamental, with organically grown rose

petals making aromatic additions to sweet or spicy treats. Leaving the roses to decay after the first frost rather than dead-heading them yields rose hips rich in vitamin C for teas and jams.

Tip-to-Root Eating

Several common vegetables are edible from leaf to root, including broccoli, beets, chard and radishes, says Josh Singer, a garden specialist with the U.S. Department of Parks and Recreation, in Washington, D.C., who teaches classes on "alternative edibles" from the garden. "One of my favorite recipes is a hummus made with chard stalks in place of chickpeas. It's so creamy and delicious."

Singer also cites borage, passionflower and squash flowers as favorite floral foods. "Unfortunately, it does mean making a hard choice between having beautiful flowers in your garden and eating them," he adds. "It can also mean the plant not producing fruit or vegetables, but you can hand-pollinate female flowers in the case of squash and just use the male flowers for cooking. They make delicious fritters."

Marie Viljoen, author of *Forage, Harvest, Feast: A Wild-Inspired Cuisine* cookbook, has one tip for daylilies (*Hemerocallis fulva*) that overaggressively multiply: eat them. "Daylilies are nose-to-tail eating: their tender, cooked shoots are as melt-in-your-mouth as leeks, and their firm, underground tubers are delicious snacks, raw or cooked. I like to roast them with olive oil, like

mini-home fries," says the New York City forager, instructor and chef. "Their buds are juicy snacks and their open, fresh flowers are edible—and stunning in a salad—but so are the older, dried flowers, the so-called 'golden needles' that one can sometimes find in Chinese stores." Viljoen cautions that a small percentage of people have a bad reaction to daylilies, and they should be eaten in moderation, especially when trying them for the first time.

Lindsay-Jean Hard, a food writer in Ann Arbor, Michigan, and author of *Cooking with Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*, points out some common fruits with edible greens. Strawberry greens can be used to make a pesto or flavor water. Tomato leaves can flavor a tomato sauce (sparingly, as they pack a strong taste)—a tip found in Harold McGee's *On Food and Cooking: The Science and Lore of the Kitchen*.

Carrot tops and celery leaves also make great pesto, says Tama Matsuoka Wong, a New Jersey forager, chef and author of *Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market*. While pea shoots have gotten to be a trendy item on many menus, Wong says they have long been an off-menu item at Chinese restaurants. "You won't find it on the menu, but Chinese people eat pea shoots instead of beans all winter long, often stir fried with sesame oil, garlic and bamboo shoots."

Many scrappy cooks know to use garden produce that fails to ripen before the season ends or bolts too soon. Singer uses unripe tomatoes to make green tomato chili, muffins and bread, whereas Hard likes working with flowers from bolted herbs and greens, including arugula, basil, chives, chervil, kale, sage, rosemary and others. "I mainly use them as garnishes, but every year, I make a batch of chive blossom vinegar," she says.

Leaving a plant like cilantro to bolt and flower not only feeds pollinators, but also provides free spices at the season's end, says Singer. Simply let cilantro dry on the stalk, then gather the seed pods for home-harvested coriander seeds. Letting annuals go to seed (and saving the seeds) provides the start for next year's food plot.

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

Flower-ful Feasts



photo by Penny De Los Santos

Kale Stem Hummus

Yields: 6-8 servings

- 1 cup dried chickpeas
- 1 tsp baking soda
- Stems from 1 bunch kale
- 3 garlic cloves, minced
- ½ cup tahini
- 1 tsp fine-grain sea salt
- ½ cup freshly squeezed lemon juice
- Ice water
- Extra-virgin olive oil for serving

The night before making the hummus, put the chickpeas in a large bowl, cover them with at least twice their volume of water and leave to soak overnight at room temperature.

The next day, drain and rinse the chickpeas. Put them, along with the baking soda, in a medium-size pot over high heat. Stir constantly for about 3 minutes.

Add 6 to 8 cups water until the chickpeas are covered by a few inches, and bring to a boil. Reduce the heat to medium, cover the pot and simmer until the chickpeas are very tender—45 to 60 minutes—checking on them occasionally to skim off any foam on the surface.

Skim off any chickpea skins that float up as well, but there's no need to try to remove the skins if they don't come off. They were softened by the baking soda and will blend smoothly into the hummus.

Meanwhile, fill another medium-size pot with water and bring to a boil. Add the kale stems and cook until they are very tender, 30 to 45 minutes. Drain them.

Blend the kale stems, garlic and tahini in a food processor, scraping down the sides as necessary until well blended.

Once the chickpeas are cooked, drain them, add them to the kale stem mixture in the food processor along with the salt and lemon juice, and process until smooth.

Add 2 tablespoons of ice water and process until the hummus is very smooth and creamy, about 5 minutes. Add up to 2 additional tablespoons, one at a time, and process again as necessary.

To serve, spoon into a shallow bowl and drizzle with olive oil.

Note: The hummus can be stored in the refrigerator for 3 to 5 days or frozen for up to 3 months. After thawing frozen hummus, we might need to adjust the seasoning—taste and add salt and lemon juice as necessary. Also, try this hummus with other scraps like Swiss chard stalks or cauliflower cores. Follow the same cooking method as outlined, boiling until very tender, 15 to 30 minutes.

Recipe courtesy of Cooking with Scraps, by Lindsay-Jean Hard.

**SOME
INSURANCE
NOW
ACCEPTED!**



**STUART
ACUPUNCTURE**



- Acupuncture (private-group-home)
- Chinese Herbs
- Cosmetic Acupuncture
- Reiki
- Acu-Laser Therapy
- IR Heat Therapy

Hillary Morris (Heidelberg) A.P.
20 YEARS EXPERIENCE LICENSE #2914

*“healing from
the inside out...”*

7000 SE Federal Hwy, Suite 205
Stuart, FL 34997

StuartAcupuncture.com
772-266-8165

MARY JANE'S
the **ULTIMATE**
Skin Care, Certified Organic,
Kosher, & Totally Vegan
Hemp Seed Oil.



**DRY
“CREPEY”
SKIN**

.....
WRINKLES

.....
SOFTER SKIN

.....
**SMOOTHER
LIPS**

.....
**FACE • HANDS
FEET • WHEREVER**

For **AMAZING DISCOUNTS**
Go to **VolcanicOrigins.com**
or call **888-745-6806**

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



Daylily Salad

This strikingly beautiful salad marries the sweet crunch of pea pods with crisp orange daylily petals and creamy cheese. Eat the flowers in moderation.

6 daylily flowers (*Hemerocallis fulva*)
 2 cups snap peas or fresh garden peas in pods
 2 Tbsp soft goat cheese (can substitute vegan cheese or leave out for a vegan version)
 2 tsp toasted sesame oil
 1 Tbsp aged balsamic vinegar
 2 field garlic flower heads, separated

With a sharp knife, slit some of the flowers down the middle. (Remove the anthers and the pistil if following traditional Chinese preparation.) Top and tail the peapods if they have strings. Split half of them down the middle to expose the peas.

Arrange the peas and flowers on a plate. If using cheese, crumble and scatter across the salad. At this point, the salad can be covered and chilled to make it ahead of time.

To serve, drizzle first the sesame oil, then the soy and balsamic vinegar, across the top. Finish with the field garlic flowers. Serve within 10 minutes.

Recipe and photo courtesy of Forage, Harvest, Feast: A Wild-Inspired Cuisine by Marie Viljoen, (Chelsea Green Publishing).

Daylily and Zucchini Curry with Sweet Potato Shoots

This comforting vegan curry sings with the flavors of summer's vegetables, herbs and garden scraps.

Yields: 2 servings

2 Tbsp avocado oil
 3 Tbsp microplaned or very finely chopped fresh ginger
 2 heads green garlic and cloves, separated
 3 mature garlic cloves, crushed fine
 1 can coconut milk
 2-3 Tbsp fish sauce (or soy)
 2 Tbsp lime juice
 1 Tbsp thinly sliced fresh turmeric rhizome
 ½ cup chopped green garlic leaves
 1½ cups cubed butternut squash
 2 lb baby zucchini or older ones cut into chunks
 8 dry daylily flowers
 4 fresh daylily flowers (*Hemerocallis fulva*), anthers and pistil removed
 8 daylily buds
 1 makrut (Thai lime) leaf, sliced thinly
 1 tsp chile flakes or a large fresh chile, chopped
 2 cups loosely packed tender sweet potato shoots
 4-6 sprigs Thai basil

In a wide skillet that can accommodate the zucchini in a single layer, heat the oil over medium heat. Add the ginger and all the garlic.



Cook for a couple of minutes, stirring so it doesn't stick. Add the coconut milk, fish sauce, lime juice, fresh turmeric, green garlic leaves and dry daylily flowers. Increase the heat to high. When the liquid boils add the butternut and enough water to bring the liquid just over the vegetables. Cook covered, at a simmer, for 10 minutes.

Remove the lid and add the zucchini, the rest of the daylilies, the lime leaf and the chile. Cover and cook for another 10 minutes.

Remove the lid, increase the heat and cook at a gentle boil for 10 to 15 more minutes. The sauce will reduce and concentrate in flavor. Taste for seasoning and add a little more fish sauce or lime if necessary.

Stir in the Thai basil and the tender sweet potato shoots and cook until they have wilted into the sauce, about 4 minutes. Serve in shallow bowls.

Recipe and photo courtesy of Marie Viljoen.



FIND MORE RECIPES LIKE THIS ONLINE
 Cook up some goodness with my-NA.com/recipes



Yoga

COMMUNITY GUIDE

Your Window to the World of Yoga

COCOA

THE ZEN ROOM

631 Brevard Ave, Ste C
321-544-8541
TheZenRoom.info

INDIALANTIC

EKS BEACHSIDE BODYWORK

2500 N. Hwy A1A
321-431-7793
EKSBeachsideBodywork.com

MELBOURNE

THE YOGA GARDEN

1482 Pineapple Ave
321-345-6197
YogaGardenFL.com

THE YOGA GARDEN

5270 N. US Hwy 1
(inside Adventure HQ)
321-345-6197
YogaGardenFL.com

MERRITT ISLAND

KULA YOGA STUDIO

230 E Merritt Island Cswy #102
321-978-5116
KulaYogaMerrittIsland.com

PORT ST LUCIE

DOWN TO EARTH YOGA

1649 SE Port St Lucie Blvd.
772-224-2444
DTE-Yoga.com

SEBASTIAN

YOGA & OILS WITH BECKY YOGA MA

Kashi Ashram, Sebastian Yoga Studio & Sebastian Gym
772-584-4212
Facebook.com/YogaAndOilsWithBecky

SATELLITE BEACH

HATHA YOGA WITH MARILYN

Pelican Beach Clubhouse
1495 Hwy A1A
321-773-6458

YOGA ART LOUNGE

1301 South Patrick Dr, Ste 60
321-506-9444
Facebook.com/Yoga-Art-Lounge

ZEN YOGA

1024 Hwy A1A #150
866-820-YOGA
ZenYoga321.com

STUART

TRANQUILITY HAVEN CENTER

524 SE Dixie Hwy
772-210-5172
TranquilityHavenCenter.com

TITUSVILLE

INVERTED ELEPHANT

2855 S Hopkins Ave
321-749-9642
InvertedElephant.com

VERO BEACH

INDIAN RIVER BIKRAM YOGA

676 US Hwy 1, Ste 4
772-925-9697
IndianRiverBikram.com

WINNER OF 3 EXCELLENCE AWARDS!



Your CBD Store
Port St. Lucie

Oil Tinctures • Skin Care
Water Solubles • Edibles
Topical Creams • Bath Bombs
Pet Products • Honey
Cartridges & Pens

Certified Organic • Free Delivery

2818 SW • PORT ST LUCIE BLVD. (NEXT TO BRAVO)
772-207-7302 • YourPSLCBDStore@gmail.com

Nicolai L Hansen, BS, DC

ROCKLEDGE

The power of the chiropractic adjustment lies in its ability to promote healing.

**Affordable • Experienced (25 Years)
Expert (AAI Advanced Proficiency Rating)**

321-247-0445 • nlhansendc.com

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.

SPACE COAST EVENTS

SATURDAY, AUGUST 1- SUNDAY, AUGUST 2

Spirit Fest: Metaphysical and Holistic Fair – 11am-6pm. Enjoy 30+ 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 AUGUST 1

Energy, Frequency, & Vibration – 1-3pm. Along with meditation teacher, Anthony Profeta, explore: the nature of reality and how everything is vibration, how energy effects energy, how we have

the ability to raise and lower our vibrational rates. Includes a sound bath meditation using healing frequencies of crystal & Himalayan singing bowls to align, balance, and “re-tune” our energetic centers. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY AUGUST 1

Transformation Meditation Experience – 4-5:30pm. Participate in a transformational trance experience led by Bruce Orion while receiving healing frequencies through Maria Banas’s Reiki healings and crystal bowls. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SUNDAY AUGUST 2

Full Moon Ocean 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. 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 AUGUST 5

Astrology for Personal & Spiritual Transformation – 5:30-7pm. Learn how astrology has influenced most of the world’s religions, and how the planets influence our personality and predict the time and type of challenges we face in life. Explore how the powerful outer planetary transits are intensely affecting you and others. Call in advance with your birth data and Bruce will have your chart prepared for the workshop. For more information, visit BruceOrion.com. \$20, chart included. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

KnowEwell

A Top 50 Healthcare Company 2019

Achieve WELLthier Living®

One Online Destination for
Today's Regenerative Whole Health™

Knowledge, Resources and Community
Collaborating to Inspire and Empower You
to Achieve WELLthier Living®

Explore KnowEwell.com

Use code: **NAPUB110** for pre-launch opportunities and special discounts.



Regenerative Whole Health

The KnowEwell Collaborative with benefits for all in the Regenerative Whole Health ecosystem.

SATURDAY AUGUST 8

Reiki 3/Advanced Reiki Certification Course – 11am-6pm. The student receives the Master Reiki Symbol to be included with the three previous symbols received in Level II. This will increase the student's connection with the Universal Life Force and open the doorway to work in different levels of spirit and karma. Instructor Maria Banas. Bring a yoga mat. \$235. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at [AquarianDreams.com/special-events/aquarian-dreams](https://www.aquariandreams.com/special-events/aquarian-dreams), 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY AUGUST 12

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, visit [AquarianDreams.com/special-events/aquarian-dreams](https://www.aquariandreams.com/special-events/aquarian-dreams), 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

save the date

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](https://www.turtlekrawl.com).

FRIDAY AUGUST 14

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.

TUESDAY AUGUST 18

New Moon Guided Meditation – 7-8:45pm. During this meditation, you may lie on a mat, sit in a 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. Pre-register at [AquarianDreams.com/special-](https://www.aquariandreams.com/special-events/aquarian-dreams)

[events/aquarian-dreams](https://www.aquariandreams.com/special-events/aquarian-dreams), 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY AUGUST 19

Introduction to Buddhist Tantra – 5:30-7:30pm. During this workshop with Anthony Profeta learn; what is Tantra, how one can practice and what are the results of the practice. You will learn a visualization meditation technique to augment your spiritual practice. Bring a pillow. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at [AquarianDreams.com/special-events/aquarian-dreams](https://www.aquariandreams.com/special-events/aquarian-dreams), 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY AUGUST 22- SUNDAY AUGUST 23

Stress Detox and Oneness Deeksha Initiation – 10am-7pm (Sat) 10am-5pm (Sun) 2-day training course with Maria Banas. The Stress Detox is a relaxing meditation experience drawing from 5 ancient meditative arts. Includes a special process

EARN YOUR ONLINE DEGREE TODAY AT PARKER UNIVERSITY!

More and more patients want alternative methods of treatment that are healthy, holistic, and non-invasive. Earning your degree in one of these programs totally online could put you in position to help them.

- Masters in Functional Nutrition
- Masters in Strength and Human Performance
- Bachelors in Integrative Health
- Bachelors in General Studies
- Bachelors in Psychology
- Associates in Health Science

For more information go to [Parker.edu](https://www.parker.edu). For questions or to apply, give us a call at 800-637-8337 or email us at Askparkeradmissions@parker.edu today!



The Treasure Coast's Premiere Metaphysical Hub

- Incense & Sage
- Books
- Candles
- Crystals and Stones

Ft. Pierce Store is Moving to 227 N. Second Street

- Drum Circles
- Reiki Circles
- Astrology
- Tarot

Scented Dragon

6993 Hancock Dr. • Port St. Lucie (Just off US 1)
223 Ave. A • Ft. Pierce (Downtown)

772-877-2102

Open 7 Days a Week
10am-7pm

of Oneness Blessing or Deeksha. At the end of the second day you will be initiated as a Oneness Deeksha giver. \$160 pre-paid in advance or \$189 day of event. Bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY AUGUST 24

Healing Reiki Journey: Reveal our Soul History & Sound Healing – 5:30-7pm. Set the intent to heal the layers in our soul history. These layers hide our wholeness from our own view and cover our authentic self our Divine nature and our human nature. As the layers are lifted from us and our wholeness is revealed, our gifts, brilliance, beauty, grace, and talents are unified with our Divine and human nature. Includes the River of Life healing experience to let go what is no need it any longer and receive the give of Empowerment. Led by Maria Banas. Bring: yoga mat, pillow, blanket and water. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY AUGUST 26

The 5 Mindfulness Trainings – 5:30-7:30pm. How To Apply Mindfulness Into Our Daily Lives Workshop with Anthony Profeta. The Five Mindfulness Trainings are based on precepts developed during the time of the Buddha but have been translated for modern times by the great Zen Master Thich Nhat Hahn. With mindfulness, we are aware of what is going on in our bodies, our feelings, our minds, and the world, and we avoid doing harm to ourselves and others. Bring a pillow. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY AUGUST 31

Healing Reiki Journey: Ancestral Healing – 5:30-7pm. A Reiki journey is a technique we use with the intention to obtain spiritual and inner guidance, information, healing, and empowerment from higher sources of consciousness. This will guide us to River of Life and help to release genetic, cultural, cellular memories thought forms, old beliefs and suffering and we will go to the Hall of Ancestors to let go of ancestral trauma ,meet our ancestors and receive the gifts and talents from them. Crystal bowl and vibrational sound healing included. Led by Maria Banas. Bring: yoga mat, pillow, blanket, and water. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

ARE YOU IN CHRONIC PAIN? If so, have you considered the benefits of Medical Marijuana?

MEDICAL MARIJUANA

Our 4x Board Certified physician-led company is dedicated to providing patients with best-in-class medical cannabis compassionate care.

DO I QUALIFY FOR MEDICAL CANNABIS?

If you are a legal Florida resident and have been diagnosed with one of the qualifying conditions listed below, you are eligible to receive medical cannabis.

Cancer | Epilepsy | Glaucoma | HIV | AIDS
PTSD (Post-Traumatic Stress Disorder)
Crohn's disease | Parkinson's disease
MS (Multiple Sclerosis) | A terminal condition

ESSENTIALS MEDSPA & SALON

1705 BERGLUND LN., VIERA, FL 32940
WWW.ESENTIALS-SPA.COM

CALL TO SCHEDULE YOUR APPOINTMENT

321 722 2860

*Diagnosed by a physician other than the qualified physician issuing the order. Essentials MedSpa & Salon evaluates and prescribes CBD and medical marijuana then refers to a dispensary for distribution.

Florida dispensary products are available in the form of CBD oil, THC oils, vape cartridges, tinctures, topicals, oral syringes, capsules, flower, concentrates including wax, shatter, or dabs as well as edibles in limited forms.

TREASURE COAST EVENTS

SATURDAY AUGUST 1- SUNDAY AUGUST 2

Karuna Reiki Levels I, II and III Weekend – 9am-3pm. This Course immerses us in the energy of compassion for ourselves and everything around us. While not technically Reiki as it comes from someone other than Usui, these symbols and the techniques are very powerful and unique. Level I \$300, Level II \$300 Level III \$400 (take one, two or all three). Beth Franks Healing, 1789 Old Dixie Hwy, Vero Beach. 772-559-8895. Check out our events on facebook.com/Spark.of.Divine/.

SUNDAY AUGUST 2

Truth and Reconciliation Service – 10am. This service is in support of the BLM movement and shows how racism, sexism and all forms of oppression are the opposite of love. A more perfect Union is Spiritual healing and transcends all domination models held together through white supremacy, separation, and violence. Join us in the sanctuary or this service can be viewed through Facebook Live Stream at www.facebook.com/unity.fortpierce. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityOfFortPierce.com

SATURDAY, AUGUST 8

Energy 101 – 2-4pm. Wendy Becerra helps participants to understand: How the law of attraction is at play in our lives; how energy can be manipulated to manifest the life you desire; techniques to create an energy ball; how and why crystal and energy healing works. \$33. Ubuntu Fish Gallery, 508 Osceola St, Stuart. Register at UbuntuFishGallery.com.

SATURDAY AUGUST 8- SUNDAY AUGUST 9

Reiki Level I and II Certifications Weekend 14 CEUs available – 9:30am-4:30pm. Learn the Art of Healing using Japanese techniques and ancient symbols. These techniques enhance the immune system and promote healing. Class includes book, certificates, attunements, and plenty of practice. Take one or both levels. \$175 for Level I \$250 for Level II Must pre-register call 772-257-6499 Take one or both Levels. Spark of Divine, LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. Check out our events on facebook.com/Spark.of.Divine/.

MONDAY AUGUST 10

Friends After Diagnosis – 2-3:30pm. 2nd Mon. Offering support and educational meetings four times per month for women with cancer and others with breast cancer, along with their caregivers and loved ones. Free. Friendship House, 3404 Aviation Blvd., Vero Beach. 772-970-7700. friendsafterdiagnosis.com.

TUESDAYS AUGUST 11- OCTOBER 27

It's Never Too Late to Begin Again, 12-Week Workshop – 7-9pm. Discover creativity and meaning at midlife and beyond. Answer 'What's

Next'? As you proceed through this process- a distillate of Julia Cameron's 25 years of teaching. Access your creative flow and find life fulfillment. 12-week program beginning Tues, 8/11 online. Fee \$225. Contact Rev Carol, 772-359-8924 or email revcarolbaxter@gmail.com. \$225. Zoom Online Event, Online, Online. theinspiredlivingcenter.com.

SATURDAY, AUGUST 15

Ubuntu Weekend Camp – 10-11:30am. UFG is offering a 90 min program on Saturday mornings for children 9-13yrs that inspires creativity, includes the elements of nature, and focuses on helping children to recognize and integrate social personal skills such as accountability, self-reflection, communication, kindness, compassion, clarity, and more. . \$40. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. ubuntufishgallery.com.

Friends After Diagnosis – 10-11am. 3rd Sat. Offering support and educational meetings four times per month for women with cancer and others with breast cancer, along with their caregivers and loved ones. Free. Friendship House, 3404 Aviation Blvd., Vero Beach. 772-970-7700. friendsafterdiagnosis.com.

Know Your Chakras – 2-4pm. Wendy Becerra will guide participants to an exploration in the 7 main chakras. Teachings: How to tell if your chakra system is balanced, how to align your chakras, crystal work to balance chakras and other tips, tools and techniques to keep your chakras in alignment allowing for a sense of empowerment and vitality that can enable you to fulfill your life purpose. \$33. Ubuntu Fish Gallery, 508 Osceola St, Stuart. Register at UbuntuFishGallery.com.

MONDAY AUGUST 24

Friends After Diagnosis – 2-3:30pm. 4th Mon. Offering support and educational meetings four times per month for women with cancer and others with breast cancer, along with their caregivers and loved ones. Free. Friendship House, 3404 Aviation Blvd., Vero Beach. 772-970-7700. friendsafterdiagnosis.com.

SATURDAY, AUGUST 29

Soul to Soul An Intro to Trance – 9am-1pm. This class will teach you how to quiet your body, mind and emotions so that you can connect with who you are at the deepest level. We invite you to experience your Soul. Your soul is that eternal part of yourself. You will learn techniques that you can practice. \$77. Beth Franks Healing, 1789 Old Dixie Hwy, Vero Beach. 772-559-8895. Check out our events on facebook.com/Spark.of.Divine/.

Ubuntu Weekend Camp – 10-11:30am. UFG is offering a 90 min program on Saturday mornings for children 9-13yrs that inspires creativity, includes the elements of nature, and focuses on helping children to recognize and integrate social personal skills such as accountability, self-reflection, communication, kindness, compassion,

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

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

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

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.

clarity, and more. \$40. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. ubuntufishgallery.com.

5-Year Anniversary Celebration – 11am-4pm. Celebration includes raffles, \$25 readings, Fairy hair, 20% off all merchandise, Walk-ins welcome, appointments recommended. Also 20% off at Genie's Gems. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Indigo, Crystal, Rainbow - Which Are You? – 2-4pm. This workshop gives insights to: Identifying the characteristics and evolution of each group; how to navigate your group's "skill set" for better comprehension of yourself, your children, family and offers tips and tools to empower yourself. Ubuntu Fish Gallery, 508 Osceola St, Stuart. Register at UbuntuFishGallery.com

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.

sunday

TREASURE COAST

Unity of Ft. Pierce – 10am. Practical spiritual teachings that empower abundant and meaningful living. Unity teaches the transformational spiritual teachings of Jesus which are spiritual tools to support you in overcoming and transforming challenges into spiritual growth. Our sanctuary is open and sanitized. Masks are recommended and available. The service can also be viewed through Facebook Live Stream at facebook.com/unity.fortpierce/. Uni-tot program with Spiritual Curriculum also offered. Unity of Ft. Pierce 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFortPierce.com.

monday

SPACE COAST

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. 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.

Peaceful Family Yoga for Children & Parents - 12:30-1:30pm. Yoga for the entire family. Focus on peaceful, playful yoga fun with yoga forms, engaging healthy games and songs, music, and relaxation. For parents and children ages 3 & up. Led by Brooke Daratany Goldfarb. \$10 (or Yoga Membership) includes 2 family members. To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended.

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.

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

TREASURE COAST

Psychic Medium Readings & More – 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.

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.

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. 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 Jefferies. \$10 (or yoga membership) To preregister visit: 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. 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 Healing Circle – 6-7:30pm. Is life too busy? Too Stressful? Experience the many benefits of Reiki. This Japanese technique reduces stress and brings balance to the body and mind, promoting healing on all levels. with Tina. Love Donation. Spark of Divine, LLC Healing and Learning Center, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. Check out our events on facebook.com/Spark.of.Divine/.

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.

Yin Yoga – 12:30-1:30pm. 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 Cindy Jovanovich. \$10 (or yoga membership) To preregister visit: 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.

Inner Peace - Yoga & Meditation – 4-5pm. Learn various simple techniques to access the breath, quiet the mind and turn into the sublime radiance of our hearts. Gentle movement will calm and relax the body. Led by Cindy Jovanovich. \$10 (or yoga

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

TREASURE COAST

Insight Meditation on Zoom – 11am-Noon. Cultivate resilience and calm with Rev. Janice Cary. Join via Zoom with meeting ID of 871-601-1586. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFortPierce.com.

thursday

SPACE COAST

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. 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 meditation. Instructor Teren Nichols is a licensed intuitive massage therapist. \$10 (or yoga membership). To preregister visit: 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

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

Pilates Mat Class – 9-10:30am. Mat class offered by certified instructor, Barbara Lengen. Held inside with social distancing. For information visit AtlanticPilates.net. \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

friday

SPACE COAST

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 Jefferies. \$10 or Yoga Memberships accepted. To preregister visit: 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.

Healing Sessions and Readings – 11am-3pm. Energy work and readings- Reiki, Angels, Spirit Guides, Sound, Shamanic techniques. Angel and Divine Soul Readings with Beth to find out who you are at the soul level how to shift to be more in alignment with your soul essence. Must call to schedule session. \$40 - \$200 depending on the service. Call for information. Spark of Divine, LLC Healing and Learning Center, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. Check out our events on facebook.com/Spark.of.Divine/.

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. 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. 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.

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.



Stay Connected with your favorite natural health events!

It is more important than ever to stay connected with our community and support a healthy lifestyle.

Natural Awakenings' Online Calendar is the go-to resource to find local and virtual events.

myNaturalAwakenings.com



Art Gallery and Gift Shop

Spiritual Readings

Spiritual Growth Workshops

Special Events

Anniversary Celebration
Featuring artwork by Dana Sardano
Live music, raffles, and refreshments
Saturday, September 5th • 5-8pm

508 SE Osceola St, Stuart • UbuntuFishGallery.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 to request our media kit.

ACUPUNCTURE

MARCELA BOWIE, D.O.M., AP

105 S. Riverside Dr, Ste 201
Indialantic, 321-961-8243
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



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

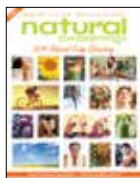


With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad, page 33.

ADVERTISING/ MARKETING/PR

NATURAL AWAKENINGS MAGAZINE

Kris Urquhart, Publisher
Kris@my-NA.com
321-426-0080
my-NA.com



Natural Awakenings is your multi-media resource for natural and eco-friendly living. Print, online, mobile, and social media options to keep up with the latest natural living news. Reaching over 70,000 loyal readers each month and thousands more online and with our iPhone/iPad app — you can keep Natural Awakenings at your fingertips.

ALTERNATIVE HEALING

CARE NATURAL WELLNESS CENTER

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



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 10.

ART THERAPY

MARCY PURDY, ATR BC

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



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

AYURVEDA

HEALING ELEMENTS AYURVEDA

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



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

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.

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-birthing infants welcome!

CHIROPRACTIC

CLOW CHIROPRACTIC

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



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

JONES CHIROPRACTIC

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



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

DR. ROZANA SHARMA, DC

1990 W. 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, Vascular Renewal, Laser Hair Removal (for all skin types). Now accepting injury cases. See ad, page 25.

UPPER CERVICAL HEALTH CENTER

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



Drs. Renee Hahn and Amanda Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 13.

CLEANING: NATURAL

PROVERBS 31 CLEANING SERVICE

Brevard & parts of Indian River
321-210-8538
Proverbs31CleaningService.com

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

COACHING

CAROL BAXTER

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



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

CHERI FLAUTO WHOLE LIFE COACH

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



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

REV JANICE CARY

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



Life Coaching frees a person from limiting inner beliefs. Relationships, career and self-confidence flourish as you learn tools for meaningful living. Spiritual 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 7.

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 12.

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 18.

EYE & VISION CARE

HEALTH FOR LIFE

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

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

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 Herbs in-store or online. Gluten FREE, organic produce, seminars, demo's, and more. Peggy's... Your path to Health.

SUNSEED FOOD CO-OP

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

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

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 29.

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 6.

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, Bio-identical 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 15.

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 9.

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 15.

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 38.

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 38.

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 18.

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. See ad, page 26.

PET SUPPLIES: NATURAL

NATURAL PET SPECIALTY SHOP

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



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

PSYCHIC MEDIUMS

CHRISTOPHER JOHANSEN

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



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

TESS, THE TREASURE COAST MEDIUM

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



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

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



SALT CAVE

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

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 17.

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 19.

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 23.

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 8.

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 31.



Dr. David Minkoff



The Best in
Natural Medicine!

LifeWorksWellnessCenter.com

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

We Fix Your Health...Naturally

301 Turner St., Clearwater, FL 33756 ☀ 727-466-6789



Are you using antibiotics, steroids or
anti-fungals to treat a respiratory infection?
Still sick and feeling worse?

We use a natural, *laboratory and clinically proven* antimicrobial that kills bacteria, fungus and virus without harming the patient.

We use RESPIRATORY RELIEF
from  NATURE'S RITE™

20% OFF
with coupon code RESP20



For use in a
nebulizer



We get calls & orders from people who have tried all sorts of prescription medications that do NOT get rid of their respiratory infections. Time after time the infections clear up in a few days with Respiratory Relief. We shake our heads and wonder, "Why don't they try this first?"

Now you can.

Order online at MyNaturesRite.com or call 800-991-7088

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

Gift Certificates Available

DeanWellnessInstitute.com



Microneedling with PRP (Platelet-rich plasma) is a natural procedure used to treat and improve dermatological conditions such as fine lines & wrinkles, acne scarring, hyperpigmentation, stretch marks, loose skin, and improve overall texture.