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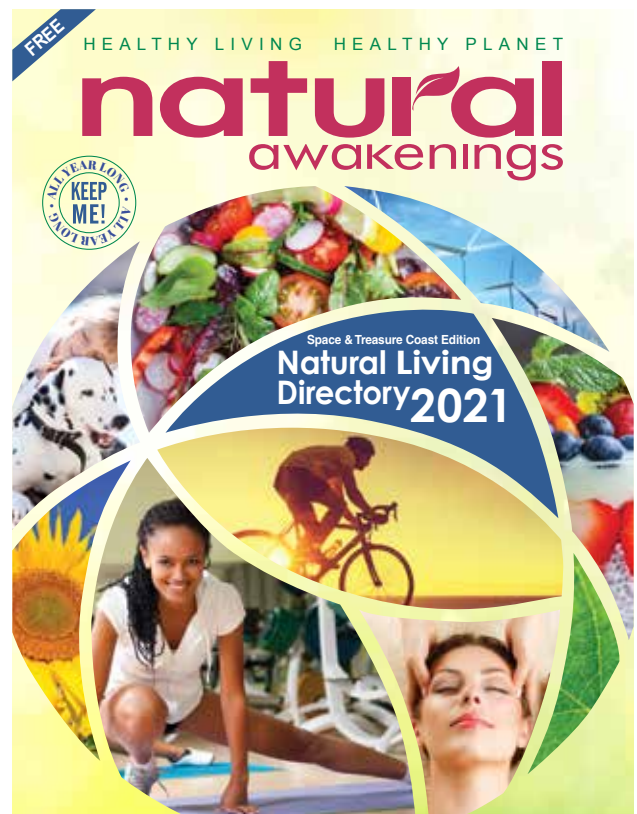
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letter from the publisher

Home for the Holidays



“I’ll be home for Christmas...”  That Christmas classic is playing in my mind but now doesn’t quite fit. Over the past few years the holiday season meant the return of our boys to our empty nest. However, this year’s work-from-home lifestyle has returned the chicks to the nest for an extended stay. So, I’m changing the lyrics to “I’m already home for Christmas!”

Our holiday traditions have evolved over the years. For example, when the boys were young, I would always get them new pajamas to wear on Christmas Eve along with a DVD movie and fun hot chocolate flavors. However, when our PJ and movie tastes diverged, we went with the more practical streaming option in comfy gym shorts instead. My family always gathered at my parent’s home for Christmas day; however, since their passing we are exploring new ideas on where to spend the day. As life changes, it provides the opportunity to evolve the old traditions and even make some new ones.

This holiday issue fosters a balance of seasonal cheer and wellness. The Gift of Yum offers homemade gift recipe ideas [page 30] and Pay Where We Play reminds us to buy local [page 26]. To inspire your gift giving from local businesses, enjoy our Healthy Holiday Savings Guide on pages 28 and 29. Matt Kahn, spiritual teacher and author of *The Universe Always Has a Plan*, shares his views on transforming the planet with love [page 36]. *Reinvent the Holidays* reminds us that the spirit of the season matters more than material gifts [page 38].

As we finish this truly unique year, it is a great time to consider adding a new ritual. These small traditions can lift our spirits and remind us of the important things in life. Bringing together family and friends, near or far, virtually or in person, can reinforce our bonds and bring a sense of unity and love. This month, I hope you enjoy being together with your loved ones and connecting from the heart.

Wishing you a loving holiday season!

Kris Urquhart, Publisher



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

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

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EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: Kris@MyNaturalAwakenings.com. Deadline for editorial: the 5th of the month.

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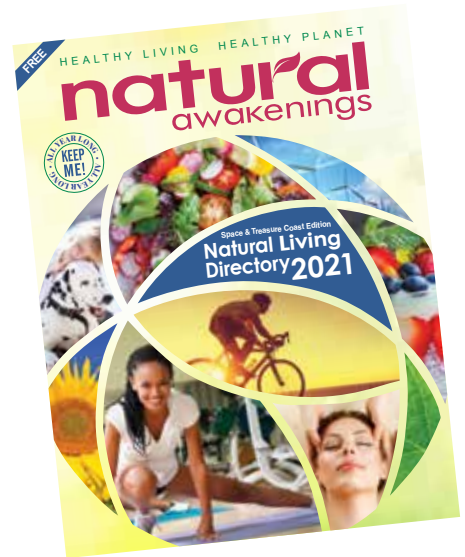
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news briefs



2021 Natural Living Directory Coming in April

Natural Awakenings magazine presents the 2021 Natural Living Directory.

This special edition will hit the streets in April and is an issue that readers will want to keep year-round. This handy reference will be your guide to healthy living and a healthy planet – your natural phone book.

In this special issue, readers can find a practitioner by specialty index. Wellness profiles will provide in-depth information, highlighting the wealth of local health resources in our community that support a healthier, natural path to wellness.

“Each year an issue is transformed into a convenient reference guide to natural health, sustainable living, and healthy choices,” shares publisher Kris Urquhart. “Make sure to pick up your issue or bookmark the link to our digital guide and search for easy reference.”

To be sure you receive your copy of this special issue, *Natural Awakenings* subscriptions are also available. Receive four monthly issues for \$10 or enjoy a year’s subscription for just \$25.

For advertising information or to submit listings visit my-NA.com/NLD or call 321-426-0080 for details. Sign up by February 5 and save with the early bird discount. See ad, page 2.

Sedona Hypnotherapist Bruce Orion Offers Private Sessions at Aquarian Dreams

Aquarian Dreams is pleased to offer private hypnotherapy sessions with Sedona Hypnotherapist, Bruce Orion. The Orion Method, developed by Bruce Orion, is the end result of over 40 years of study focused on alternative healing, quantum physics, metaphysics, and hypnosis.

“The Orion Method is a quantum leap forward in achieving emotional and physical health,” says Orion. “The method produces quick and permanent release of deep-seated emotional issues and the reversal of many physical challenges. In the vast majority of cases, a single 90-minute session can clear several issues at a time. It works on all levels, not just the physical, but the emotional, mental and spiritual levels as well.”

In addition to hypnotherapy, Orion’s background includes spiritual counseling, astrology (since 1971), and eastern mysticism. He apprenticed with well-known spiritual healer, Karmu. Orion has appeared on The Discovery Channel, was interviewed on “Meetings with Remarkable People” and was a frequent speaker at the United Nations.

For more information, visit BruceOrion.com. Special Aquarian Dreams rate: \$100 for 90-minute session. For appointments call 321-729-9495 or visit AquarianDreams.com/Wellness-Center. Aquarian Dreams is located at 414 N. Miramar Ave (Hwy A1A) Indialantic See ad, page 3.



Ketamine Addresses Chronic Pain and Mental Health Issues

The primary goal at Ketamine Holistic Wellness Center is to help individuals who are experiencing pain or emotional distress. Ketamine has been around for over 50 years and is used for diagnostic and surgical procedures. After decades of research, it is now being used in the treatment of chronic pain and mental health issues. “It is safe, fast acting, effective, and has minimal side effects,” says owner Sonia Negrón.

Individuals can elect to combine Ketamine IV infusions with Assisted Psychotherapy to guide in setting intentions, processing any experiences that arise, and integrating insights for lasting transformation. “Rather than years of therapy, internal shifts at the subconscious level will happen at warp speed. After initial treatments most clients leave our facility happier and with a more positive outlook on life,” says Negrón. “Our board-certified professionals help clients identify the cause and provide tools to support positive coping skills.”

In addition to Ketamine infusions, Ketamine Holistic Wellness Center treats health, emotional and spiritual healing from various approaches, tailoring for a personal health and wellness transformation. “Our beautiful facility is very tranquil and inviting, creating a spa-like environment for the restoration of mind, body, and spirit,” says Negrón. They offer holistic services for individuals, couples, or groups.

Ketamine Holistic Wellness Center is located at 1024 Hwy A1A #152, Satellite Beach. For more information, call 321-777-8040 or email Sonia@KetamineHWC.com. See ad, page 17.



Full Circle Wellness Hosts Wellness Fair in Cocoa Beach

Jolie Wilson, Full Circle Yoga School and Full Circle Wellness owner, is pleased to announce the expansion into a spiritual wellness center. “Our goal is to bring a sense of tranquility into the community,” says Wilson.



On January 2, Full Circle Wellness is hosting a wellness fair to introduce their new offerings to the community. This event will feature Reiki, Tarot, teas, yoga and much more. “Join us for a fun day and explore a wide variety of options for healing and well-being,” says Wilson.

Their new spiritual and holistic wellness services cater to the whole person – body, mind, and soul. Stephanie Powell, RYT200, Reiki II and Certified SUP Yoga Instructor, and her tribe of local yogis, practitioners, and coaches offer Reiki, Tarot and Oracle Reading, Herbal Guidance, Meditation, Chakra Clearings, SUP Yoga and Yoga and Surf, in addition to a variety of yoga classes and teacher trainings.

The retail space has a selection of meditation jewelry and tools, plus Blue Moon Herbals, handmade soaps and mists by Debbi Quinn, R.A. The studio also hosts and is available for holistic-based workshops and classes. “We’re open and ready for you to join us for safe, socially-distanced classes and events,” says Wilson. The center is offering donation-based Reiki and yoga classes once a month, beach yoga, and first and third Friday night workshops.

To learn more, follow them on Instagram and Facebook.com/FullCircleWellnessCB or Facebook.com/FullCircleYogaSchool. 320 N. Atlantic Ave #3A-B, Cocoa Beach. 970-333-4777. See ad, page 30.



Vitalifts Expands Services for Whole-body Health

Vitalifts has moved a few units away to accommodate their new healing modalities. “We are pleased to announce that in addition to IV-vitamin infusions and Chelation Therapy, we now offer Hyperthermic Ozone and Carbonic Acid Transdermal Technology (HOCATT), Pulsed Electromagnetic Field Therapy, and Colon Irrigation,” say owners Dr. Sergio and Donna Sobredo.

HOCATT is used to reduce inflammation, enhance muscle recovery, reduce cellulite, accelerate healing, increase blood oxygen, increase blood circulation, strengthen connective tissue, inactivate viruses, bacteria, parasites and more.

Pulsed Electromagnetic Field Therapy (PEMF) works on a cellular level to stimulate electrical and chemical processes. It has been used for a variety of issues including to promote cell regeneration, improve circulation, relieve symptoms of depression, promote bone healing, relieve chronic pain, increase range of motion and tissue oxygenation.

Colon Irrigation is used to release waste and toxic buildup in the colon, so it can absorb vital nutrients more efficiently and return to homeostasis. This is helpful for anyone struggling with bloating, gastric problems, or weight complications.

For more information or to schedule an appointment, call 321-425-2111. Vitalifts is now located at 4865 N Wickham Rd, Ste 105, Melbourne. Vitalifts.com. See ad, page xx.



Find out more about IV Vitamin Infusions in our video podcast interview with Donna Sobredo at my-NA.com/VPVitalifts

Life Coach Cheri Flauto Expands Energy and Meditation Services

Cheri Flauto, Certified Master Life Coach, Certified Hypnotist and Reiki Master/Teacher is pleased to announce that she has expanded her services to include Meditation and Guided Imagery (private or group), Energy Healing, Energy Clearing, Chakra Balancing and Energy Readings, along with Spiritual Coaching. Flauto’s passion is to empower others to achieve and succeed, change and transform, and create “literally” their hearts desires. “I have developed programs and techniques designed to transform from within by working with the “knowing” that the physical body, mental body, emotional body, and spiritual body are one,” says Flauto.

“It is a time of great change and adjustment. Normal no longer has a defined meaning. I have added these services to work with all that we are. Allowing each of us to better understand ourselves and work through the blocks or obstacles we may have in our lives and thrive as the beautiful beings that we are.”

“True change takes commitment,” says Flauto. “If you are ready to commit to taking control of your emotions, your decisions, and your results, then take the first step and call me. Life can be challenging; however, you don’t have to face the challenges alone.”

For more information, call 407-401-0890 or visit CheriFlauto.com. Cheri Flauto is located at Essential Elements Wellness located at 1010 E. New Haven Ave., Suite D in Melbourne.



Yale Smith, MD Accepting New Patients

Yale Smith, MD, at the Center for Antiaging Aesthetic and Rejuvenation Medicine, is accepting new patients into his holistic medical practice. “My focus is on heart health – to prevent and reverse a cardiovascular event or stroke from occurring and ameliorating the existing origin of the disease,” says Dr. Smith. With this goal in mind, Dr. Smith completed the Advanced Metabolic Cardiovascular Certification. This certification focuses on the biological basis of cardiovascular structure and function, and diagnosis and treatment of Cardiovascular Disease (CVD). Dr. Smith evaluates patients through a complex gathering of the medical history and state-of-the-art laboratory testing to evaluate vascular endothelial damage. Treatment includes standard medical therapies along with lifestyle changes, including diet and exercise, in combination with traditional medications and nutraceuticals.

He also uses two simple blood tests to identify heart health risks. The CardiaX test detects genetic variations and aims to reduce the prevalence of heart disease through early detection and prevention. The PULS (Protein Unstable Lesion Signature) Test measures the most clinically significant protein biomarkers that measure the body’s immune response at arterial injury. “Both of these tests can potentially save your life,” says Dr. Smith.

To make an appointment with Dr. Smith, call 321-421-7111. His practice is located at 7000 Spyglass Ct, Ste 300, Viera. AntiAgingIM.com. See ad, page 43.



Learn more about how Functional Medicine can improve quality of life in our video podcast interview with Dr. Yale Smith at my-NA.com/VPSmith.



Jones Chiropractic Accepting New Patients

Jones Chiropractic, owned by Dr. Elizabeth Jones, is pleased to announce she is accepting new patients.

Dr. Jones uses specific chiropractic adjusting techniques including: a light force like activator to deliver controlled corrections; the drop table (Thompson) technique which aids in keeping the patient in the appropriate position for treatment; and a more hands-on technique with Gonstead Methods to locate and gently adjust misalignments in the spinal column. Decompression techniques are also available. "Decompression reduces the pressure inside of discs," shares Dr. Jones. "This aids in the healing process by pulling in nutrients, oxygen and moisture back into the discs."

Aquamed Hydro massage is also available. "Its therapeutic benefits include increased blood circulation, improved range of motion, lymph stimulation and the release of endorphins for a better feeling of wellbeing and decreased muscle tension," says Dr. Jones. This therapy is available to non-chiropractic patients.

Dr. Elizabeth Jones is located at 6615 N Atlantic Ave, Cape Canaveral. For more information or to schedule an appointment, call 321-868-0888 or visit them on Facebook or JonesChiropractic.net.



MCP Destinations Provides Personalized Travel Assistance

Marlene Potts, owner of MCP Destinations Inc, is ready to assist clients with their travel needs. "As an independent agent of Cruise Planners, I can provide everything for your future travel experience whether it is for leisure, business or personal growth," says Potts. She can help with domestic and international ocean or river cruises; land and rail travel packages; individual, family and group travel; retreat, mission, personal development, and corporate travel; specially priced, complete packaged vacations; and destination weddings. The travel can be budget-friendly, mid-range, or luxury – all include value-added benefits and amenities. "I like to help my clients make memories and I want them to be able to do that with peace of mind," says Potts.

Potts brings experience, continued education and certification, and specialization to her service. Her clients receive personalized attention to the details before, during and after the trip. She provides assistance with rebooking of canceled travel, and exclusive travel insurance options.

"Please be assured, as you travel, your health and safety is our top priority," says Potts.

For more information or to learn about their December or 2021-2022 specials, call 321-890-7410 or visit MCPDestinationsInc.com. See ad, page 19.



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CARE
Natural Wellness Center

all month during December. The center will be collecting donations for a local food pantry that serves families in need. According to Dr. Brian Walsh, "Anyone can help us help our community by donating five non-perishable food items or \$5 for the food pantry. Donations can be dropped off at our office during regular open hours. There will be a small holiday gift for each person who donates."

CARE is also offering a special rate on first exams for new patients who make a donation and schedule a Nutrition Health Analysis or a Chiropractic Evaluation appointment during the month of December. CARE provides natural health care services for all ages, including designed clinical nutrition using Nutrition Response Testing, chiropractic services, PEMF therapy, Chirothin-Physician Supervised Weight Loss Program, thermography and massage.

CARE Natural Wellness Center, 1051 Eber Blvd., Suite 102, Melbourne. For more information, call 321-728-1387 or visit CareWellnessFL.com. See ad, page 41.

Dr. Nicolai Hansen Relocates Office in Rockledge

Nicolai L Hansen, BS DC, has moved his practice to 1225 Suite F, Florida Ave., Rockledge and is accepting new patients. "Chiropractic is a scientific, well-established health care system - but it is not medical care," says Dr. Hansen. "It works by reducing or eliminating interference in the nervous system to establish a clear connection between the body and the brain. The more efficient this body/brain connection is the better you function and heal."



Dr. Hansen individualizes various traditional and light force methods to each person to gently remove nervous system interference. "I am proficient in manual adjusting and am familiar with several chiropractic techniques," says Dr. Hansen. He also holds an Advanced Proficiency Rating in the Activator Technique.

Over 28 years, Dr. Hansen has worked in various clinical settings, including: staff doctor at Kentuckiana Children's Center, a chiropractor in different medical groups, and ran his own practice in Louisville, Kentucky for 15 years.

For more information, visit NLHansenDC.com. 1225 Florida Ave., Suite F, Rockledge. 321-247-0445. CDC protocols are followed. See ad, page 42.

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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!



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Healthy Kitchen Herbal Gift Box Available at Mama Jo's Sunshine Herbals

Mama Jo's Sunshine Herbals is stocked and ready for holiday gift giving. With a wide variety of handcrafted herbal products, gift baskets, watches, jewelry, natural makeup, essential oils and other unique items, there is something for everyone.

"Healing starts in the kitchen," says owner and Registered Herbalist Joanna Helms. "Using fresh organic herbs or fresh ground, dried herbs maximizes the herbal benefits." Mama Jo's Herbal Gift Box can be used to replenish an herbal cabinet or as a gift. It contains one ounce each of rosemary, oregano, nutmeg, sage, paprika, basil, thyme and samples of their specialty spice blends. The herbs are naturally grown, dried and freshly ground.

Mama Jo's Sunshine Herbals features an onsite Herbal Apothecary. "All products are made on the premises to allow for the highest integrity," explains Helms. "We are honored to offer a full Good Manufacturing Practice (GMP) compliant apothecary and dispensary."

Mention *Natural Awakenings* for 10% off all pre-ordered gift baskets. Mama Jo's Sunshine Herbals is located at 1300 Pine Tree Drive, Indian Harbour Beach. For more information, call 321-779-4647. See ad, page 44.



Enjoy tips for embracing herbalism in the kitchen in our video podcast interview with Joanna Helms at my-NA.com/VPMamaJo.



A Community of Cool People Expands to Palm Bay: BAM!



Trisha Schmalhofer and Lea Williamson are pleased to introduce their BAM podcast. Their show began in 2019 featuring cool people and their interesting passions.

Not so mainstream topics included biosyntonie, multidimensionality, surfing, tarot, angels, manifesting richness, and vibrational healing. More scientific subjects with an energetic spin include qigong, craniosacral, transcendental meditation, innate chiropractic, breathwork, mental health and food healing.

BAM stand for Badasses, Alchemists and Mystics. Badass is someone whose authentic personality or behavior inspires awe and respect. Alchemist is a person who uses a multi-layered process to ignite change for the better. Mystic is a contemplative person who perceives hidden mysteries obtaining wisdom beyond intellect. "We love community and need to connect with you," says Schmalhofer. "It's time to let your BAM self-shine!"

Since BAMs need space to teach, learn, heal and share, the BAM Community opened in Palm Bay, July 2020. They are currently offering a variety of gatherings in person, in nature and livestreamed.

Visit BamCommunity11.com to sign up for their newsletter or see upcoming events. If you would like to teach at BAM, email BamCommunity11@gmail.com. BAM Community, 4680 Lipscomb St. NE, Suite 10G, Palm Bay.

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Nano Full Spectrum CBD Products Offered by 21st Century Relief

In today's world of advancing technology, consumers' demands have evolved into the desire for products that are new and improved, easy to use, work faster and have multiple uses. To fill that need, Kathy Roberts of 21st Century Relief is excited to offer what she refers to as "the newest, most improved, and advanced CBD products available."

"Nanotechnology is rapidly becoming the preferred process in pharmaceutical and holistic applications. It allows for quick absorption of active ingredients into our bloodstream, thus achieving targeted absorption and providing quicker more potent health benefits," Roberts explains. "The human body consists of up to 60% water, so ask yourself - Why am I ingesting concentrated CBD oil, considering oil and water don't mix? Studies show the difference between traditional CBD oils and those products that utilize Nano Full Spectrum technology to be incredible," says Roberts. "For example, 21st Century Relief's Healing Hands Nano Pain Salve is made with emulsified Nano CBD allowing users to feel long lasting results much faster, compared to yesterday's CBD oils."

Visit 21stCenturyRelief.com or call 772-877-3748 for more information and to take advantage of special offers. For business opportunities call 772-240-6625. See ad, page 28.



EMF Solutions Offers Holiday Special for 5G Protection

Michael Hatalovsky, a Nutritionist who has teamed up with EMF Solutions, is pleased to offer *Natural Awakenings'* readers an exclusive discount on 5G Protection, "I'm offering *Natural Awakenings'* readers a really special deal: Buy any item and receive 30% off all additional items."



Hatalovsky explains, "5G is here to stay, protecting yourself and your loved-ones this holiday season is the perfect gift."

Hatalovsky's passion to educate people on the harmful effects of 5G Radiation started when, in 2010, he noticed a sharp rise in clients not responding to their health regimens. This caused him to begin researching outside reasons (other than nutrition), that could be the cause of their symptoms. Now, after years of gathering information about the damaging effects of EMF Radiation, Hatalovsky shares, "There is real science behind this; people can do the research for themselves on websites like Bioinitiative.org and EMFScientist.org. They'll find non-bias, scientific articles showing the harmful effects of EMF Radiation to our bodies, our pets, and everything in nature."

After teaming up with EMF Solutions to learn the science behind their products, Hatalovsky is now teaching how best to protect oneself and loved ones.

For more information about this limited-time *Natural Awakenings'* exclusive offer please contact Michael Hatalovsky, 772-332-9405. See ad, page 31.

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Treasure Coast Intuitive Energy Healing Coach Earns New Certification

Ann Marie Caccavano of Lifestyle Goddess is excited to announce the completion of her Masters in Transpersonal Psychology. As a Clinical Hypnotherapist (CHT), Neuro-linguistic programming (NLP) and Ordained Minister (ORDM) she has helped clients with positive transformations for 25 years. "We are each as unique as a snowflake with different visions and aspirations," shares Caccavano.

Caccavano draws guidance through a unique combination of education, life experience and intuition. Using her training as both a Spiritual Life Coach and a Clinical Hypnotherapist; her awareness of the healing frequencies of sound, color, crystals and stones; and her intuitive energy work, Caccavano assists clients through her one-of-a-kind technique.

"Honoring each client's uniqueness, we identify strengths and talents, and acknowledge habitual attitudes and behaviors that may be blocking true potential on their path to transformation," says Caccavano. "My training in Transpersonal Psychology provides additional tools to identify root causes of deep seeded barriers that form blockages on a subconscious level. Once recognized, replacing these barriers with positive focus can lead to permanent change."

Caccavano works with Angelic Reiki, oracle, crystals, chakra and aura balancing, and other tools to make an initial connection and determine if a more targeted program is right for the client.

Watch for the "Love Yourself Series" coming in February. For more information, call 772-801-3044, visit AnnieIsMyCoach.com, [Facebook.com/AnnyIsMyCoach](https://www.facebook.com/AnnyIsMyCoach) or [Instagram.com/LifeStyleGoddess333](https://www.instagram.com/LifeStyleGoddess333). Available Tuesday, Wednesday, and Sunday at Port St. Lucie Scented Dragon.

Down to Earth Yoga Open House, Holiday Specials and Workshops

Down to Earth Yoga is pleased to host an Open House on December 5 from 1 to 3 p.m. They will offer free mini-classes and local vendors. Enjoy meeting the Down to Earth yoga teachers, trying Mindful Life juices, the Ground-up Coffee Cart and more. Plus, learn about December specials including Bring a Friend Free. "Bring a friend for free and if your friend joins the studio, then you get a class free," says Gina Baldo, studio manager. Gift certificates and merchandise are 10% off all month long. "Plus, watch our Instagram and Facebook pages for flash sales making December a great month to launch or restart a yoga practice," says Baldo.

The studio has workshops coming in January including Marketing for Wellness Brands Workshop led by Maritza Diaz, communication strategist, health advocate and owner of Little Giant Life. Diaz will also lead Kids Yoga Workshops for two different age groups (5-8 years old and 9-12 years old).

Down to Earth Yoga, 1649 SE Port Saint Lucie Blvd., Port Saint Lucie. 772-224-2444, DTE-Yoga.com.



Learn yoga poses you can do at home in our video podcast interview with Down to Earth Yoga owner, Michelle Miles, at my-NA.com/VPDTE. See ad, page 21.



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An Education Experience In Hemp at Florida Hemp Collective

Florida Hemp Collective (FHC), in downtown Ft. Pierce, has become a great resource for educational information on everything hemp. Created by Tim and Abby Gunther FHC offers a comfortable atmosphere where customers can find answers on this emerging health benefit.

“Many customers come in not knowing there’s a difference between marijuana and hemp plants,” says Tim Gunther. “It’s not marijuana; it’s hemp, which became legal when President Trump signed the 2018 Agricultural Improvement Act (aka Farm Bill). The term ‘hemp’ refers to the plant *cannabis sativa L.* and all its parts, including the seeds and all derivatives. One derivative CBD (cannabidiol) is known for its anti-inflammatory and anti-anxiety characteristics.”

Also offered is information about the endocannabinoid system, CBG, CBDA, and Delta 8. “If you or your pet are having trouble sleeping, have joint pain from inflammation, feel anxious, or need to calm your nerves, come and see us,” offers Gunther.

Florida Hemp Collective sells hemp flower, prerolls, tinctures, lotions, edibles, even hemp handbags and T-shirt. The Gunther’s collection of products are handpicked and vetted through their other business, ILoveCompliance.biz, a hemp and cannabis compliance company.

Mention Natural Awakenings for a 20% discount on any CBD and/or Hemp purchase. Florida Hemp Collective is located at 203 N. 2nd Street, Fort Pierce. 772-448-8453. FloridaHempCollective.com.

Acupuncture Treatments in a Spa-Like Atmosphere in Port St. Lucie

Saint Lucie Acupuncture and Integrative Medicine is known on the Treasure Coast for quality, caring integrative healthcare. Marcela Munoz-Rivera, AP, LicAc, LMT, has created a spa-like environment where her patients come to alleviate tension, pain and stress, “I want clients to feel a sense of peace just by walking in,” explains, Munoz-Rivera.



Licensed as an Acupuncture Physician and working on her Doctorate in Acupuncture and Oriental Medicine, Munoz-Rivera offers acupuncture, herbal medicine, therapeutic massage, injection therapy, cupping, moxibustion, and Gua Sha among other modalities. Munoz-Rivera expresses her philosophy, “My rigorous training taught me to focus on both Eastern and Western Medicine. I’ve designed treatment plans that integrate and support an individual’s mental, emotional and physical health.” She goes on to explain, “Having evolved over thousands of years, acupuncture is one of the oldest continuously practiced medical modalities in the world. Acupuncture is a safe, effective, chemical-free way to promote the body’s remarkable self-healing abilities. It is used to prevent and treat disease, relieve pain, balance mood, enhance athletic performance, increase fertility, and improve overall health and wellness.”

Visit SaintLucieAcupuncture.com or call 772-444-7172 to book private appointment or to join community acupuncture sessions. Mention Natural Awakenings for a \$20 discount on a Vitamins B12 and C Immune Booster shot. 1775 SW Gatlin Blvd., Suite 204, Port St. Lucie. See ad, page 28.

Award-winning Skincare Products at Your CBD Store of Port St. Lucie

Your CBD Store of Port St. Lucie is excited about the positive feedback they’re receiving on their award-winning skincare products. “Customers interested in reducing the amount of chemicals they are exposed to are loving our skincare products. They are all natural and blended with USDA organic certified hemp extracts,” explains Rachel Stevens, product consultant.



Stevens shares that their skincare products do not clog pores and are packed with skin-rejuvenating powerful antioxidants and anti-inflammatory agents. “CBD naturally offers a perfect balance of nutrients and substances that nourish and moisturize skin,” says Stevens.

This skincare product line’s protocol is easy to follow. They recommend starting the day with 150 mg of CBD Marine Collagen Cream, infused with vitamins and evening primrose. As a daytime moisturizer their 30mg CBD Ageless Daytime Face Moisturizer is blended with aloe, avocado, ginseng, and sweet almond oil. Then, to rejuvenate over-night treat your skin with 30 mg CBD Night-Time Ageless Serum, a bio-active complex with vitamins C and E, jojoba oil, and green tea leaf extracts.

Your CBD Store is located at 2818 SW Port St. Lucie Blvd. Port St. Lucie. Spend \$50 on skincare receive free gift choice, 15mg CBD infused lip balm or a travel size cucumber mint daily moisturizer (\$10 value). 772-207-7302. See ad, page 28.



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Ketamine

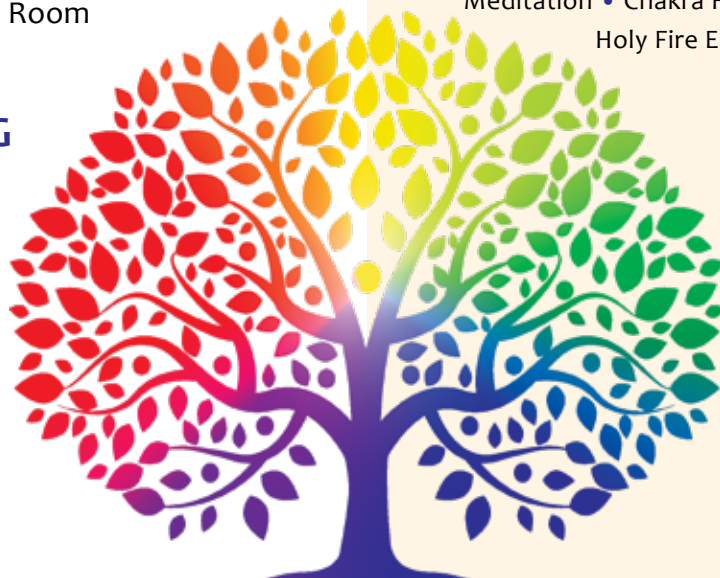
has emerged as a treatment option for a variety of psychiatric conditions including major depression, bipolar depression, severe postpartum depression, post-traumatic stress disorder (PTSD), and obsessive-compulsive disorder (OCD) and the treatment of chronic pain. Moreover, it is safe, fast acting, effective, and has minimal side effects.

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health briefs

Retain Muscle Mass with Vitamin C



“Bulking up” evokes images of bodybuilders and possible steroid use, but new research shows that older people that simply eat lots of vitamin C-rich fruits and vegetables have greater skeletal muscle mass than those that don’t eat these foods. Researchers from the UK’s University of East Anglia collected data from more than 13,000 people between 42

and 82 years old and reported in *The Journal of Nutrition* that the highest amounts of vitamin C correlated with the greatest estimated skeletal muscle mass—an important finding, as people older than 50 typically lose half a percent of muscle fat each year, leading to frailty and a lower quality of life. Sixty percent of men in the study and 50 percent of women were not getting enough vitamin C from food or supplements. “We’re not talking about people needing megadoses. Eating a citrus fruit such as an orange each day and having a vegetable side to a meal will be sufficient for most people,” says study co-author Richard Hayhoe.

Eat Cruciferous Veggies for Cleaner Blood Vessels

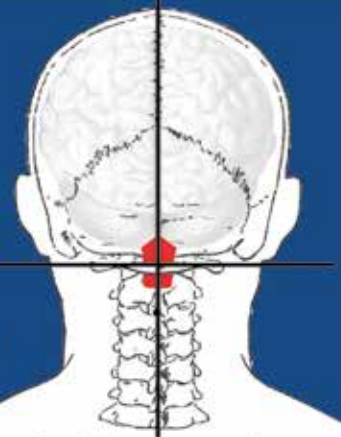


Pile on the broccoli, Brussels sprouts and cabbage. In a study of 684 older Australian women published in the *British Journal of Nutrition*, researchers found those that ate more than 45 grams of cruciferous vegetables a day—about one-quarter cup of steamed broccoli or one-half cup of raw cabbage—

were 46 percent less likely to have calcium buildup in the aorta, the main vessel carrying blood from the heart into the body. Fatty calcium deposits in the aorta are a key marker of vascular disease linked to heart attacks and strokes. “One particular constituent found abundantly in cruciferous vegetables is vitamin K, which may be involved in inhibiting the calcification process that occurs in our blood vessels,” says lead author Lauren Blekkenhorst, of Edith Cowan University, in Perth.

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Practice Yoga to Improve Atrial Fibrillation



Yoga postures and breathing may significantly reduce episodes of atrial fibrillation, suggests a new study—good news for the one in 11 Americans that suffer from its anxiety-producing palpitations, racing pulses, dizziness and shortness of breath. In the study, which was presented to the European Society of Cardiology, 538 patients underwent 12 weeks without yoga and then 16 weeks of attending 30-minute yoga classes every other day. During the yoga period, their fibrillation episodes

were halved, dropping on average to eight as compared to 15 in the non-yoga period. Average blood pressure was 11/6 millimeters of mercury lower after yoga training. The patients also reported improved moods and energy. “Our study suggests that yoga has wide-ranging physical and mental health benefits for patients with atrial fibrillation, and could be added on top of usual therapies,” says study author Naresh Sen, M.D., of Sunil Memorial Superspecialty Hospital, in Jaipur, India.

ely.fairytale/Pexels.com

Nap Less for Heart Health



For normal nighttime sleepers, taking a midday snooze for more than one hour may hurt cardiovascular health, reports a surprising new study from Guangzhou Medical University, in China. After analyzing 20









studies of 313,651 people, researchers found those people that napped longer than 60 minutes after sleeping more than six hours at night had a 30 percent greater risk of death from any cause and a 34 percent higher risk of heart disease. However, for people sleeping less than six hours at night, naps of 30 to 45 minutes “might improve heart health,” says study author Zhe Pan. Napping, long thought to be healthy, is under increasing scrutiny, with some research linking it to high blood pressure, diabetes and poor overall physical health. A 2019 Swiss study, published in *Heart*, of 3,500 people concluded that napping once or twice a week reduces heart disease risk by 48 percent, but benefits decline with more frequent naps, perhaps because ongoing sleepiness can point to underlying health disorders.

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global briefs

Skin Relief

California Passes

Toxic-Free Cosmetics Act

California governor Gavin Newsom has signed the Toxic-Free Cosmetics Act into law, which bans 24 ingredients from cosmetics and personal care products sold within the state. The list includes mercury, formaldehyde, per- and polyfluoroalkyl substances, endocrine-disrupting phthalates and long-chain parabens used as preservatives, among other chemicals. Many have been linked to breast cancer, reproductive and neurological damage, birth defects, organ system toxicity and developmental delays.

National standards lag behind the rest of the world and have not been updated since being created in 1938. Despite the industry's immense size, only two pages of the 829-page Food, Drug and Cosmetic Act govern cosmetics. The new California law will make products safer for everyone, but Black women stand to benefit more because they represent the biggest U.S. market for cosmetics. Environmental watchdog Treehugger notes that Black women account for an estimated 22 percent of the country's \$42-billion per year personal care products market, despite comprising less than 7 percent of the national population.



Fast Foodie

MilkRun Gives Farmers Direct Sales

MilkRun, a Portland, Oregon, company founded by farmer and entrepreneur Julia Niiro, is supporting local farmers on small farms by enabling them to sell produce safely and directly to consumers. The online platform allows farmers to set their own prices, eliminating wholesalers, shippers and truckers. After consumers place orders, farmers deliver the produce to an aggregation hub where MilkRun boxes and ships it.

Niiro explains that while wholesale orders from restaurants have decreased dramatically due to COVID-19, direct purchasing from consumers is offsetting the losses. By re-scaling, creating new safety practices and adapting to direct consumer demand, farmers are able to turn a profit during the pandemic. According to the American Farm Bureau Federation, farmers receive roughly 8 percent of the purchase price from grocery stores, while MilkRun estimates a return of up to 70 percent of the purchase price through its platform.

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Tainted Taps

WellExplorer App Can Warn of Toxic Drinking Water

The University of Pennsylvania School of Medicine has created WellExplorer, a new, interactive tool that allows residents and scientists to find out what toxins have been deposited in their drinking water as a result of hydraulic fracturing (fracking). Exposure to fracking fluid in drinking water has been shown to increase the risk of respiratory problems, premature births, congenital heart defects and other health problems.

Different fracking sites use a diverse mix of chemical ingredients, and individuals and researchers are often uninformed about the exact health consequences of living near a particular well. People can view the closest fracking sites in their state, learn which chemicals are used at those sites and view their levels of toxicity by entering their zip code. WellExplorer can be obtained for free at WellExplorer.org or downloaded on Apple's App store.

A recent study published in the journal *Database* found that operators of wells in Alabama use a disproportionately high number of chemicals that target estrogen pathways, as do those in Illinois, Ohio and Pennsylvania in impacting testosterone pathways. The information found through WellExplorer might be particularly relevant for those that use private water wells.

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A New Story for the World

Re-Visioning the Script for a Healthier Society and Planet

by Linda Sechrist

The most familiar form of human activity and the most natural way to describe what happens in our lives is through telling stories. Toddlers listen to stories that have contained the same archetypal characters acting out similar plots for millennia. In literature, folktales and myths all over the world, stories serve the purpose of providing life instructions and answering humanity's fundamental questions about the nature of existence, such as who we are, where we came from, the definition of our purpose and the nature of our reality.

In the 1980s, author and cultural historian Thomas Berry declared that humanity needed a new story that is less destructive and dysfunctional. Berry filled lecture halls, telling attendees, "We are in trouble now because we don't have a good story. The old story, the account of how the world came to be and how we fit into it, isn't functioning properly. What once sustained us, shaped our emotional attitude, provided us with life purpose, energized action, consecrated suffering, integrated knowledge and guided education is no longer serving humanity." As we are discovering globally through hard

experience, the old stories of rugged individualism and conquering and dominating the natural world have run their course with grim results.

In the last four decades, fragments of a new story have been slowly emerging. Because it isn't deemed worthy of mainstream media, the public is left in the dark about new, life-instructing stories capable of altering human civilization in positive ways. Were these story fragments woven together in an anthology, chapters on climate, economy, religion, environment, science, politics, medicine, education, conscious evolution and community would constitute a useful account of ideas and concepts capable of bringing about a brighter future for humanity and the planet. These possibilities would surely capture readers' imaginations.

New Climate Story

In *Climate: A New Story*, writer and activist Charles Eisenstein suggests that we need a new story that makes possible the more beautiful world our hearts know is achievable. The story, which he believes is attainable, calls for people, governments and organizations to embrace a partnership paradigm to protect, restore, regenerate and repair damages to our planet's natural world, which we call the environment. Using indigenous wisdom, organizations such as the Pachamama Alliance and Bioneers are helping individuals worldwide to recognize that humanity is here to be in service to life. Creating the right conditions for revitalizing life is the opposite of our collective story that views the natural world only as a resource.

Eisenstein's ideas for regenerative agriculture match those described



in environmentalist Paul Hawken's *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*. In October, Drawdown Georgia became the first state-centered effort to crowd-solve for climate change, with solutions tailored to Georgia's unique natural, economic and social resources.

New Science Story

Evolution biologist Elisabet Sahtouris' stories about science shine a light on the broader perspective of life and science gained from studying multiple worldviews. A scholar of ancient sciences, Sahtouris reminds us that the original purpose of science was to find guidance for human affairs by studying nature. During a recent conversation with Ubiquity University founder Jim Garrison in the online Humanity Rising's Global Solutions Summit, she says, "We have acted in opposition and made ecology subservient to our economy, using ecology as a set of resources for human economics. When we make our economy fit into nature's economy, which we call ecology, we'll have ecosophy, the 'wisdom of the Earth itself' that occurs when a man knows how to listen with love."

Sahtouris teaches corporations about ecosophy's new view of a conscious universe and a living Earth in which we are co-creators. This, she believes, takes humans out of fatalistic victimhood so that we can become consciously active agents of our destiny. Lifting the fog of our self-image as consumers of stuff gives humans the rights and responsibilities to live out our full co-creative humanity.

A Global Commons Sharing Solutions

Through the daily sharing of stories with keynote speakers and panel discussions, Garrison increases the momentum of the Humanity Rising movement, which includes Ubiquity University students, program participants and more than 400 organizations that come together as a "global commons" to take counsel and share what they are developing for their own networks.

Humanity Rising was launched to try to leverage the crisis of the coronavirus pandemic into an opportunity for human renewal and increase our resilience



to future challenges. This new form of real-life competency education delivered in TED Talk-style presentations, moderated dialogues, working groups, blogs, ongoing conversations, group discussions and other interactions provides participants a wide scope of possibilities and activities for working together for global solutions.

Economics Story

If British economist Kate Raworth writes a follow-up to her bestselling book *Donut Economics: Seven Ways to Think Like a 21st Century Economist*, she'll certainly add a case study of her consulting work in Amsterdam, where her donut model is now embraced as the starting point for public policy decisions. Amsterdam is the world's first city to make a commitment to Raworth's concepts: "Out with the global attachment to economic growth and laws of supply and demand, and in with ... what it means for countries, cities and people to thrive in balance with the planet," as reported in *The Guardian*. The simple central premise of Raworth's alternative to growth economics is that the goal of economic activity should be to meet the core needs of all within the means of the planet.

Interconnectedness

Author Robert Atkinson's contribution to the new story is his understanding of the underlying unity in all religions and all humanity, expressed throughout his book *The Story of Our Time: From Duality to Interconnectedness to Oneness*. "Nature is an embodiment of the divine, and the whole Earth is sacred. Its vast resources are our common heritage entrusted to us," he says. "Humanity is one family. Having passed through the stage of childhood, humanity is now struggling to leave behind its adolescent ways while taking on new patterns of thought and action in approaching its maturity. Accepting the oneness of humanity as a biological fact, a social necessity and a spiritual reality will lead us further along our journey toward lasting peace."

Atkinson believes global harmony is inevitable when we exercise our obligation to independently investigate reality and stop blindly and uncritically following various traditions, movements and opinions. He says, "I consider this as one of the main sources of world conflict."

Undivided Wholeness

In a world engulfed by fragmentation, the film *Infinite Potential: The Life & Ideas of David Bohm* is a healing balm with the potential to overturn our ideas about the world and ourselves. "The core work of David Bohm, considered one of the most significant

theoretical physicists of the 20th century, is our essential interconnectedness and undivided wholeness from which we get a sense of our own interconnectivity,” says producer and director Paul Howard. “This realization makes it logical to start taking better care of ourselves, each other and planet Earth.”

Howard notes, “David was interested in the nature of thought and consciousness. Realizing that he wanted to develop full expression of his interests, he explored wider domains and investigated different worldviews with sages, philosophers and spiritual leaders such as the Dalai Lama, who called David his ‘science guru.’ A lifelong concern with social and political change led him to develop the Bohm Dialogue, a form of communication aiming to break through our collective modes of habitual thought. He also spent time with indigenous people, searching for a new form of language in which to express his ideas in a more process-oriented way.”



Indigenous Wisdom

While the early church developed and grew in numbers by assimilating the wisdom of the world about it, including paganism, it neglected to assimilate the intuitive ways in that indigenous people knew the natural world, how it functioned and how intimately they were integrated with it.

Tribes around the globe have ancient extinction stories that foretold the crises we are collectively experiencing, as well as potential outcomes and possible solutions. In *Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change*, Sherri Mitchell (Weh’na Ha’mu Kwasset) tells the story of the Mohawk Seventh Generation Prophecy. “The Onkwehonwe, or real people, rise up and demand their wisdom and way of life be respected and that the natural way of the Earth and way of life be fully restored. Teachings on the indigenous way of life are being sought after, and all that remains is that we work together to restore the Earth to a state of balance and good health,” she says.

Medicine and Community

Thousands of people are gathering in online intentional communities associated with personal growth, healing and spiritual awakening. Jennifer Phelps, M.D., owner and director of Phelps MD Integrative Medicine, in Redding, Connecticut, practices mind-body medicine and is a faculty member of the Center for Mind-Body Medicine, in Washington, D.C. A trained facilitator of small groups, she has been teaching trauma and stress healing via Zoom calls during the pandemic.

Initially, Phelps was concerned about how the levels of intimacy, trust and vulnerability necessary for individuals to develop a sense of cohesiveness and bonding could be formed via computer screens. By using the center’s model of self-care, self-awareness and mutual support that has its roots in indigenous culture, she felt her concern dissipate as group members began to bond quickly. “Our guidelines call for no cross-talking and no interrupting. Confidentiality is sacred. I’m a facilitator and a participant, which

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most models don't allow," says Phelps. She speculates that the success of online bonding might be due to participants feeling safer in their homes with a little extra anonymity, noting, "Not being face-to-face seems to allow people to share more freely. These weird times are creating a commonality and a sense of community connection."

Conscious Choice

Leah Lamb, a sacred storyteller in Topanga, California, defines her role as a seer far beyond the present moment. In Lamb's online classes with her storytelling community, she loves sharing quotes by other storytellers such as Rebecca Solnit, "We think we tell stories; but stories often tell us ... Too often stories saddle us, and they ride us and whip us onward and tell us what to do and we do it without questioning. The task of learning to be free is to learn to hear them; to question them, to pause and hear silence, to name them and then become a storyteller of your own story."

"In our role of storyteller, we can't be without understanding that we tell stories about how we are in the world as much as stories tell us how to be in world. Identify and notice your stories, then understand how they are running you, so you can consciously choose your place in them," advises Lamb, who encourages her students to discover the genius of their own calling.

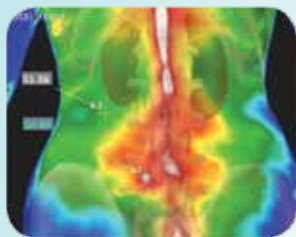
These are only some chapters in the new story that calls for each of us to be aware of the stories we live by, as well as those we tell ourselves and others. It also begs us to ask what is our role in the new story.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.

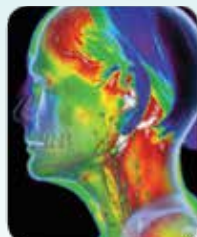
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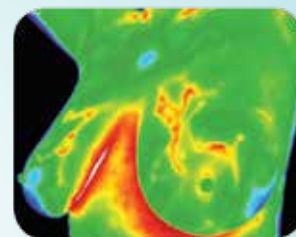
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PAY WHERE WE PLAY

Boosting the Hometown Economy

by Sandra Yeyati

A message we hear throughout the year, but especially during the holidays, is, “Buy local.” The idea is to purchase from locally owned and operated businesses. Facing competition from big chains like Walmart or internet companies like Amazon, they need our support. But it’s not just a nice thing to do; consumers that buy local help build robust hometown economies with a long list of impressive benefits.

“About three dozen studies have found that two to four times more money stays in the economy for every dollar spent in a locally owned business rather than a nonlocal one,” says economist Michael Shuman, author of *The Small-Mart Revolution, Put Your Money Where Your Life Is* and *The Local Economy Solution*. “What’s more, the community enjoys a multiplier effect, generating two to four times more job opportunities, two to four times more income and two to four times greater tax collections. If your interest is in reducing poverty and raising social equality, locally owned businesses are your ticket to doing so.”

According to Shuman, cities that rely on just one or two large companies to drive their economies are far less self-reliant and less resilient than towns that support a diversified base of smaller, locally owned businesses. “The more you have control over your economy, the less likely you’re going to be hurt if one big company splits for Mexico,” he explains.

Cities that have many thriving local businesses enjoy other benefits, too. “We know from political science studies that they have higher rates of voting participation and

volunteering,” Shuman says. “Sociology studies show lower crime and greater degrees of social organization and civil society. Health studies reveal that local business communities replace a lot of unhealthy, imported food with healthier, fresher, less-packaged food that lowers rates of diabetes and obesity. Unique local businesses attract tourists. And because they shorten the lines of distribution and supply, we know they bring down carbon footprint.”

Phoenix business leader Kimber Lanning, who opened a record store in 1987 and an art gallery in 1999, has witnessed firsthand the transformative power of local commerce. “Doing business with people we know heightens our connection to place, and when we care about place, we’re more likely to vote, volunteer and give charitably.”

In 2003, Lanning founded the nonprofit Local First Arizona (LFA) to help local businesses thrive and eventually eliminate city, state and federal subsidies that multinational companies were receiving. “Big chains move in, claiming they’re going to drive so much sales tax revenue that the city should pay them to be there,” she explains. “Cabela’s [the outfitter chain] got a \$68 million subsidy from Glendale to open one retail location. These sweetheart deals extract money out of the community that could have been spent on parks, libraries and fire departments, but instead goes to shareholders living elsewhere.” Responding to political pressure by LFA and others, Arizona passed a law banning these subsidies five years ago—a major victory—leveling the playing field for smaller businesses, according to Lanning.

As the author of 13 destination guidebooks, Florida-based travel journalist Karen T. Bartlett helps people discover the often-hidden flavors and experiences unique to their own region, meeting neighbors and supporting the local economy along the way. “From kayak adventures and foodie tours to community theater productions and galleries featuring local artists, fun and meaningful ways to enjoy the distinctive offerings of home abound,” she says.

“Think local first,” Lanning says. “Spend your money with people you know in

your community—from haircuts to oil changes. Use a local pharmacy. Go to the farmers' market and move your money to community banks and credit unions."

"For people to get excited about the purchase of a five-dollar hammer and not pay attention to where they have their mortgage is utterly irrational. Rank [in] order your business expenditures, which starts with your home, then probably goes to your car and then health care, and think about ways of localizing those things, rather than every grocery item," Shuman advises.

"Usually, you find cheaper, better-quality goods and services, or at the very least, comparable options," he says, adding that even if a purchase is slightly more expensive or a bit less convenient, favoring the neighborhood vendor is always going to benefit the local economy.

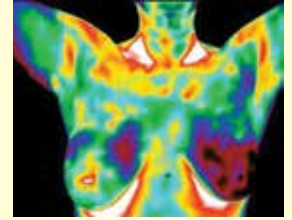
Sandra Yeyati, J.D., is a professional writer. Reach her at SandraYeyati@gmail.com.



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The Gift of Yum

Homemade Treats Spark Holiday Cheer

by April Thompson

Gift-givers seeking memorable presents while avoiding holiday shopping stress need look no further than the kitchen. Edible homemade gifts make special, welcome treats, help slow down the shopping frenzy of the season and increase creativity in the kitchen. While 79 percent of recipients return some holiday gifts every year, food and handmade items rank in the top 10 treasured gifts, according to Survey Monkey research.

Mackenzie Burgess, a Fort Collins, Colorado, dietitian and recipe developer at Cheerful Choices, encourages holiday gift-givers to think beyond the Christmas cookie. One of her go-to holiday gifts, a lentil and brown rice dry soup mix, features colorful dry ingredients layered in a Mason jar and the recipe attached with a pretty ribbon. “This shelf-stable dry soup mix is the perfect, plant-based meal to make on a chilly night, and makes for a unique, affordable and thoughtful gift,” says Burgess, adding that the Mason jars can be repurposed.

For a sweet but healthy treat, Burgess offers freezer-friendly energy bites, which can be made in large quantities in advance and frozen or refrigerated, then popped into jars at

gift time. These gluten-free, vegan treats can be made with common pantry items, including a base of oats, nut butter and a sweetener like honey or agave, as well as “fixings” such as shredded coconut, dried cranberries or goji berries, chopped nuts, or chia or flax seeds to boost the flavor and nutrition. Natural food coloring can also be added to foster a more festive look.

To give a gift a “wow” factor, blogger Shelley Fulton, in Hudson, Ohio, recommends making a themed basket that may include a mix of homemade and purchased items. “You can take your signature spice rub or that homemade soup mix everyone raves about and expand into a gift basket with other products that support the theme, like barbecue tools for the spice rub or a kettle with cute soup bowls and a new ladle for the soup mix,” says Fulton, the creator of Two Healthy Kitchens. For the dog lovers on a holiday list, Fulton suggests making homemade sweet potato dog biscuits, which can be bundled in a dog bed with other canine comforts.


Stephanie Hafferty, author of *The Creative Kitchen: Seasonal Plant Based Recipes for Meals, Drinks, Garden and Self Care*, suggests handcrafted items like infused vinegars, herb salts, herbal tea blends or spice mixes for foodies on the holiday gift list.

Infused concoctions can be easily made by steeping a light vinegar like champagne or cider with rosemary, thyme or other perennial herbs, along with a spiraled citrus peel, for two weeks before gifting. “Infused vinegars look so lovely and go with so many winter dishes. They also have the advantage of being antiviral and having the shelf life of a few years,” says Hafferty.

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Herb-infused olive oils make another gorgeous foodie gift, but Hafferty warns of botulism risk if the herbs are not completely dried beforehand and fully submerged in the oil. "Make this one closer to the time you plan to give it and include instructions to use within a few weeks," recommends the Somerset, England, author.

Unusual spice mixes are another favorite gift of Hafferty's, which can encourage home cooks to get creative. "Ras el Hanout is a versatile Moroccan spice blend that elevates dishes to another dimension. You can upcycle an old tin and decorate it with images of Moroccan tiles and add a homemade booklet with recipe ideas," she says.

For a hostess gift that will be eaten immediately, Fulton loves making fruit kabob bouquets, made festive by using red and green fruits like strawberries and kiwi cut into holiday-themed shapes like stars and bells. "This is a fun one to make with kiddos," adds the blogger.

If concerned about preparing food items for someone due to COVID-19, Fulton suggests assembling a countertop herb garden or a handmade book of favorite recipes, with a promise to cook together soon.

The spirit that goes into holiday gift-making matters as much as the end product. Making thoughtful presents for loved ones is a great time to reflect upon our blessings, especially those that have blessed our lives this year.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.



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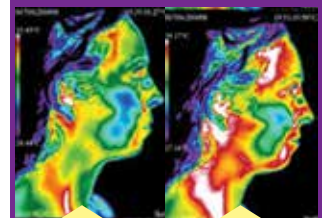
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- 2 Tbsp maple syrup*
- ¼ tsp stevia*
- ¼ cup dried cranberries*
- ¼ cup pistachios, roughly chopped*
- 2 Tbsp candied orange, diced in small pieces*
- ½ tsp pink Himalayan salt*
- 2 Tbsp white chocolate, melted (optional)*



photo by Mackenzie Burgess, RDN

Toast raw quinoa over medium-high heat until slightly browned and nutty aroma.

In a small bowl, mix together cocoa powder and melted coconut oil. Stir in toasted quinoa, maple syrup and stevia.

Pour mixture onto a plate or sheet pan lined with parchment paper or wax paper. Sprinkle pistachios, dried cranberries,

candied oranges and salt over the melted chocolate mixture. Drizzle white chocolate over the top and use a toothpick to create swirl effect if desired.

Freeze for 1 hour. Break into pieces and enjoy. Store leftovers in freezer for up to 3 months.

Recipe from Mackenzie Burgess, Cheerful Choices.

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1 cup rolled oats or quick oats

½ cup add-ins (dried fruit, chocolate chips, shredded coconut, chia seeds, ground flaxseed, chopped nuts or a mixture)

½ cup nut or seed butter (peanut butter, almond butter, cashew butter, sun butter)

1 Tbsp liquid (plant-based milk, dairy milk, water, coconut oil)

2-3 Tbsp honey or maple syrup

Add oats, add-ins, nut or seed butter, and liquid to a large bowl. Stir to combine. Mixture should be slightly sticky, but still crumbly.

Add in honey or maple syrup, 1 tablespoon at a time, to reach desired sweetness. Stir until mixture starts to come together in a sticky ball. If the mixture is still too dry, add in 1-2 more tablespoons of liquid.

Place bowl in the freezer for at least 30 minutes to chill, then roll mixture into balls using hands.

Store in the fridge until ready to eat or pack into a jar for a gift. Store any leftovers in fridge for up to 1 week or the freezer for up to 3 months.



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Homemade Recipes They Will Love

by Tonya Wilhelm



Cooking for our pets is a great way to ensure they are eating wholesome, nutritional foods. It's also a fun way to customize a pet treat recipe to meet specific dietary needs. These three festive holiday treats will have a dog woofing for more and a cat purring for seconds. Choose organic, locally sourced ingredients whenever possible.

Pumpkins and apples are always at the top of the culinary list for holiday treats. Not only are these two foods safe for pets, they offer health benefits. Both are packed with fiber, which helps dogs feel fuller. It's also good for digestive and colon health and can yield firmer stool. For the kitty friends, that fiber also helps move hairballs along. In addition, apples contain phytonutrients and flavonoids like quercetin, which are helpful in treating allergies.

The chia seeds in this pet pie not only help firm up the pie, but are packed with nutrients that naturally boost energy. Chia seeds are high in omega-3 fatty acids and are a great source of antioxidants. They also contain minerals, fiber, calcium, protein and vitamins A, B, D and E.

Cinnamon and ginger are wonderful spices to use in pet holiday treats. Both of these warming spices improve digestion and soothe the stomach lining. Select Ceylon cinnamon, not cassia cinnamon, because the latter contains higher amounts of coumarin, which can harm the liver and increase the risk of cancer. Ginger may act as a blood thinner, so don't use it if a dog is going to have surgery or is pregnant. It may also lower blood pressure and blood sugar, so if a dog has heart issues or diabetes, talk to a vet. When in doubt, leave it out.

Beware of These Troublemakers

■ **Caffeinated products.** Gary Richter, a holistic veterinarian in Oakland, California, and author of *The Ultimate Pet Health Guide*, suggests keeping caffeinated drinks and food away from pets. Caffeine contains stimulants called methylxanthines, and pets are much more sensitive to the effects of these substances than humans are. Ingesting even a small amount can make dogs vulnerable to caffeine poisoning, which can cause hyperactivity, panting, elevated heart rate, tremors, seizures and collapse. Seek immediate veterinary care for treatment if these symptoms develop in a dog.

■ **Artificial sweeteners.** San Diego veterinarian Madison Rose says artificial sweeteners such as xylitol can cause a massive insulin release, leading to acute and profound hypoglycemia, or low-blood sugar, and hypokalemia, or low potassium levels. Marked by lethargy, ataxia, collapse, twitching or seizures, ingestion requires immediate veterinary care.

■ **Raw, yeasty bread dough.** This will expand when ingested, potentially causing a deadly twisting of the stomach.

■ **Raisins and grapes.** Common in holiday recipes, in large quantities, these can cause kidney failure in dogs.

■ **Nutmeg.** A toxin for pets.

■ **Cooked bones.** Not only are these choking hazards, they can pose a serious threat to the digestive tract.



Pumpkin Apple Pie

YIELD: DEPENDS ON SIZE OF MOLDS

1 can (15 oz) pure pumpkin
2 apples
5 eggs
1 cup goat's milk
2 Tbsp chia seeds
1 tsp Ceylon cinnamon
1 tsp ginger



Remove and discard the apple core and seeds. Place all ingredients in a mixer and blend. Then set it aside for 10 minutes to allow the chia seeds to begin to expand.

Preheat oven to 350° F. Pour batter into preferred baking dishes, either for a large pie or small, bite-sized muffins.

Bake approximately 15 minutes for small muffins or 40-60 minutes for a full-sized pie. Allow the pie to fully cool and set up before slicing and serving. Serve as a special treat to pets. Portion the remaining pie into serving sizes and freeze for later.

Eggnog for Pets



Raw eggs can be a healthy addition to any fresh pet diet, assuming the animal doesn't have an egg allergy. Cow's milk isn't the healthiest option for dogs and cats because they don't tolerate its high level of alpha-s1-casein protein. Goat's milk is a healthier option because it contains extremely low to no amounts of this protein, allowing better absorption of the nutrients.

4 eggs
2 cups goat's milk
1 tsp Ceylon cinnamon

Blend all the ingredients. Either place a few tablespoons in the pet's dish as a special treat or drizzle over the food.

Alternatively, place a silicone ice cube mold on a cookie sheet for support. The smaller the cavities, the better. Take the remaining eggnog, pour into the molds and place in the freezer. Once frozen, pop out the treats and store them in a glass container in the freezer. Try serving one frozen treat to each pet every few days.

Turkey Meatballs

Making treats for cats can be tricky. The best bet is to head to the meat department. Even the most finicky of kitties will gobble up this healthy treat.

1 lb ground turkey
2 eggs
½ Tbsp dried peppermint

Preheat oven to 350° F. Mix all the ingredients in a large mixing bowl until well-blended. Form into tablespoon balls using your hand or scooper and place on a lined or ceramic cookie sheet.

Bake for 20 minutes until meatballs are set (they will be extra eggy). Carefully remove and place on a cooling rack. Serve as a special treat. Place treats in a glass container and refrigerate for up to three days or freeze until ready to serve. Thaw completely before serving.

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



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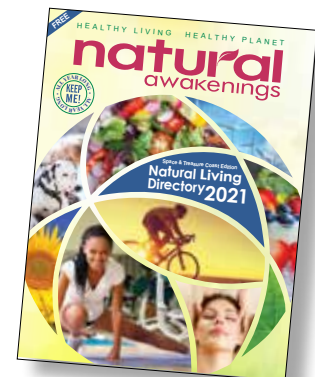
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wise words

Matt Kahn on Transforming the Planet With Love

by Sandra Yeyati

Author of bestsellers *Whatever Arises, Love That* and *The Universe Always Has a Plan*, as well as *The Healing Mantra Card Deck*, Matt Kahn is a spiritual teacher and empathic healer with a global audience, guiding seekers through in-person events and popular YouTube videos.

What are mantras and how do we use them?

They're a declaration of our deepest wisdom, highest ideals and most authentic aspirations that we sound into existence as a way of asking the universe for help to embody our next highest level of consciousness. It's an intention of the person I'm going to become and a request of healing energy from the universe, saying, "Please help me become more of what I declare through my words." A mantra uses the sound of our voice as vibrational medicine to bring what's within us out into the open for the purpose of not only transforming our personal circumstances, but improving the quality of the world.

When you say a mantra, it's embedded in your subconscious mind, which is like a new piece of clothing in your closet. A bunch of other clothes may push it to the background, but the moment you need to wear that article of clothing, it's going to stick out of the closet and get your attention.

What mantra is resonating for 2021?

No matter what, love always makes it right in the end. If you know that everything is made right by an infinitely wise, loving source, it relaxes you into being open to the journey and allowing yourself to be as aligned as possible to whatever life brings.



What lessons can we learn from turbulent times?

A big lesson is that desire is not a requirement for happiness. The things that most people desire for comfort or stability have been displaced, whether we're talking about COVID-19 or the wildfires, for example. But happiness is how content and whole we are with ourselves; the constant needing of things pulls us out of happiness. Perhaps we can discover that just being who we were born to be is what we've always desired.

No matter how dark the world seems or how insurmountable the odds appear, this is part of a grand transformation of the planet. We love ourselves to remain safe throughout each step along the way, and we offer kindness, compassion and forgiveness to anyone around us, knowing that anyone acting out of character is just acting from a level of unprocessed pain. We love ourselves as a way of uplifting the planet, and we bless others as a way of helping to further the evolution of humanity. As we learn to be

inner light workers and healers, we learn to find complete alignment with spirit no matter how the world ebbs and flows.

What's the difference between our personal spiritual journeys and what you call ascension?

Ascension is when a certain percentage of the world starts to awaken in consciousness. It's not just a few awake beings scattered across the globe in a fast-driven, goal-oriented society. It's a world waking up to its true nature on a collective level.

On an individual journey, we're healing our wounds, seeing through limiting beliefs, forgiving those who mistreated us and daring to treat ourselves better so that we can become active participants in the community of evolving beings we are creating.

Giving brings us together. Each of us has something unique to contribute through the gift of diversity; together, we accomplish more than we ever could individually. The individual spiritual path helps clear distractions and awaken your most infinite power, and then you bring that together in community for this potluck of generosity we each get to experience and share.

What is your advice for political protestors in today's America?

Gandhi would say, "Be about what you're for, not what you're against." When we protest, we're saying that something isn't fair and relying on publicly elected officials to do something about it. I think the gathering together of beings can transform from what isn't fair to what all of our talents and efforts can do together to create solutions. How can we solve this on a communal level? What can we do to peacefully and consciously use all the power within us to create positive, tangible change so we can start living in the world that we envision? It's an invitation to quantum-leap out of the identification of problems and into the cultivation of solutions.

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

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REINVENT THE HOLIDAYS

More Meaning, Less Stuff

by Ronica O'Hara



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Like many parents, Alicia Hough, a corporate wellness expert in New York, used to go overboard plying her kids with gifts at Christmas. “I was always busy with work, which is why I thought that buying my children the latest or most trending toy in the market will make up for the time I’ve lost,” she recalls. “As kids, they indeed get excited with material gifts, but that joy is just temporary, and that’s what I realized throughout this pandemic. In the end, it’s the relationship with people you value that matters, and not these material things or celebrations.”

Hough, who considers the pandemic a turning point, is not alone. In this turbulent year, holiday celebrations will likely be smaller, quieter and less opulent for many families. Yet the crisis has also set the stage for families “to create a holiday that is more in keeping with their values, finding deeper connection and meaning with less rushing around and spending less money,” says Laura Markham, a clinical psychologist and author of *Peaceful Parent, Happy Kids*.

Besides passing up traveling and parties for cozy pajama times, many families are seriously rethinking their gift-giving habits. Although presents are a beloved part of Christmas,

Hanukkah and Kwanzaa celebrations, many families have come to wonder how the shopping and spending has gotten so out of hand. According to *Investopedia*, in 2019, the average American spent \$942 on holiday gifts, a figure that has steadily mounted in the last decade to total \$1 trillion. An estimated \$16 billion worth of those gifts are unappreciated and tossed aside, reports *Moneyish*.

This pandemic season offers “a chance to reset expectations if festive gift-giving has become excessive in recent years,” says Beth Kempton, author of *Calm Christmas and a Happy New Year: A Little Book of Festive Joy*. “Perhaps most important is to have a conversation with children about buying less stuff and avoiding waste,” she adds. “They may have their own ideas about how to reduce waste and relish the challenge of thinking about what they really want.”

Getting Creative

For Evan Porter, of Milton, Georgia, a parenting writer at *DadFixesEverything.com*, “Less clutter and fewer gifts are something we’ve been working toward anyway.” This year, he and his wife plan to drastically pare down their kids’ gifts, possibly using this formula: “Something to read, something to wear, something you want and something you need.” Instead of presents under a tree, Dawna Campbell, of Bigfork, Montana, founder of *ThetaHeartHealing.com*, will give her kids an unplugged (and coronavirus-compliant) nature retreat where they can investigate the natural environment, work with animals and journal about how to make the world a better place.

For parents that want to embrace creativity, low costs and sustainability this holiday season, Kempton suggests the following gift-giving ideas:

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- Build anticipation with a treasure hunt or by opening presents over a period of time.
- Incorporate a sense of wonderment with a wooden magic set or a storybook written by either or both parents that stars the child.
- Surprise the children by transforming a room in the house into a winter wonderland or turning the garden shed into Santa's grotto.
- Offer a parent's time, skills and attention in the form of promissory notes or a small token that indicates a future shared experience, such as a jar of homemade marshmallows tied with a label promising a family camping trip.
- Give children items that they can use or eat that are handmade by the parents.
- Invoke a sense of nostalgia that prompts family storytelling, such as a jigsaw that summons memories of putting together a puzzle with a grandfather 50 years ago.
- Celebrate environmental stewardship by planting and growing a Christmas tree or Hanukkah bush.

Even gift wrapping can become a fun and eco-smart family game by challenging everyone to creatively repurpose everything from old maps and fabrics to magazines and paper bags, perhaps decorated with artwork and nature finds. If every American family wrapped just three presents in re-used materials, it would save enough paper to cover 45,000 football fields, estimates the Centers for Disease Control and Prevention.

However they are wrapped, gifts demonstrate in these unprecedented times that deep joy comes not from acquiring new stuff, but from caring for and giving to each other—especially our children. “In the end, the most precious gift parents can give their children this holiday is their attention, infused with a little bit of festive magic,” says Kempton.

Ronica O'Hara, a Denver-based health writer, can be reached at OHaraRonica@gmail.com.

Gentle Self-Care for Parents

It's been a long, hard year for many parents, and working to make the holidays special for the children may add another layer of stress and anxiety. That's why it's key to acknowledge any sadness one is experiencing.

“Feelings of melancholy are a reality for many people over the holidays, and this year it is likely to affect more of us than usual, given how so many of us have lost someone or something this year,” says Beth Kempton, author of *Calm Christmas and a Happy New Year: A Little Book of Festive Joy*. “It is vital to acknowledge these feelings and accommodate them, whilst also making space for joy. This comes down to talking about it, letting people know what you need or asking what they need and being prepared for the emotions to rise to the surface in the middle of things.” She suggests “putting some slack in your schedule, taking extra care of your health, reaching out for support and giving yourself permission to do things differently this year.”

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Instilling the Giving Spirit in Kids



Children love getting gifts, but they also love the feeling of giving them, and the holidays are an optimal time to encourage this natural human impulse. Giving helps build their empathy and compassion muscles, which in turn makes for happier, more fulfilled lives, studies show.

Bridging the hug gap. With grandparents, aunts, uncles, cousins and family friends less likely to be sitting around the table this year, having kids open those presents when the loved ones are on the other side of the Zoom or FaceTime screen can help ease the pain of the time apart. Or children can put together a love package for them that includes drawings and notes to be opened on the other end of a livestream virtual gathering.

Care for the community. “So many families have been devastated by COVID-19 and fires this year. And many of us have become aware of the cost of institutional racism to families of color,” says psychologist Laura Markham, author of *Peaceful Parent, Happy Kids*. “Why not discuss and decide on a family gift to make the world a better place? You could decide how much you would normally have spent on presents and give some portion of that away to help people who are struggling or support a cause that is important to you.”

Simple steps like giving neighbors homemade cookies or candies tied with ribbons can also do much to lift holiday spirits. With her kids, Beth Kempton, author of *Calm Christmas and a Happy New Year: A Little Book of Festive Joy*, makes up a batch of mince pie to share. “We might be wearing masks, along with Santa hats, and leaving the holiday treats on doorsteps instead of going in our neighbors’ homes this year, but we can still share holiday cheer,” she says. Alexandra Fung, CEO of the parent networking site *UpParent.com*, says her family in Chicago will provide gift boxes for families in need through their church or a local nonprofit and may work together to make blankets for traumatized and ill children using patterns supplied by the nonprofit Project Linus.

We are the world. Another approach is to give children a small sum to donate, perhaps \$10 or \$20, and encourage them to find a cause they care about in town or by researching online—from putting money in a Salvation Army Christmas kettle to saving rainforest animals. Or encourage them to find a humanitarian or environmental project to focus on over the holidays. At *UpParent.com*, kids can find 11 ways to help others around the world without leaving the house, like turning old jeans into shoes to help Ugandan children fight parasites or helping to track animals in the wild. The National Environmental Education Foundation at *NeefUSA.org* lists dozens of at-home projects for kids, such as doing a home-energy audit, creating a compost pile and helping to identify wildlife caught on camera for a digital database.

A promotional graphic for a children's book. On the left, a grey stuffed rabbit is shown. In the center, a red starburst contains the text 'BUY NOW ON AMAZON!' and two URLs: 'www.bit.ly/pinkybook' and 'www.kaseyclaytor.com'. On the right, the book cover for 'PINKY AND THE MAGICAL SECRET HE KEPT INSIDE' is displayed. The cover features a girl with long black hair hugging a pink stuffed rabbit. A red banner at the top right of the book cover says 'GREAT GIFT!'. The author's name, 'KASEY J. CLAYTOR', is at the bottom of the cover.

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Fresh Rituals for a New Year



The end of one year and the beginning of another marks a hopeful transition that many of us choose to celebrate with fireworks and glitzy parties. Here are several New Year's rituals to help us connect more deeply to our loved ones, to ourselves and to a richer sense of purpose as we embrace the promise of 2021.

Reevaluate the past year. While many people focus only on what lies ahead on New Year's Day, consider taking a therapeutic and spiritual look at the past 12 months, evaluating personal accomplishments and deviations from goals and aspirations. Take note of lessons learned and challenges faced, as well as the top 10 highlights of the year.

Declutter. In Italy, people throw things out of their windows on New Year's Eve; getting rid of items that are no longer of service is just as important as welcoming the new. In that spirit, this is a good time to gather clothing, books and other items collecting dust and donate them to a local charity where they may be useful to someone else.

Formally invite prosperity. Many cultures around the world celebrate New Year's Day with rituals that are meant to ward off bad luck and attract good fortune. Some of them espouse throwing money over the threshold the first time someone enters their home after the new year has begun. Here's a modern twist: Gather the family together and bless a few coins or paper bills, either through prayer or as a statement of hope and anticipation. Then, donate the money to charity as a way to spiritually pay it forward.

Spend New Year's Eve in meditation. Quiet meditation or prayer is a great way to usher in a sense of peace and harmony. Make sure the session begins before midnight and extends into the new year. This can be done at home alone, with friends or at a local meet-up group, yoga center or spiritual organization.

Place special emphasis on the first 12 days. For many people, the first 12 days of a new year represent each of the 12 months to come. To set a positive course for 2021, spend each of those days exhibiting aspirations for the coming year, such as volunteering at a soup kitchen to manifest an interest in being more charitable, or reading a book about immigrants to become more culturally sensitive.

Adapted from an Arcadia Publishing contribution.

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calendar of events

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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

WEDNESDAY, DECEMBER 2

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/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

MONDAY, DECEMBER 7

Manifestation & Healing with Reiki Meditation and Sound – 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. Led by Maria Banas. \$25. Bring: yoga mat, pillow, blanket and water. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

TUESDAY, DECEMBER 8

Book Signing & Free Sound Bath Meditation – 7-8pm. Celebrate release of "Sunrise Inspirations" meditative photobook by Anthony Profeta & Donna Kocak with a singing bowl meditation and book signing event. Book available for purchase and signing after the event. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

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

WEDNESDAY, DECEMBER 9

Chakra Balancing: Guided Mantra & Sound Meditation – 5:30-7pm. The seven chakras are the body's major energy centers through which our life energy flows. Anthony Profeta guides us to healing and attunement by playing the crystal bowls to help remove and break up blocked energy. Then as we move one by one up through the chakra system, he will introduce the Bija (seed) Mantras which the group will chant together to help align, balance, and purify our 7 energy centers. The bowls & mantras together will create a one-of-a-kind meditative experience, immersed in soundwaves, pure frequencies, & vocal tones. \$20. Please bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

FRIDAY, DECEMBER 11

Guided Rest Yoga Nidra with Soundscape Workshop – 5:30-6:45pm. Combining the healing properties of sound (singing bowls, chimes, voice, etc.) with Yoga Nidra, you enter a state of profound rest and peaceful bliss. Yoga Nidra (yogic sleep) is guided meditation done lying down. Free of resistance, tension, and thought, you tap into the body's innate healing abilities and creative energy. Led by Karen Hedley. 45 minutes of Yoga Nidra is as restorative as 3 hours of sleep. Please bring a yoga mat, blanket, and pillow. \$15. 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, DECEMBER 12

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, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SUNDAY, DECEMBER 13

New Moon Guided Meditation – 6:30-8pm. 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-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY, DECEMBER 14

Deeksha Healing: The Oneness Blessing with Crystal Bowl Meditation – 5:30-7pm. Includes powerful mantra 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, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TUESDAY, DECEMBER 15

Free Guided Rest Yoga Nidra (Yogic Sleep) – 12am. Feeling the holiday frazzle? Time to de-stress with Guided Rest. Just lie down and listen. 30 minutes = 2 hours of sleep. Experience profound rest, rejuvenation, and a sense of coming home to yourSelf. Go to KarenHedley.com for a free recording. Free.

WEDNESDAY, DECEMBER 16

Trance to Transformation Experience – 5:30-7pm. Learn how to quickly access the trance states and be guided to higher states and learn to return to those states with ease. Led by Bruce Orion, more information on him at BruceOrion.com. \$20. Due to current

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social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

SATURDAY, DECEMBER 19

Reiki 1 Certification Course – 11am-5pm. Reiki 1 with Usui/Holy Fire III consists of an Attunement/Placement given to the student and teaching by Usui, recognized worldwide. Holy Fire energy is a more refined source of higher consciousness that empowers the energies of the symbols and techniques used in Usui and Karuna Reiki. Topics covered: How Reiki works, The Holy Fire, Chakra functioning and balancing and more. Maria Banas is a certified Reiki Master-Teacher. \$160. 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.

MONDAY, DECEMBER 21

12th Level of Consciousness with Reiki Meditation and Sound – 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. Journey to experience the 12th level of consciousness, where we will meet our authentic self and heal all the layers. Led by Maria Banas. \$25. Bring: yoga mat, pillow, blanket and water. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

FRIDAY, DECEMBER 23

Healing Holidays & Transforming Stress: Meditation & Sound Healing – 5:30-7pm. Bruce Orion will guide you through a transformational trance experience, while receiving healing frequencies through Maria Banas's Reiki healings and crystal bowls. Please bring yoga mat or 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/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

MONDAY, DECEMBER 28

Guided Rest Yoga Nidra with Soundscape Workshop – 5:30-6:45pm. Combining the healing properties of sound (singing bowls, chimes, voice, etc.) with Yoga Nidra, you enter a state of profound rest and peaceful bliss. Yoga Nidra (yogic sleep) is guided meditation done lying down. Free of resistance, tension, and thought, you tap into the body's innate healing abilities and creative energy. Led by Karen Hedley. 45 minutes of Yoga Nidra is as restorative as 3 hours of sleep. Please bring a yoga mat, blanket, and pillow. \$15. 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.

TUESDAY, DECEMBER 29

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.

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TREASURE COAST EVENTS

WEDNESDAY, DECEMBER 2- WEDNESDAY, JANUARY 6

Spiritual Advent Experience on Zoom – 7-8:15pm. Rev Janice will lead a 6-week consciousness raising class that dives into the two Birth Stories of Jesus found in Matthew and Luke. These symbolic stories point us to our Spiritual Oneness. Email Revjan101@bellsouth.net for registration & payment instructions. Suggested love offering \$10/per class or \$55 for 6.

SATURDAY, DECEMBER 5

Down to Earth Yoga Open House - 1-3pm. Free mini-classes led by DTE instructors, enjoy local vendors including Hootz Healing, A Mindful Life Juices, Ground Up Coffee Cart and more. Free. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

SATURDAY, DECEMBER 12

Reiki Level I and II Certifications Weekend – 9:30am-3pm. Learn the Art of Healing using energy techniques and ancient symbols. These techniques enhance the immune system. Take one or both. Class includes book, certificates, attunements and plenty of practice. 14 CEUs available. Level I \$175, Level II Sunday from 9am - 3pm \$250 Manual included. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Scented Dragon PSL Psychic Fair – 11am – 7pm. Experience Treasure Coast's most popular readers as they once again gather in one place to provide

participants answers to their most important questions. One-on-one sessions providing guidance and validation. Admission free, prices vary per readers. Call to book in advance or just stop by Scented Dragon 6993 Hancock Dr., Port St. Lucie (just off US1 near north of Rio Mar) 772-877-2102.

Fearless Inversion Workshop - 12-2pm. For people who do not go upside down yet but are interested in learning some new tricks to develop an inversion practice. Inversions are for everyone and are extremely beneficial in strengthening the body and focusing the mind. Participants will work on the strength and flexibility needed for inversions, develop core awareness and discover proper alignment for lift off. Led by Danielle Vardakas (E-RYT500, DYT1000), Early Bird Special \$40/\$50 Day of Event. Yoga teachers receive 2 CEUs. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

Reiki and Sound Healing Space Grand Opening – 3-7pm. Love Frequency Sound Healing, along with The Right Path 2 Healing, invite you to visit our new location, 1000 SE Federal Hwy, Stuart, and help us celebrate our new sacred space offering private & group sessions in Reiki, Sound Healing, Kai Chi Do, Breathwork, Addiction Counseling, Spiritual Life Coaching and classes on various spiritual & metaphysical subjects. Visit us on Facebook for more info or email us @ ILoveSoundHealing@Gmail.com. Free. Love Frequency Sound Healing, 1000 SE Federal Hwy, 2nd Floor, Stuart. 772-807-0662.

SUNDAY, DECEMBER 13

Sound of Soul Event – 11am-Noon. An online event. Please join us to Experience HU, the Sound of Soul Chanting the word HU can bring peace, calm, and expanded awareness. After an inspirational

treasure coast save the date

FRIDAY, JANUARY 22- SUNDAY JANUARY 24

Yoga Teacher Training 200 – Yoga Alliance Certified Teacher Training. For those who want to teach and those who want to learn more about themselves and their yoga practice. This 200-hour training is structured so that students can receive close attention in their journey through both the physical practice and the yogic philosophy. Held over three weekends starting January 22, plus online classes and required reading. Facilitated by Danielle Vardakas E-RYT500, DYT1000 BFA. \$2500/\$600 deposit, payment plans available. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

quote, we chant the word HU for twenty minutes followed by a time of silent contemplation then a time for an authentic spiritual discussion. The Zoom link / dial-in information will be sent to those that RSVP to 772-223-1188 or email their RSVP to EckankarTC@gmail.com.

MONDAY, DECEMBER 14

New Moon in Sagittarius Circle – 8:30-9:30pm. New Moon in Sagittarius Circle in our Free Facebook group. Group readings, intention setting & energy talk. Let's set intentions for 2021 together in sacred space & ritual practices for self-inquiry, release, affirmation & manifestation. Free. facebook.com/groups/accountabilitygoddess.

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WEDNESDAY, DECEMBER 16

Singing Bowl & Reiki Heart Healing – 7pm-8:30am. Powerful combination of Singing Bowls, Reiki, Karuna Energies, and other energetic healing modalities aimed at clearing the heart and blockages within the energetic body. Creating this experience John & Anthony will be using a variety of Singing Bowls to create an experience which will envelope and surround you in healing vibrations. \$45. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-252-6499. SparkofDivine.com.

SATURDAY, DECEMBER 19

Yoga and Essential Oils - 6-8:30pm. Kundalini Yoga and Gong Meditation infused with aromatherapy and essential oils. This introduction will target stress, anxiety, emotional stability and work on releasing fear. Led by Bryan and Cathy Nevin. \$30 before December 9 or bring a friend and save \$5. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

SUNDAY, DECEMBER 20

“Ancient Wisdom for Today” – 11am-Noon. Participate in an online book discussion via Zoom or teleconferencing. Discussion will include How Past Lives, Dreams and Soul Travel help you find God. Books may be ordered (free) for delivery by mail or downloaded from Eckankar.org. Join with computer, tablet, or phone. To receive the link for computer or tablet or the dial-in numbers for phone, RSVP by December 19, by calling 772- 223-1188 and leaving a message.

THURSDAY, DECEMBER 24

Candlelight Service – 7pm. Join us as we prepare ourselves to accept the Christ in us, as us. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

THURSDAY, DECEMBER 31

New Year’s Eve Burning Bowl Service – 7pm. Release out worn beliefs and error thoughts to the Universe. Let us co-create a new earth that honors all of creation. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

classifieds

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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. (edited)

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COMMUNITY GUIDE

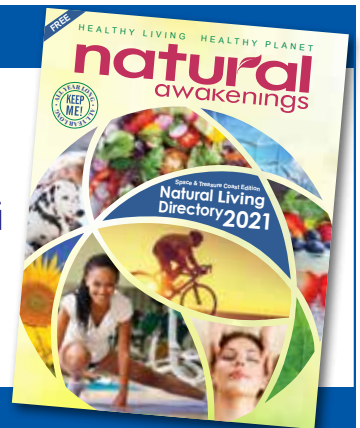
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INDIALANTIC	SATELLITE BEACH
<p>AQUARIAN DREAMS 414 N. Miramar Ave. (Hwy A1A) 321-795-9495 AquarianDreams.com</p>	<p>HATHA YOGA WITH MARILYN Pelican Beach Clubhouse 1495 Hwy A1A 321-773-6458</p>
MELBOURNE	STUART
<p>THE YOGA GARDEN 1482 Pineapple Ave 321-345-6197 YogaGardenFL.com</p> 	<p>YOGA ART LOUNGE 1301 South Patrick Dr, Ste 60 321-506-9444 Facebook.com/Yoga-Art-Lounge</p> 
<p>THE YOGA GARDEN 5270 N. US Hwy 1 (inside Adventure HQ) 321-345-6197 YogaGardenFL.com</p> 	<p>ZEN YOGA 1024 Hwy A1A #150 866-820-YOGA ZenYoga321.com</p>
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on going events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

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

sunday

SPACE COAST

Guided Imagery Meditation – 10-11am. 1st Sunday. Guided imagery is a meditation technique that helps us to put our conscious mind aside for a while and tap into our natural ability to imagine and explore the beauty of what we are... creators. \$10. Essential Elements Wellness, 1010 E New Haven Ave., Suite D, Melbourne. 321-372-6714. CheriFlauto.com.

TREASURE COAST

Unity of Ft. Pierce – 10am. Practical spiritual teachings that support people in cultivating and living from their spiritual awareness. The service can be viewed through Facebook Live Stream at facebook.com/unity.fortpierce/. Unity of Ft. Pierce 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Unity on the Space Coast – 11am. Live youtube. com/c/UnityontheSpaceCoast. USC provides a positive, practical approach to spirituality. This is demonstrated through music, prayer, meditation, classes, workshops, book studies, and practicing wellness, abundance and a positive approach to the issues, goals, and desires of humanity. Masks required. Our calendar of events can be found at UnityontheSpaceCoast.org. Unity on the Space Coast 2000 South St, Titusville. 321-383-0195.

Sacred Pyramid Meditation – 6-7pm. Sacred Pyramid Meditation every Sunday. \$10. The Scented Dragon, 6993 Hancock Drive, Port Saint Lucie. 772-877-2102. Visit my-NA.com/LifestyleGoddessEvents and click on event website to register.

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 Flow Yoga - 12:30-1:30pm. Led by Brooke Daratany Goldfarb. \$10 (or Yoga Membership). Gently and peacefully improve range of motion while grounding, centering, and developing a deeper sense of inner peace. To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended.

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

Kundalini Yoga - 8am. Incorporating physical, mental and spiritual aspects of yoga into a beautifully integrated system, benefiting students not only with greater flexibility, but also stronger immune, digestive, eliminative and nervous systems. Perfect for all levels. Led by Cathy Nevin. \$14 drop in or packages on website. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Intuitive Oracle Card Readings & Aura photography. Walk-ins Welcome. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Yoga– 10:30-11:30am. Eva blends Pranayama (breathwork), Asana(postures), 8 limb path, Chakras, and Chanting into a daily practice. \$15. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Community Acupuncture – 2-4pm. This treatment model offers effective individual treatments to multiple patients at reduced fees and is recommended for some types of headaches, allergies, knee pain, carpal tunnel syndrome, and maintenance. Saint Lucie Acupuncture & Integrative Medicine, 1775 SW Gatlin Blvd, Suite 204, Port St Lucie, 772-444-7172. SaintLucieAcupuncture.com.

A Course in Miracles Study Group – 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 on Zoom meeting ID 344 694 7715 or dial in by phone 1-929-205-6099. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

tuesday

SPACE COAST

Yin Yoga – 12:15-1:30pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Debby Jeffries. \$10 (or yoga membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. 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

Slow Vinyasa Flow - 11am. Vinyasa flow class that links breath to movement with focus on mindfully moving from pose to pose and holding for time. All levels. Led by Maritza Diaz. \$14 drop in or packages on website. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

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

Reiki Healing Circle– 6-7:30pm. Got Stress? Come experience the benefits of Reiki for yourself. This Japanese technique can help you sleep better, feel calmer, relax, and rejuvenate. Find your bliss. Led by Tina. Love Donation. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

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

wednesday

SPACE COAST

Chi Yoga & Meditation – 11am-Noon. Led by Leah. \$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.

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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

Kundalini Yoga - 8am. Incorporating physical, mental and spiritual aspects of yoga into a beautifully integrated system, benefiting students not only with greater flexibility, but also stronger immune, digestive, eliminative and nervous systems. Perfect for all levels. Led by Cathy Nevin.

\$14 drop in or packages on website. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

Insight Meditation on Zoom and Facebook Livestream – 11-11:30am. Release, Renew, Reset with Rev. Janice Cary. Join via Zoom with meeting ID of 840-3552-6522. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFtPierce.com.

Nia – 5:30-6:30pm. Nia is a fun dance class incorporating moves from Jazz, kick boxing and other modalities to create an amazing fitness class for all levels. Led by Patti. \$7. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Vinyasa Flow – 6pm. A vinyasa flow class offering modifications and advancements, linking breath to movement and flowing through each posture mindfully. Led by Tina Aligata. \$14 drop in or packages on website. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

Reiki Healing Circle – 6:15-7:15pm. Join the powerful healing team for an hour of peace and deep relaxation. Practitioners welcome. Free. Donations accepted. Psychic & The Genie, 313 Colorado Ave, Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

thursday

SPACE COAST

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 – 10:30-11:30am. Mat class offered by certified instructor, Barbara Lengen. Moved to Zoom class, 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.

Reiki Circle with Sound Healing – 6-7pm. Free Reiki Healing Circle Every Thursday night at 6pm with beautiful Crystal Singing Bowls. Love Frequency Sound Healing, 1000 SE Federal Hwy, 2nd Floor, Stuart. 772-807-0662. facebook.com/thecenterofthegalaxy.

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Reiki Meditation on Zoom – 8:30-9:30pm. Sacred Pyramid Meditation every Sunday. Love Offering Suggested \$10. Visit my-NA.com/LifestyleGoddessEvents and click on event website to register.

friday

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 Cindy Jovanovich. \$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 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.

TREASURE COAST

Healing Sessions and Readings – 11am-3pm. Readings with the Angels are helpful in assisting

us with life improvements and personal empowerment. Beth uses different healing techniques including reiki, sound, angel therapy and more. \$40 - \$200 depending on the service. Call to schedule and for additional information. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Community Acupuncture – 2-4pm. This treatment model offers effective individual treatments to multiple patients at reduced fees and is recommended for some types of headaches, allergies, knee pain, carpal tunnel syndrome, and maintenance. Saint Lucie Acupuncture & Integrative Medicine, 1775 SW Gatlin Blvd, Suite 204, Port St Lucie, 772-444-7172. SaintLucieAcupuncture.com.

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

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

Reiki Circle – 7-8pm. Experience the transmission of Universal energy which activates inner calm and peace. Led by Reiki Master Sarah Gable. Social distancing guidelines are followed. Masks are required. Essential oils available to use on masks. Love offering. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

saturday

TREASURE COAST

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

Tradition Neighborhood Market – 9am-2pm. Come visit Treasure Coast's newest outdoor market. Plan to spend your Saturday mornings with us where you will find organic produce, food, art, jewelry, food, clothing and much more. New vendors welcome. Conveniently located just off I-95, near Olive Garden and Target. Call 772-828-0188. 10912 SW Village Parkway, Port St. Lucie at Tradition.

Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Intuitive Oracle Card Readings & 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.

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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.

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1395 N. Courtenay Pkwy, Ste 202
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Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 49.

AYURVEDA

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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.

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Your source for quality CBD products and education. We're happy to answer all your questions in our relaxed atmosphere. Tinctures, water solubles, skin-care, edibles and pet products. See ad, page 28.

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CHILDREN'S HEALTHCARE OF BREVARD

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2708 Garden St
Titusville, 321-267-4324
DalyIMG.com



Helping patients through natural healing care for 20+ years. Services include chiropractic care and adjustments, massage, decompression, other functional and physical therapies, and guided nutrition. See ad, page 15.

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.

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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 18.

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.

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Dr. Rob Brown

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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 31.

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Vero Beach, 772-228-6778

SimpleHealthOptions.com



Diane Kingsley is a Licensed and Registered Dietitian with over 20 years' experience. Her nutritional counseling is an individualized whole-body approach. Telehealth available. Most insurances accepted. See ad. page 27.

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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.

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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.

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ShadowoodFarm.com



Local, solar powered, family farm. USDA Certified Organic produce; organic gardening supplies and more. Organic agriculture means a healthier planet. Open to public, Fridays, Saturdays and Sundays. See ad, page 28.

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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.

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Vitamins, supplements, homeopathic, health and beauty, and specialty items. Large selection of natural, organic, and gluten-free food. Rubix Café with limited seating.

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Port St. Lucie, 772 323-2222

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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.

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Stuart, 772-286-1401

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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 ads, page 13 and 29.

HYPNOSIS

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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).

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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.

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Certified Clinical Hypnotherapist
HypnotherapybyJenny.com
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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!

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

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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 8.

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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 12.

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Board certified in Physical Medicine and Rehabilitation. Offers stem-cell therapy, regenerative medicine therapies, micronutrient testing, food sensitivity and leaky gut testing, anti-aging services including bioidentical hormones, Botox injections for cosmetic and for pain, medical marijuana certifications, IV Vitamin Therapy and more.

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and Rejuvenation Medicine
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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 43.

INTUITIVE ENERGY HEALING

ANN MARIE CACCAVANO, CHT,
NLP, ORDM
Lifestyle Goddess@
AnnysMyCoach/772-801-3044
AnniesMyCoach.com



Are you looking for guidance to fulfill your life's purpose? I can help you along the way. Clinical Hypnotherapist, Spiritual Coach, Energy Healing, Psychic Medium, Medical Intuitive. See ad on page xx.

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**DALY INTEGRATED MEDICAL
GROUP, LLC**
2708 Garden St
Titusville, 321-267-4324
DalyIMG.com



We customize each IV Vitamin drip to your body's specific needs for sports enthusiasts, those with a chronic illness, or to arm your immune system. See ad, page 15.

**RADIANTLY HEALTHY VITAMIN
INFUSION DRIP LOUNGE**
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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 12.

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Melbourne, 321-425-2111
Vitalifts.com



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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)

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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 47.

MEDITATION

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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.

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PsychicNTheGenie.com



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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 ads, pages 21 and 29.

NATURAL MEDICINE

BEACHSIDE NATURAL MEDICINE CLINIC & APOTHECARY

200 Ocean Ave, #202
Melbourne Beach, 321-848-4914
BeachsideNaturalMedicine.com



Your local resource for Natural Family Health, Nature Cure, Ayurveda & Homeopathy specializing in Digestive Disorders/IBS, Food Intolerance Evaluation, Complex Chronic Diseases, Infertility & Natural Pediatrics. See ad, page 13.

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Board Certification Nephropathy
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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 19.

NUTRITION

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561-307-0706
Lee@LeeCottonRDN.com
LeeCottonRD.com



Private practice licensed Registered Dietitian offering Medical Nutrition Therapy and guidance for overall health and wellness.

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 28.

PET SUPPLIES: NATURAL

NATURAL PET SPECIALTY SHOP

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



Featuring: grain-free, high-quality protein, raw & organic pet foods, treats, supplements, homeopathic and herbal remedies, chemical-free grooming products, natural flea & tick supplies and much more. See ad, page 8.

PSYCHIC MEDIUMS

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



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

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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.

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DALY INTEGRATED MEDICAL GROUP, LLC

2708 Garden St
Titusville, 321-267-4324
DalyIMG.com



We are a leader in alternative therapies to avoid surgery and addictive pain medicine. For those suffering pain, we offer Prolozone, TPI, PRP, and stem-cell therapies. See ad, page 15.

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.

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Melbourne, 321-372-5000
BeautyByEstheticsFL@gmail.com



Meeting your facial, waxing, lash, and makeup needs all within a calming cozy and relaxing environment. Bridal parties welcome. Complimentary brow wax with facial.

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SOLAR ENERGY SYSTEMS OF BREVARD, INC.

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

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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 OF FORT PIERCE

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



A positive, practical approach to living life on Purpose. Services 10 a.m. in our sanctuary (social distancing & masks). Facebook livestream at Facebook.com/Unity.FortPierce. See ad, page 38.

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.

UNITY SPIRITUAL CENTER OF VERO BEACH

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



Join us for live streamed Facebook services at 10 am Sundays. For recorded services, search Facebook and YouTube for Unity Spiritual Center of Vero Beach.

STEM CELL THERAPY

SIKORA INTEGRATIVE MEDICINE

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



Resolve joint pain without surgery using ultrasound-guided Stem-cell Therapy, Amniotic Allograft, Exosomes, perineural injections, or PRP (platelet rich plasma). Used for osteoarthritis, ligament, tendon, muscle, and nerve injuries to treat acute and chronic conditions as well as aesthetic treatments including platelet-rich plasma facials and stem-cell facials and also to stimulate hair growth in the scalp and for sexual dysfunction.

THERMOGRAPHY

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 27.

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 25.

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 41.

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 43.



DIRECTORY

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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.

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

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