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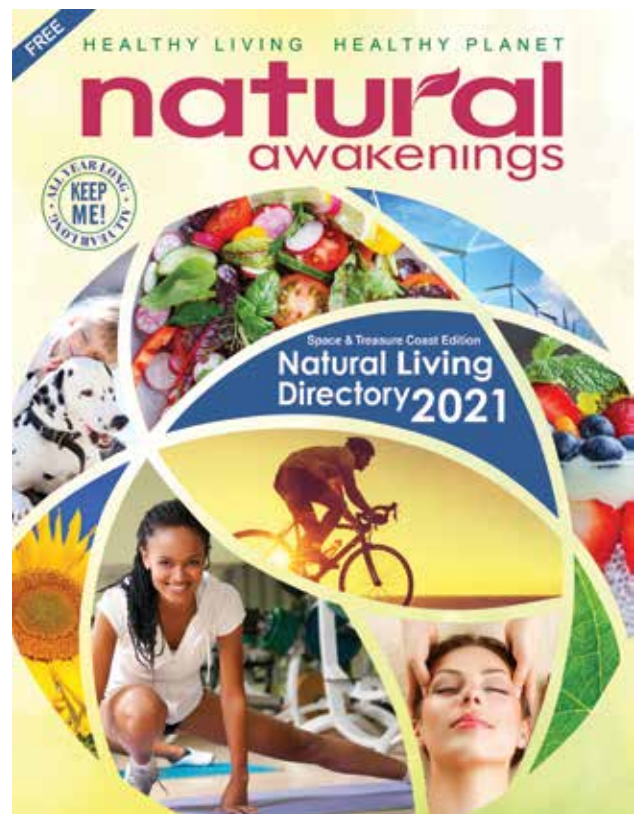
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letter from the publisher



The Muscle that Pumps Love!

I remember the shock to my system when I heard my father would need open heart surgery. It came out of the blue and happened fast so there wasn't much time to process it until after it was done. What struck me in that moment was the contradiction of his current lifestyle and the diagnosis. Although he was brought up on a southern diet, my father as an adult had a slim build, exercised and ate well. My parents loved to make fish, salads and other healthy meals. At that time, heart disease was associated mainly with obesity and fatty diets. While it happened over 15 years ago, that experience emphasized for me that taking care of the body daily does pay dividends.

"Experts are now realizing that some key warning signs for early detection of heart and vascular disease have been missed," shares Julie Peterson in *Protect Your Heart: Heart Screening Can Be a Life Saver* [page 23]. Cutting-edge diagnostics that are now available look beyond blood pressure, BMI and cholesterol. Integrative doctors can use screening tests, assess inflammation and genetics, and even analyze how the body utilizes vitamins, minerals and other nutrients. Scans that assess how well blood is flowing to the extremities can also be useful in heading off heart disease. Our family now takes a preventative approach working with a functional medicine doctor to track our overall health. Having information on the state of my body certainly brings peace of mind.

The month of February celebrates the heart. In this issue, we take a look at heart health as well as the emotions of the heart. In our feature article, *Live a Heart-Healthy Lifestyle* [page 20], we explore how lifestyle changes can impact heart health. Our local experts and relationship coaches provide recommendations to strengthen your relationship bonds [page 25]. In our Conscious Eating column [page 28] you'll find recipes for heartfelt eating and in our FitBody column discover exercises to lower high blood pressure [page 32]. Plus, enjoy special offers from local natural health practitioners [page 26]. This month, let's find ways to take care of the heart, or as my husband likes to say: "The muscle that pumps love!"

Happy Valentine's Day!

Kris Urquhart, Publisher



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Never Glossy. Always Green.

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

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



ADVERTISING & SUBMISSIONS

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

All calendar events must be submitted online at: MyNaturalAwakenings.com. E-mail calendar questions to: Laurie@MyNaturalAwakenings.com. Deadline for Calendar: the 10th of the month.

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

Contents

20 LIVE A HEART-HEALTHY LIFESTYLE **34**
Integrative Cardiologists on Preventing Heart Disease

23 PROTECT YOUR HEART
Heart Screening Can Be a Life Saver

24 SHEFALI TSABARY
on Conscious Relationships

28 HEARTFELT EATING
Best Foods for a Heart-Healthy Diet

32 HALTING HYPERTENSION
Exercises to Lower High Blood Pressure

34 BIG LOVE FROM SMALL ANIMALS
The Joy of Furry Little Companions

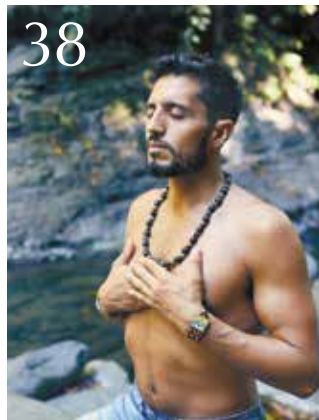
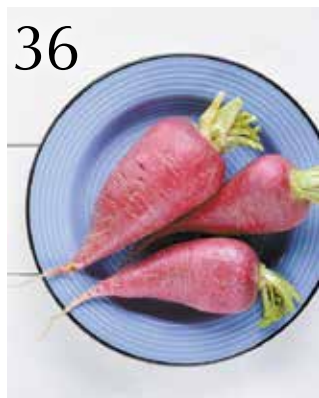
36 VEGGIE TRICKS
How to Get Kids to Eat Better

38 TOOLS FOR INNER PEACE
Exploring Mindfulness and Meditation

40 BECOMING HEART-MINDED

DEPARTMENTS

- | | |
|----------------------------|-----------------------------|
| 6 news briefs | 34 natural pet |
| 12 health briefs | 36 healthy kids |
| 16 global briefs | 38 healing ways |
| 18 eco tip | 40 inspiration |
| 24 wise words | 41 calendar |
| 28 conscious eating | 45 classifieds |
| 32 fit body | 50 natural directory |



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news briefs



Special Valentine's Offer from Natural Awakenings Singles.com

As we approach a full year of being in and out of lockdowns, many have taken the opportunity to do some serious soul-searching, leading many singles to come to the realization that they desire a deeply connected, conscious and loving relationship. To help in their quests, especially during special days this month that normally provide face-to-face opportunities for potential romance that the pandemic has inhibited, NaturalAwakeningsSingles.com is having a Valentine's Sale from February 12 through 18. All subscriptions will be offered at 25 percent off of regular prices during this period.

The platform, a leading holistic dating site and a venue for eco-conscious and spiritual singles to meet each other, is not a superficial, "swipedy-swipe" app, but a "help singles meet their match" dating site. Each member exerts control over which profiles they view and with whom they choose to initiate contact. The detailed profiles allow members to read and learn about potential matches, which makes meeting someone compatible more probable. Further, its new video dating feature has been well received as it allows members to get to know each other before meeting in person.

For more information, visit NaturalAwakeningsSingles.com. See ad, page 43.

COMING IN APRIL

2021 NATURAL LIVING Directory



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EARLY BIRD SAVINGS: FEBRUARY 5

Healer to Healing Health Fair in Satellite Beach

The first Healer to Healing Health Fair will be held at Zen Yoga 321 in Satellite Beach on February 12 from 6 to 9 p.m.



Attendees can connect with healers and lightworkers, get a chair massage, enjoy henna painting, view yoga demonstration videos, purchase t-shirts and yoga clothing, and more. Toward the end of the evening (around 8:30pm), there will be a Sound Bath Meditation session. The number of booths will be a limited as recommended for social distancing.

“We planned a night of enjoyment and healing,” says organizer and Zen Yoga Studio owner, Sonia Negron. “We envision expanding our energy to raise the collective consciousness to better serve and uplift others in 2021.”

Attendees can also win raffle prizes and purchase service and class packages at 25% off that night. A nationally acclaimed speaker and veterinarian will talk on *Taking Care of Your Pets Holistically*.

This event is offered free to the public. Appetizers and drinks will be served outdoors to adhere to COVID protocol.

Zen Yoga 321 is located at 1024 A1A, Ste 150, Satellite Beach. For inquiries, call 321-777-8040 or email Office@KetamineHWC.com. See ad, page 15.


Zoom Meet and Greet with Dr. Yale Smith for a Healthy Heart

Dr. Yale R. Smith, of Center for Antiaging Aesthetic and Rejuvenation Medicine (CAARM), is having a virtual Meet and Greet on February 25 to personally connect with potential patients interested in his services. “This is an opportunity to collect information and ask questions before making an appointment,” says Dr. Smith. Dr. Smith, who holds an Advanced Metabolic Cardiovascular Certification, specializes in heart health and offers cutting-edge testing for early detection and prevention of heart disease. His practice combines the best of Traditional and Integrative Medicine.



Dr. Smith incorporates 33 years of medical experience to evaluate patients through a complex gathering of their 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. “The goal is to prevent and reverse a cardiovascular event or stroke from occurring and ameliorating the existing origin of the disease,” says Dr. Smith.

The Meet and Greet with Dr. Smith is scheduled at 4 p.m. Call the CAARM office at 321-421-7111 for meeting link, ID, and password details. Center for Antiaging Aesthetic and Rejuvenation Medicine is located at 7000 Spyglass Ct, Ste 300, Viera. AntiAgingIM.com. See ad, page 49.




 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.

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How to Naturally

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

Bo-Shih Ni
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Appointments also available via TELEHEALTH

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



Dr. Claire Stagg Debuts Book for Families

Claire Stagg, DDS, founder of Health Connections Dentistry in Indian Harbour Beach, recently published a children's book titled *Captain IFBI*. "It's a story for little ones *and* their parents," she says. "I want to empower families to take charge of their health with good oral hygiene habits at any age!"

Captain IFBI comes to life with lively colors and beautiful illustrations depicting various countries and cultures. The Captain is a caped superhero, arriving when he is called upon to help children understand the process of taking care of their teeth in a fun way. He spreads love and encouragement as children understand how to keep their teeth beautiful and healthy.

"There is nothing more unifying than a smile. Yes, the book is about oral hygiene, but it's also about sharing a smile. Love and unity often start with a smile," says Dr. Stagg. "This book not only offers an opportunity for parents and children to connect during their time reading and learning together, but also to discover the world culturally and geographically."

Dedicated copies of Captain IFBI will be available at Health Connections Dentistry, 2120 Highway A1A, Indian Harbour Beach. SmileProfessionals.com. 321-777-2797. The book can also be ordered on Amazon or from Ingram Sparks. See ad, page 47.

Blissful.Energy Open in West Melbourne

Blissful.Energy is a co-op providing a beautiful and loving space to promote a "blissful state" in the community. The co-op has classes ranging from Aerial and Hatha Yoga to Gong Meditation, and offers bodywork including massage.

Aerial Wednesdays boast three aerial yoga classes that are bound to ease the mind, body and soul. These classes are open to all levels, including beginners and families. They include flows, tricks, and meditation to create a fun relaxing experience.

Private pod classes are available to groups of up to six people. "Having a regular weekly class with family and friends can bring the group closer while promoting health," says founder Eden Shaw. "Taking care of your loved ones in a safe and productive way creates more bliss in your life."

"At Blissful.Energy we are dedicated to bringing health to the community through classes and bodywork at our beautiful studio and service room," says Shaw. "We opened in January 2020 and are pleased to support our community by bringing 10+ years of experience in massage wellness."

"We truly believe blissful energy comes from within, so we try to find those little ways that will let bliss blossom organically," shares Shaw.

For more information, call 321-327-8741 or visit them online at Blissful.Energy. Location: 240 S. Wickham Rd., West Melbourne. (MA#59906, MM#40260) See ad, page 12.



Mindfulness Meditation Teacher Training in Indialantic

The Focused Mind: Mindfulness Meditation Teacher Training will begin on Saturday, February 27 at Aquarian Dreams. This six-month intensive 100-hour program, led by Anthony Profeta, will help participants gain a more complete understanding of mindfulness meditation. The program will include a thorough exploration into Buddhist philosophy and its meditation techniques, especially its mindfulness and compassion practices.

The program is aimed at those who wish to become more skillful in presenting mindfulness such as therapists, social workers, yoga teachers, health care professionals, educators, life coaches, and anyone seeking to integrate mindfulness meditation practices into their work. It is also open to anyone who may have no desire to teach but simply wish to deepen their own practice and study.

During the training, participants make a time commitment to deepen their own practice and study. Students will practice mindfulness meditation for a minimum of 30-60 minutes per day for the duration of the program (and hopefully for the rest of their lives). In addition to six training weekends and study days, students will engage in homework assignments and readings, weekly check-ins with peer groups, practice teaching assignments, two teacher one-on-one meetings, and monthly videoconference calls.

For more detailed information or to register, call 321-729-9495 or visit AquarianDreams.com. Aquarian Dreams is located at 414 N. Miramar Ave (Hwy A1A) in Indialantic. See ad, page 3.



Find tips for meditating with kids in our video podcast interview with Anthony Profeta at my-NA.com/VPPofeta.



Elements Organic Salon Offers New Client Special

Elements Organic Salon is accepting new clients at their Melbourne salon. They perform all hair services using a luxury biodynamic, organic, and natural Italian color and haircare line, Organic Way (OWay) is formulated with essential oils and plant butters to nourish the hair. The color line offers 100% gray coverage, is ammonia-free, and partners as a conditioning treatment while being 98.6% naturally and organically derived. The haircare line offers a variety of shampoos, conditioners, and styling aids that do not compromise the integrity of your hair by being free of harsh ingredients. These products can also be purchased for home use.

"You can look great and feel great about using these organic products without compromising your health," say owner and master stylist Sarah Finney. "More people are now aware of the toxin load that conventional color and product lines have and some have developed allergies to them. We have visited the factory in Bologna, Italy, met the chemists, and have seen where the ingredients are grown. It was reassuring to us that we are using the best products for your health and wellness."

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



Thermography of Brevard Expands to Merritt Island

Katie Ainsley, Certified Clinical Thermographer and owner of Thermography of Brevard LLC, is excited to announce they have expanded their services to North Brevard county. They now have a location in Merritt Island along with their two other locations in Melbourne and Vero Beach.



"We are so happy we will be offering scans in Merritt Island once a month at Perfection Tatu at 2460 N. Courtenay Parkway # 201," says Ainsley. "Our goal is to make thermography easily accessible to everyone. And it's so timely in that we are celebrating our 5-year anniversary. As a thank you for your continued trust and support, we are offering 25% off any scan during February."

Thermography is a non-invasive, radiation-free, pain-free breast screening that can detect breast cancer cells 8 to 10 years before those cells would form a tumor that a mammogram could detect. Thermography shows the physiological and vascular changes in the breast tissue and gives you time to stop and reverse the development of breast cancer. A full-body thermography scan can be used to detect dysfunction with the thyroid, carotid arteries, colon, adrenal system, bowels, unexplained pain, skin cancer, arthritis inflammation, lymph congestion and more.

For more information or to make an appointment, call 321-312-0363. ThermographyofBrevard.com. See ad, page 39.



Find out the power of early detection in our video podcast interview with Katie Ainsley at my-NA.com/VPAinsley.

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treasure coast news briefs

Unique Sessions Combine the Benefits of Massage and Yoga

Jeannie Plummer of Ohana Tree Massage and Yoga in Jensen Beach has been practicing the power of touch for over fifteen years. Plummer specializes in deep tissue and trigger point massage therapy that is considered perfect for athletes and active lifestyles. Plummer is also dedicated to assisting clients interested in maintaining flexibility and freedom of movement, to enhance a healthy lifestyle into their golden years.



To achieve this goal Plummer has designed a unique program combining massage and yoga in a customized session. Plummer explains, "After discovering the healing benefits of yoga during my own health complications that included physical limitations, I realized how beneficial it would be for my massage clients if I added a form of yoga as an extension to my services."

"Yoga strengthens muscles, reduces pain, improves your cardiovascular system, improves immune function and treats the nervous system to a toning and calming experience," says Plummer. "Flexibility and strength are achieved slowly, mindfully and at your pace; our goal is for you to be pain-free and capable of living an active lifestyle."

Ohana Tree is offering a new client special: One-hour deep-tissue massage for \$45. Gift certificates available for Valentine gifts. Ohana Tree Massage and Yoga, 1044 NE Jensen Beach Blvd., Jensen Beach, 888-229-7255, Ohanatreemassageandyoga@gmail.com. See ad, page 26.

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iCRYO Celebrates One Year Anniversary

Bob and Deb Lemon of iCRYO Recovery & Wellness in Port St. Lucie are excited to announce their One-Year Anniversary on February 15. Despite spending much of their first twelve months learning to maneuver as business owners through a pandemic, the Lemons have stayed dedicated to their original goals. They came to Port St. Lucie to create a centralized space for people to experience the therapeutic effects of sessions in Whole-Body Cryotherapy, Photobiomodulation Therapy (PBM), Pulse Electromagnetic Field Therapy (PEMF), Infrared Sauna, Cryo Facials, Pilates, and other holistic modalities to help people look and feel better. Bob Lemon explains, "My wife and I knew running iCRYO's first Florida location would be a fantastic new journey..."



Opening just before the pandemic gave us the unexpected opportunity to help those newly interested in creating lasting healthy lifestyle routines."

Lemon explains that frequent use of cryotherapy (exposure to extreme low temperature) decreases inflammation which is a precursor to many diseases. "By lowering the body's inflammation levels, pain can be significantly reduced, and cellular healing can begin through the body's own production of cold-shock proteins. Cryotherapy is also very useful for injuries to muscles, joints and tendons, often utilized for sports injuries."

iCRYO of Port St. Lucie is offering packages of six sessions for \$125. Call 772-237-5092 or visit iCRYO.com/port-st-lucie. Walk-ins welcome, 1461 St. Lucie West Blvd., Port St. Lucie. See ad, page 19.



Explore cryotherapy in our video podcast interview with Bob Lemon at my-NA.com/VPLemon

Valentine's Specials at Salt Of The Earth Halotherapy & Spa

Located in downtown Stuart, Salt Of the Earth Halotherapy and Spa offers the opportunity to relax, meditate, practice yoga and even gather with a small group of close friends, family or co-workers in a Pink Himalayan Salt therapy room. For those who can't imagine what such a therapy room consists of—the room's walls are stacked floor to ceiling with 200-million-year-old salt bricks, and its floor, layered with salt pebbles. A state-of-the-art air filtration system keeps salt air circulating throughout and a fireplace with glowing salt lamps, artwork, dimmed lights, and reclining chairs complete the healing vibe.



Owner Wanda Bresette explains her journey to creating the space, "I first learned of the healing properties of halotherapy when I was diagnosed with emphysema. I began researching for an alternative to steroids and inhalers." Her research led her to experiencing a salt spa session in West Palm Beach; her symptoms eased, and she decided to bring this ancient modality to the Treasure Coast.

Salt Therapy may aid in treating a variety of upper and lower respiratory tract disorders and skin conditions such as COPD, Asthma, Bronchitis, Emphysema, Cystic Fibrosis, Eczema and Psoriasis.

Two for one Halotherapy sessions are available for a Valentine's gift. SaltSpaFl.com 422 SW Akron Ave, Stuart. 772-266-9961. See ad, page 27.

Custom Valentine's Gift Boxes at Your CBD Store Port St. Lucie

With over 600 locations, the Your CBD Store brand has grown to become the world's largest brick and mortar CBD retailer. Founded with an emphasis on education and community, Your CBD Stores are helping to dismiss misconceptions about the usage of hemp derived products. "Our focus is on improving the lives of consumers. We offer a high-quality learning environment where customers can test products and leave knowing what is in their CBD products," explains Rachel Stevens, Product Consultant at Your CBD Store in Port St. Lucie.



Cannabidiol, better known as CBD, is a compound found in the hemp plant and is responsible for many of the plant's documented medicinal benefits that work with the human bodies' (ECS) Endocannabinoid System. Along with its lengthy list of therapeutic properties, Hemp CBD has earned the backing of the medical community, the World Health Organization, and the nursing and veterinary communities.

"Our rigorous extraction and refinement process combined with third party laboratory testing ensures the best-possible end product," explains Stevens. "And, our CBD infused products do not require a medical card or prescription to purchase." Your CBD Store offers USDA Certified Organic products.

Custom Valentine's Gift Boxes and other specials offers now available. For more information, call 772-207-7302. Location: 2818 SW Port Saint Lucie Blvd., next to Bravo. See ad, page 26.

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health briefs

Consider Melatonin to Lower COVID-19 Risk

Melatonin, a hormonal sleep aid that can be purchased for a few dollars at local pharmacies, appears to reduce the risk of contracting COVID-19 by 30 percent, report researchers from the Cleveland Clinic. Among African Americans, a group disproportionately impacted by the virus, the risk was reduced by 52 percent. For the study, published in *PLOS Biology*, researchers used artificial intelligence to compare the host genes and proteins of the novel coronavirus to those of 64 other diseases across a range of categories. They found 34 drugs for possible repurposing, then combed through 27,000 patient records to find which drugs had in fact lowered the risk of contracting the virus. "We're excited about these results and to study that connection more, but large-scale observational studies and randomized controlled trials are essential to confirm what we've found here," says lead researcher Feixiong Cheng.



coftontoro/Pexels.com

Government Updates Risks of Amalgam Fillings



In updated guidelines, the U.S. Food and Drug Administration (FDA) is warning that dental amalgam fillings may cause health problems for some high-risk groups because of mercury vapor leaks. Among those

advised to avoid amalgams, which contain mercury, silver, copper and tin, are pregnant women; women that plan to become pregnant or are nursing; children, especially those under the age of 6; and those with kidney problems or preexisting neurological conditions such as multiple sclerosis, Parkinson's or Alzheimer's. Over time, amalgams can release small amounts of mercury vapor, depending on how extensively people grind their teeth or chew gum and how old the filling is, studies show. It's a more cautious tone for the FDA, which along with the American Dental Association, has long maintained that amalgams are safe, a finding disputed by health advocates. Mindful of health and aesthetics, patients are increasingly opting for tooth-colored resin composites. Nearly half of all U.S. dentists no longer use mercury, and its use is being legally phased out in more than a dozen countries.

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Eat Chili Peppers to Live Longer



Regular consumption of chili peppers can reduce the risk of dying from cardiovascular disease by 26 percent and from cancer by 23 percent, suggests a review of 4,729 studies involving 570,000 people. Researchers from the Cleveland Clinic reported to the annual scientific session of the American Heart Association that frequent chili eaters also had a lower risk of dying from any cause by 25 percent compared to those that rarely or never ate the fruit. Because it was difficult to measure the type and amount of chili pepper eaten by the Americans, Italians, Chinese and Iranians in the study, no quantities were specified. Previous studies have found that chili pepper has anti-inflammatory, antioxidant, anticancer and blood glucose-regulating effects due to capsaicin, its active ingredient.

Take Propolis and Vitamins A, E and D for Respiratory Tract Infections

Two new studies offer hope for dealing with the winter's respiratory woes. Propolis, the resin-like substance made by bees from plants to build their hives, has been used for centuries to heal wounds and treat colds. In a new study, researchers from Italy's University of Naples Federico II gave either a propolis extract oral spray or a placebo three times a day to 122 people with mild upper respiratory tract infections. After three days, 83 percent of the patients in the propolis group enjoyed remission of all symptoms such as sore throat, hoarseness and throat swelling and redness, compared to 28 percent of the placebo group. The propolis reduced the duration of infection from five days to three days, two days less than the placebo.

A second study in Britain of 6,115 adults found that those with adequate intakes of vitamins A and E from diet and supplements had fewer respiratory complaints. People taking vitamin D as supplements, but not from their diet, also fared better at fending off such symptoms as breathlessness, bronchial trouble, viral pneumonia and throat infection.



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health briefs

Maintaining the Body's Balance with CBD

by Tim Gunther

Becoming informed on how the Endocannabinoid System (ECS) affects homeostasis can help remove obstacles to your overall health and wellness. Homeostasis is the concept that biological systems are actively regulated to maintain conditions within a narrow range of operation. Maintaining body temperature is an example of homeostasis. The human body does not function normally in conditions where the temperature is either too hot or too cold; conditions need to be right for cells to maintain optimum performance. The ECS is our universal regulator, it plays a critical role in maintaining the homeostasis of the human body. Cannabinoid receptors (CB1 in the central nervous system and CB2 in the peripheral nervous system) help to regulate immunity, mood, appetite, sleep, memory, digestion and inflammation.

The body's ability to maintain internal balance (homeostasis) when confronted with external stress allows it to function optimally. Providing the ECS the support it



needs can be significant in helping the body maintain balance. The body naturally produces a compound (endocannabinoids) similar to CBD. Supplementing the body's natural reserves may help the ECS to function optimally.

Extensive scientific research (much of it sponsored by the U.S. government) and mounting anecdotal accounts from patients and physicians, highlight CBD's potential as

a treatment for a wide range of ailments. Autoimmune diseases (inflammation, rheumatoid arthritis); neurological conditions (Alzheimer's, dementia, Parkinson's, multiple sclerosis, epilepsy, Huntington's chorea, stroke, traumatic brain injury); metabolic syndrome (diabetes, obesity); neuropsychiatric illness (autism, ADHD, PTSD, alcoholism); gut disorders (colitis, Crohn's); cardiovascular dysfunction (atherosclerosis, arrhythmia); and skin conditions (acne, dermatitis, psoriasis) are among the ailments reported to benefit from CBD.

The hemp plant has over 400 compounds and cannabinoids. Roughly 120 cannabinoids are known with CBD being one of the most popular. A safe, non-addictive substance, CBD is one of more than a hundred "phytocannabinoids" unique to hemp and cannabis and has a robust therapeutic profile.

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The Dirt on Real Organic Farming

by Sarah Fenton

Farmers and consumers throughout the United States and beyond are pushing to create transparency in a very disjointed food system. Members of the Real Organic Project are working to take important steps for advancement, to hold each other accountable and to discuss the issues at depth.

Passionate voices are at the heart of the Real Organic Project. This farmer-led movement was created to distinguish soil-grown and pasture-raised products under the USDA organic program. These farmers care about the agricultural systems and are working hard to restore the integrity of the organic program. The term organic has been misused by advertisers, lobbyists and big agricultural corporations resulting in the watering down of the organic label and consumer confusion.

Organic farming has always been based on a “feed the soil, not the plant” philosophy. Real organic farming encompasses more than the absence or presence of pesticides. It combines actively building soil health and maintaining biodiversity which impacts more than our food; it also impacts the environment.

Real organic farming relies on the microbial activity of the soil to slowly release nutrients to the plant. Growing in soil is part of the original USDA Organic Standards. However, in recent years, many organic farmers have grown distraught over USDA decisions that have negated this fundamental truth and allowed soilless hydroponic

farming to be sold under the same organic label. Further, rules have been overlooked regarding the proper care of grazing animals resulting in cruel and unhealthy circumstances.

The Real Organic Project has worked diligently to create its own certification program for farmers who are devoted to regenerative, truly organic agriculture. Considered a “step above and beyond” the standard USDA certification, Real Organic Project (ROP) certified farms can now proudly display an additional label on their foods.

Unlike the USDA that charges thousands of dollars to certify farms, the Real Organic Project doesn't charge farmers for certification. Those who participated in their January symposium with over 50 prominent organic farmers, scientists, and climate activists, not only expanded their overall food horizons, but allowed other farmers who adhere to these superior standards to qualify for their Real Organic Project certification. The ROP label indicates the food is at the highest standards of “real organic.”

Shadowood Farm of Palm City is proud to be a Real Organic Project Certified farm. They sell real organic produce weekly during the growing season, organic farming supplies and more. ShadowoodFarm.com, 6220 SE Martin Hwy, Palm City, 772-781-5777. To learn more about this proactive organization, visit RealOrganicProject.org. See ad, page 27.



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global briefs



Big Blow

Climate Change Makes Hurricane Destruction Worse

A study from the Okinawa Institute of Science and Technology Graduate University published in *Nature* predicts that hurricanes will remain stronger and persist longer after

making landfall, causing greater and more widespread destruction, because of ocean waters heated by climate change. In the 1960s, hurricanes lost 75 percent of their energy in the first day after making landfall, but more recent hurricanes lost only about 50 percent of their energy in that same time.

Hurricanes feed off heat energy from the sea and rapidly lose strength once they reach land. Pinaki Chakraborty, a senior author of the study, and its lead author, Ph.D. student Lin Li, analyzed data on storms that made landfall after forming in the North Atlantic between 1967 and 2018. They found that how slowly the storms weakened closely matched changes in sea surface temperatures during the same period. From computer simulations of hurricanes, they discovered that hotter temperatures allowed the hurricanes to hold on to more moisture, which they could continue to use as a source of heat energy once they reached land.

Tiny Invaders

Plastic Particles Ingested in Food and Water

Researchers at the University of Victoria, British Columbia, estimate people that drink bottled water ingest an additional 90,000 microplastic particles annually compared to 4,000 microplastics for those that drink only tap water. Food is contaminated with plastic as well, which we also ingest. The researchers took data from 26 studies that measured plastic in salt, beer, sugar, fish, shellfish, water and urban air, and combined it with U.S. dietary guidelines to calculate how many particles people likely consumed annually. The results are 50,000 particles per year for adults and 40,000 for children. When inhalation is included, the estimate rises to between 74,000 and 121,000 particles per year for adults. Even these figures are likely underestimated, because the foods in the studies make up only 15 percent of the typical American caloric intake. The particles' effect on the human body is not yet understood. Another study revealed that some plastic is expelled from the body in feces. But there is also evidence that it gets absorbed, and that the tiniest particles can enter the bloodstream and lymphatic system, which could affect immune response and aid transmission of toxic chemicals.



Stress Responses

Disaster Fatigue Influences Decisions

Extreme levels of stress from wildfires, hurricanes, floods and the pandemic can induce “disaster fatigue”, a form of emotional exhaustion that may reshape how people make choices. Tara Powell, a behavioral health expert at the University of Illinois, Urbana-Champaign, states that there isn't a single strategy for combating disaster fatigue, but current studies could help researchers and emergency planners customize interventions to aid specific communities and individuals, helping them prepare for impending disasters and recovery afterward. The condition can have major implications for emergency planners trying to encourage people to get out of harm's way.

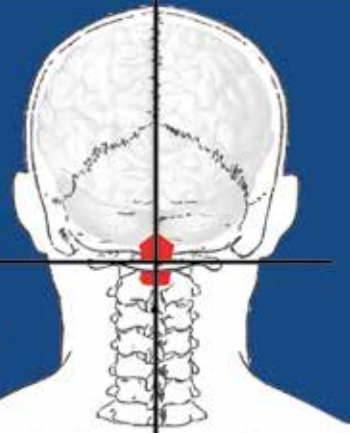
Jennifer Collins, a severe weather scientist at the University of South Florida, and her collaborators received more than 7,000 responses to a survey sent to Florida residents before the last hurricane season began. Nearly 75 percent of respondents perceived the hypothetical risk of evacuating to a



shelter and potentially exposing themselves to COVID-19 as more dangerous than sheltering in place. But after September's Hurricane Laura, Collins saw shifting perceptions in 300 responses—some that said they had sheltered in place during the storm admitted they would not do so again the next time.

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Shoes Off! Keep Germs Outside

It may take some getting used to, and some friends may think it odd, but banning shoes in the house is a good idea. Research has shown that when we're out and about, our shoes come into direct contact with a variety of microbes, including viruses and bacteria. If we walk around our homes in these same shoes without disinfecting them first, we can track in some of those germs and spread them throughout our living spaces.

Pollen and mold can also come into the house on shoes. Upping the gross factor, think about picking up fecal matter left by pets on lawns, driveways and sidewalks, as well as the human kind from public restroom floors.

Keeping the indoor sanctuary as clean as possible should be job number one, especially if one or more people in the house are allergy sufferers, immunocompromised individuals or small children that play on the floor and regularly stick things into their mouths.

Organisms survive longer in carpets, which are harder to clean

and disinfect than hard floors, but the easiest solution is to leave shoes by the front door. Setting up a seat and shoe storage area at the entrance makes the transition much easier.

Designate one or two pairs as indoor shoes—they could be slippers or comfy loafers that never go outdoors. Socks or good-old-fashioned bare feet are also options. Some people swear by antimicrobial doormats, wiping their feet two or more times on the treated mat before crossing the threshold.

Periodically cleaning shoes is a good idea, too. The first step is to check the shoe manufacturer's instructions. Some shoes, like canvas sneakers, can be placed in the washing machine and air dried. Most rubber or leather soles can be scrubbed with soapy water using an old toothbrush or a washcloth. Avoid detergents or cleaners with bleach unless the shoes are white. Thoroughly rinse off the soap to avoid making the shoes slippery.

Asking guests to remove their shoes before entering the abode may feel awkward. Be kind and gentle when making the request, explaining that it will help preserve the family's health. And if they seem uncomfortable, be flexible. When hosting a gathering, it may be wise to give invitees advance warning of the no-shoe preference so that they can bring slippers or socks. A proactive host might even have fresh socks or house shoes available for guests.

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Live a Heart-Healthy Lifestyle

Integrative Cardiologists on Preventing Heart Disease

by Ronica O'Hara



Cardiology has made mind-boggling advances in efficiently repairing everything from clogged arteries to floppy mitral valves and even replacing the entire failing heart itself. Yet the stubborn fact remains that almost half of all Americans suffer from cardiovascular disease, killing one in four of us, and those numbers are rising. Research shows that simple lifestyle changes can prevent 80 percent of these deaths, but many cardiologists typically reach for a prescription pad rather than explore diet, exercise and other prevention options with their patients.

“Medicine can be life-saving, but optimal heart health can’t come from medicine alone,” says cardiologist Stephen Devries, co-author of *Integrative Cardiology*. “There is a common belief among many physicians that patients generally don’t want to make lifestyle changes—an assumption that is often dead wrong and refuted by surveys of patients that show that the majority are looking to do exactly that.”

Los Angeles restaurateur and musician Gianni Neiviller, 54, is such a case. When he found holistic cardiologist Cynthia Thaik three years ago, he had already endured four major surgeries for gut illnesses; was suffering from obesity, high blood pressure, anxiety and depression; and was heavily abusing alcohol and marijuana. Thaik ordered tests that uncovered sleep apnea, and she encouraged him to turn to an all-organic diet, take vitamin and mineral supplements, exercise and practice mindfulness and meditation.

“At first it was all fairly hard, but as I started losing the pounds, my mind became more clear, and little by little, it all started getting a bit easier,” Neiviller says. He lost 86 pounds within a year, got sober and ceased taking blood pressure medication and using a sleep apnea machine. He now walks six miles a day; practices a hybrid regimen of qigong, yoga and meditation; and is switching to a holistic health career. “When people try to push my buttons, they rarely succeed these days,” he smiles.

Rebounding into vibrant health is what integrative cardiologists like Devries and Thaik strive for. Also known as preventive or holistic cardiologists, they focus on guiding patients to change long-held, harmful, physical and emotional practices. Although they are comparatively few in

number—probably no more than 100 nationally—these doctors are vocal and influential, imparting valuable advice about preventing and reversing heart disease through daily lifestyle choices.

Heart-Happy Eating

Substantial research affirms that one major line of defense against heart disease is what we put into our mouths every day, yet only 8 percent of cardiologists consider themselves capable to give nutritional advice, a survey showed. To counter that, Devries co-founded the Gaples Institute, a Naperville, Illinois, nonprofit that offers free nutritional training online to the public and nutritional accreditation for medical clinicians. Devries, who trained at Dr. Andrew Weil's Center for Integrative Medicine at the University of Arizona, lectures internationally and recently authored *What Your Doctor May Not Tell You About Cholesterol*. "People have a lot more power over their heart health than they realize," he says.

According to Devries, the name of a diet is not as important as the anti-inflammatory foods it should contain, such as "a wide variety of vegetables and fruit, plenty of beans, whole grains in place of refined, minimizing or eliminating meat (especially processed meat like bacon and sausage), minimizing added sugar (especially from sugar-sweetened beverages) and using small amounts of the most healthful oils, like extra-virgin olive oil." And the evidence is increasing, he says, of "minimizing or eliminating animal products and getting most or all of your protein from high-quality plant sources like beans, tofu, whole grains and nuts. Fish is one exception for which there is good evidence."

He's backed up by a November 2020 study of 220,000 adults published in the *Journal of the American College of Cardiology*. It concludes that those with diets high in red and processed meat, refined grains and sugary beverages had a 46 percent higher risk of heart disease and a 28 percent higher risk of stroke compared to those consuming anti-inflammatory diets rich in green and yellow vegetables, whole grains, coffee and tea.

Devries suggests that gradual, incremental changes to the diet may be

easier than abrupt and dramatic choices. For example, he might recommend switching from sugary soda to flavored seltzer first, then trying lemon water and black tea with milk before opting for plain, green tea. Sipping a cup of green tea at least every other day reduces the risk of heart attacks and dying of heart disease by one-fifth, Chinese researchers report in the *European Journal of Preventive Cardiology*.

Powerful Supplements

As a young cardiologist frustrated by the revolving-door nature of his patients, Stephen Sinatra came upon an obscure 1982 study of coenzyme Q10 (CoQ10) that he realized could have saved the life of a favorite patient. This catalyzed his intensive studies into nutrition and bioenergetics that produced 17 books, including the bestselling *Reverse Heart Disease Now* and *The Sinatra Solution*. He helped formulate the new field of metabolic cardiology that proposes preventing and treating cardiovascular disease with nutraceuticals to improve energy production in heart cells.

In addition to suggesting a high-potency, multi-nutrient, fish oil, magnesium and vitamin C for prevention, he recommends four key nutrients that produce and use adenosine triphosphate (ATP), the body's basic cellular fuel:

♥ **CoQ10** is synthesized in the body, but declines with age and statin use. It protects from the free radical damage linked to inflammation. Dosage: 90 to 250 milligrams (mg) daily for prevention, 180 to 360 mg for hypertension and 300 to 600 mg for heart failure.

♥ **L-carnitine** ferries fatty acids to be oxidized to make ATP and moves toxic metabolites out of heart cells. Dosage: 1,000 to 1,500 mg in divided doses to prevent deficiency and up to 3,000 mg for heart disease.

♥ **Magnesium**, required in all reactions involving ATP, is depleted by some gastrointestinal medications and diuretics. Dosage: at least 400 mg.

♥ **D-ribose** is a naturally occurring sugar derivative of ATP that hastens energy regeneration. Dosage: five to seven grams (gm) daily as a preventive, seven to 10 gm daily for heart failure.

In other nutrient news, adults that took glucosamine/chondroitin every day for a year or longer had a 65 percent reduction in cardiovascular-related deaths, reports West Virginia University researchers that analyzed 16 years of data from 16,686 adults.

Smart Testing

Preventive cardiologist Joel Kahn, the author of *Your Whole Heart Solution* and *The Plant-Based Solution*, says that lab tests typically prescribed by cardiologists and other doctors are inadequate. "Standard lab tests have not changed in 30 to 40 years, but science has," he says. "For example, inflammation is now understood to be a fundamental process for most chronic diseases like heart disease and cancer. A simple lab test, hs-CRP, is available to measure inflammation. Very few doctors add this to their panel. When it is high, it leads to a search for why there is inflammation and diet, lifestyle and other measures to resolve it."

After 25 years as a cardiologist treating heart-attack emergencies, Kahn, who is vegan, went back to college to study preventive cardiology and set up the Kahn Center for Cardiac Longevity, in Bingham Farms, Michigan, which focuses on dietary counseling and preventive screenings. His list of "must have" tests includes:

♥ **Advanced cholesterol panel** for a breakdown of LDL-cholesterol particle number and size, which is highly predictive of cardiovascular problems.

♥ **Lipoprotein(a) cholesterol** to detect a risk-elevating genetic form of cholesterol that's present in about 20 percent of those tested.

♥ **High-sensitivity C-reactive protein (hsCRP)** to identify inflammation of blood vessels.

♥ **Hemoglobin A1c (HbA1C)** to obtain the three-month measure of sugar in hemoglobin, a marker of both diabetes and heart disease.

♥ **Vitamin D** to identify deficiencies linked to a higher risk of hypertension, heart failure, angina and heart attacks.

Move It or Lose It

The American Heart Association recommends 150 minutes per week of moderate-intensity aerobic activity (brisk

walking, water aerobics, gardening, tennis, dancing) or 75 minutes of vigorous activity (running, jumping, swimming laps), as well as muscle-strengthening activity (weights) at least two days a week.

Only 20 percent of adults exercise for the full 150 minutes per week, which may be why physical inactivity is a major factor in an estimated one-third of heart disease deaths. “I like to frame it as ‘being active’, because exercise sounds onerous,” Devries says. “Even a small amount of activity goes a long way—walking at a gentle pace 30 minutes a day confers very significant benefits. Up to a point, more can be better, but only for some people, and only to a point.”

Even moving a few minutes daily can add up. Doing 12-minute bursts of vigorous exercise favorably impacts 80 percent of the metabolites that govern such functions as oxidative stress, inflammation and vascular reactivity, reports a new study in *Circulation*. Just one hour a week of strength training significantly lowers the risk of heart attack, stroke and heart disease death, another study found. And simply holding thigh and calf stretches for 45 seconds for a total of five minutes daily improved arterial blood flow, reports a study in the *Journal of Physiology*.

The Emotional Heart

As a child in Myanmar, Thaik witnessed hands-on healing at a clinic she visited with her physician mother, but holistic care only entered her life after 20 years of practice as a frustrated cardiologist, when she was laid low by severe anemia that required transfusions and surgery. Today, the Harvard-trained cardiologist is the author of *Your Vibrant Heart* and founder of the Holistic Heart Healing Center, in Los Angeles, which integrates the medical model with lifestyle strategies and approaches like homeopathy and acupuncture.

“I very much believe that we are both physical beings and energetic or spiritual beings. Our physical makeup is closely intertwined with our mental and emotional makeup,” Thaik says. She counsels patients to practice the following:

♥ **Mindfulness.** “A mentor of mine, (life coach) Mary Morrissey, taught me to avoid the three Cs—complaining, comparing or criticizing. If you attempt to do this for even an hour, you will find that it is actually a hard task. Practicing this allows us to be acutely mindful of our thoughts.”

♥ **Gratitude.** “I wake up every morning and before my feet hit the floor, I make this statement five times and fill in five different answers: ‘I am so happy and grateful now that ...’”

♥ **Releasing.** “I believe the most important ingredient to health and healing is the ability to release—to forgive self and others, to let go and abandon all of our negative thoughts, our self-limiting beliefs, our notions of right and wrong, our feelings of injustice and being wronged.”

She advises, “When we can abandon all these beliefs and allow ourselves to float or drift unimpeded—imagine yourself on a tube in a lazy river—that is when healing within our bodies begins, when our parameters of stress and the hormones and neurotransmitters associated with stress start to down-regulate, and we can literally feel a wave of relaxation passing through our bodies. This will lower our heart rate, blood pressure, adrenaline and cortisol levels, thereby mitigating our risk of a heart attack or stroke.”

Ronica O’Hara, a natural health writer, can be contacted at OHaraRonica@gmail.com.

More Heart-Healthy Strategies

TAKE LONG SOAKS. Middle-aged Japanese adults that took a daily bath in warm or hot water had a 28 percent lower risk of cardiovascular disease and a 26 percent lower risk of stroke than people that didn’t bathe in the tub more than twice a week, concludes a study in the journal *Heart*.

OUTDO EACH OTHER. People that competed with each other to walk more steps ended up walking about 100 miles more in nine months than people that simply walked on their own, reports the *JAMA Internal Medicine*.

CONSIDER CANNABIDIOL. This non-psychoactive form of cannabis has been shown in small lab studies to lower inflammation and ease arrhythmia. “CBD can help to reduce stress, lower blood pressure, improve anxiety and depression, reduce inflammation, improve glucose regulation, diminish pain and thereby lower our adrenergic (fight-or-flight) tone,” says holistic cardiologist Cynthia Thaik.


BRUSH A LOT. In a 10-year Korean study, people that brushed their teeth three or more times a day had a 10 percent lower risk of atrial fibrillation and a 12 percent lower risk of heart failure.

SIDESTEP POLLUTION. Stay away from traffic and industrial areas when exercising. Even a few hours of exposure to the ultrafine particles generated by emissions may potentially trigger a nonfatal heart attack, reports research in *Environmental Health Perspectives*.

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Protect Your Heart

Heart Screening Can Be a Life Saver

by Julie Peterson



Experts are now realizing that some key warning signs for early detection of heart and vascular disease have been missed. Fortunately, the field of cardiology is shifting to preventive testing earlier in life. With several cutting-edge diagnostics available locally, better outcomes can be expected for those at risk.

Blood pressure, cholesterol and body mass index (BMI) have long been the numbers to track for heart health. But a 2009 study by Sachdeva, et al., published in the American Heart Journal, looked at more than 130,000 patients hospitalized with coronary artery disease and found that more than 50 percent of them had normal cholesterol levels. It turns out that cholesterol, for one, is not necessarily useful in predicting cardiac events.

Yale R. Smith, MD, at Center for Anti-Aging Aesthetic and Rejuvenation Medicine (CAARM), says that while it was traditionally thought that narrowing of the arteries was to blame for cardiovascular events, inflammation has become more of a focus.

The PULS test, a simple blood test offered at CAARM, looks at inflammatory biomarkers for the body's immune system response to arterial injury and provides a chronological heart

It turns out that cholesterol, for one, is not necessarily useful in predicting cardiac events.

age and risk of a cardiovascular event. It is recommended for patients in their 40s.

Also at CAARM, SpectraCell's Micronutrient Test, analyzes how well the body utilizes vitamins, minerals, amino/fatty acids, antioxidants and metabolites. "Strong evidence suggests that subtle vitamin, mineral, and antioxidant deficiencies can contribute to degenerative processes such as arthritis, cancer, and cardiovascular disease," states Smith.

Further, a genetic testing tool, CardiaX, detects and interprets genetic variants that are associated with increased predisposition for heart conditions. The resulting information can help reverse certain heart conditions by providing an incentive for patients to make lifestyle changes.

Morgan Kane, at Treasure Coast Heart & Vascular (TCH&V), explains that it's

not just the region around the heart to be concerned with. "Arteries run throughout the body, bringing oxygenated blood to the extremities." Peripheral Arterial Disease (PAD) involves a blockage that restricts blood flow to the legs, which can cause pain and cramping.

"You can identify if the patient is at risk with an Ankle-Brachial Index test to determine if blood is flowing to the extremities the way that it should," Kane says. The ABI test is a non-invasive blood pressure analysis that can detect potential PAD. Studies showed that a low ABI index was correlated with an increase in the occurrence of major cardiovascular events in elderly patients.

In addition, doppler studies use ultrasound or high frequency sound waves to assess blood flow in major arteries and veins to detect abnormalities that may not be evident to the patient but could be indicators of serious problems in the future.

What many people don't realize is that the arterial system is a pressurized system and as the heart pumps it increases the pressure within elastic arteries and forces blood to the extremities. But the venous system, the second part of the circulatory system, brings blood back to the lungs to get re-oxygenated and then back to the heart so it can pump it out again.

"The venous system is not pressurized, it is a mechanical system," says Kane. "You have one-way valves that line the veins which brings blood back to the heart. So, the 'heart' of the venous system is the calf muscle. You have to move and walk in order for the system to work." Therefore, even varicose veins can be a warning sign that the circulatory system needs evaluation and lifestyle changes may be in order.

"The earlier a person is diagnosed the better," says Kane, pointing to the ease of making dietary and exercise changes as compared to potentially needing surgery if disease progresses.

Dr. Smith agrees. "If you can show someone the future, it's a wake-up call to make lifestyle changes to increase longevity."

To connect with practitioners in this article refer to their ad. Center for Anti-Aging Aesthetic and Rejuvenation Medicine, page 49; Treasure Coast Heart & Vascular, page 13.

Shefali Tsabary on Conscious Relationships

by Sandra Yeyati

Offering innovative approaches to mindful living, Shefali Tsabary, Ph.D., is a clinical psychologist, international keynote speaker and bestselling author of *The Conscious Parent*, *Out of Control* and her latest, *The Awakened Family*. She has presented talks at TEDx, the Kellogg Business School, The Dalai Lama Center for Peace and Education, and *SuperSoul Sessions with Oprah Winfrey*, who has endorsed her work as revolutionary and life-changing.



Why do we have so much trouble with our romantic relationships?

Because we enter relationships without having entered a relationship with ourselves. We look to the other person and the relationship to fill us up, to give us what we are missing from within, and what we don't realize is that the other person is there for the same reason. After the initial chemical, hormonal lust phase, we realize that the other person cannot be our parent figure and that they cannot fulfill our unfulfilled inner child needs. The disappointment is so great and the anger so livid that we spiral into hurt, disappointment and unmet expectations without realizing that the other hasn't done anything. We typically attract people who are going to be mirrors that show us how we need to reparent ourselves and force us to repeat childhood patterns. If we have an issue of unworthiness, that's going to show up. If we have fear of rejection, that's going to show up, and all fingers point to the imperative that we do our own inner work.

What does that inner work look like?

The first step is realizing that what's happening in the relationship is really a reflection of the inner state of being, and therefore isn't the other person's fault that I'm feeling rejected, hurt or unworthy. We stop trying to change, fix or blame the other. We then hire a therapist or join a self-development course and begin to understand our inner wounds from childhood that are being repeated in this current dynamic. We have to do the work. It's not easy. It's not going to happen just because we made an intellectual decision. It's a quest, a constant unfolding, un-layering, evolving and becoming more. The goal is your arrival into your most authentic self—into your whole, free self.

How do we remain in a relationship while doing this work?

We become more honest, more up front, more candid and ready to meet the other at our new place of growth. If the other doesn't

want to grow and cannot do this inner work because of their own inner demons and resistance, then maybe you won't be able to continue on, but you will be conscious enough to be able to release the other of the expectation to continue on. A healthy relationship is a relationship where each person takes responsibility for their own inner growth and their own inner wounds, doesn't project their needs on the other, parents themselves into a state of wholeness and then releases the other to be free.

How do you define love?

Most of us love egoically, which is loving the other because they make us feel good about ourselves, and the moment they stop making us feel good about ourselves, we actually leave them. That's why there's so much divorce. That's not love. Egoic love is possession, ownership and control. Most of us are mired in those kinds of relationships; the institution of marriage actually supports ownership, possession and control. True, or high love, is the understanding that the other is with you and you are with them to encourage each other's growth and to see each other be their most authentic, free selves. If that includes being with us, we're happy. If that includes not being with us, we're as happy. That's true love, because you're in love with the other person's essence and you're more invested in the other person's whole self rather than the self that you want to own and possess.

What is conscious intimacy?

Conscious intimacy starts with how intimate and honest you are with yourself—how sexually connected you are with your needs and your desires. The more unabashed, bare, spontaneous and transparent you can be with yourself, the more you will seek and be around partners who can hold that space with you.

*For more information, including online courses, visit DrShefali.com. Her *Free to Be* course specifically addresses conscious relationship issues.*

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

Recommendations to Strengthen Your Relationship Bonds

LOCAL EXPERTS WEIGH IN

Conflict in a romantic relationship can cause gut wrenching discomfort and deepen distance between partners. But it doesn't have to be that way. Local relationship experts explain how conflict can be a catalyst to growing closer and strengthening relationship bonds.

Common Issues Between Partners

Distribution of labor, dynamics of power, budgeting, separate interests and more can cause conflict over time, according to Joan LoMonaco, Family Constellation Practitioner at Dharma Healing Arts in Fort Pierce. But conflict doesn't have to be viewed negatively. "Conflict is natural. In fact, it's helpful in a relationship. When understood and handled well, it can become a source of deepening understanding and connection between partners," says Carol Baxter, Relationship Coach at The Inspired Living Center in Port St. Lucie.

That connection might feel more difficult when one person seems to be going in a different direction than the other. "We are constantly changing and evolving and sometimes one may seem to be changing more than the other," says Ann Marie Caccavano, Certified Hypnotherapist, at Lifestyle Goddess in Port St. Lucie. "It's important to think about how you can have a successful relationship with this new version of the person...It can be exciting as you discover new ways of being together."

Strengthen the Relationship

Better communication always helps. Learning to truly listen, instead of assuming



Hearing your partner is key but knowing what you want is also crucial.

what the other thinks can bring about realization that there may be an underlying need that is not being met or spoken about.

"Participate in active listening with reflection back what the other says," advises LoMonaco. "They should be mindful and aware of the other's needs. They should have mutual respect and work toward understanding each other without fear of humiliation for sharing feelings."

Hearing your partner is key but knowing what you want is also crucial. "Get clarity and allow yourself to be vulnerable. Ask yourself what specifically do I need from my partner right now? How would I like him/her to respond to me in this moment? Then share your need clearly and kindly and give your partner time to absorb your point of view," says Baxter.

Bring back date night! Busy couples often put cultivating their relationship by the wayside as careers, raising a family and adult life get in the way. "Making a commitment to one other, whether once a week or once a month, to have a 'date night' to set aside time focusing solely on your relationship is key to successful partnering," says Caccavano. She also recommends playing games that have get-to-know-you questions, to deepen knowledge about each other. Things like "How did I love you well this past week? Or What dream/thoughts/visions are at the forefront of your mind this coming week?" can often reveal surprising answers that will deepen understanding.

Bringing back the old-fashioned love letter is another recommendation from Caccavano. Sometimes hopes, dreams and passion are better expressed in writing instead of spoken.

Arrive Authentically

One way to show up more authentically in a relationship is to ask yourself if you might be making it difficult for your partner to give you what you really want. "This points to an increase in self-knowledge and accountability, which is an important step away from the finger-pointing that characterizes most conflict," says Baxter. "It's also a step into self-reflection and a good way to know what to focus on for self-development, growth and relationship readiness."

"It is beneficial if each partner is engaged in their own personal process of growth or awakening to the core of their being which involves being able to see their flaws and work on them," says LoMonaco.

Caccavano agrees: "Knowing who you are and what you want is key to an authentic relationship. How can anyone give you what you want or encourage and support you if you have no idea what that is?"

To connect with practitioners in this article refer to their ad. Dharma Healing Arts, page 50; The Inspired Living Center, page 50; Lifestyle Goddess, page 52.



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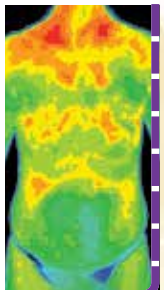
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Heartfelt Eating

Best Foods for a Heart-Healthy Diet

by April Thompson

Hypertension affects nearly half of all Americans, increasing the risk for heart disease and stroke, the leading cause of death. We can help mitigate that risk and have a healthy “change of heart” by revamping our diets.



While food fads are constantly changing, the basics of a heart-healthy diet have not, says Cheryl Strachan, a registered dietitian in Calgary, Canada, and founder of *SweetSpotNutrition.ca*. Strachan notes the Dietary Approaches to Stop Hypertension (DASH) diet has been used to help lower blood pressure and with other heart disease risk factors since its development in the 1990s. The DASH diet is rich in fruits, vegetables, whole grains, nuts, beans and low-fat dairy foods. While it includes lean meat, fish and poultry, it limits sugary foods and fatty meats.

The Mediterranean diet, says Strachan, is another proven regimen for heart health, citing a five-year Spanish study in *The New England Journal of Medicine* that found the incidence of cardiovascular events was 30 percent lower among participants on this diet, supplemented with extra-virgin olive oil or nuts, compared to those assigned a reduced-fat diet.

A Mediterranean diet doesn't necessarily mean eating dishes specific to that region. “It's the type of foods that matters: a largely plant-based diet focused on whole grains such as the bulgur in tabouli, legumes, nuts, seeds, olive oil and some animal products like fish, poultry and dairy,” says Strachan.

Michael Greger, a Seattle physician and author of the bestseller *How Not to Die*, disagrees that meat-based proteins have a place in a heart-healthy diet. “Only one way of eating has ever been proven to reverse heart disease in the majority of patients: a diet centered around whole-plant foods,” says Greger, adding that the most critical risk factor is elevated LDL cholesterol. “To drastically reduce LDL cholesterol levels, we need to drastically reduce our intake of trans fat, which comes from processed foods and naturally from meat and dairy; saturated fat, found mainly in animal products and junk foods; and playing a lesser role, dietary cholesterol, found exclusively in animal-derived foods, especially eggs.”

Michelle Routhenstein, a preventive cardiology dietitian and owner of Entirely Nourished, a nutrition counseling practice in New York City, likes to meet clients where they are rather than trying to force a drastic switch they can't maintain. “Often, people get very broad advice, like ‘Adopt a

plant-based diet,' but when it comes to the heart, you have to find a way of eating you can commit to long term. I start by asking what foods bring them joy, as well as their food dislikes, history and culture.”

For Routhenstein, an optimal diet for the heart includes a healthy balance of good fats, lean protein and the complex carbs that are important sources of fiber. “Research has shown that every additional 10 grams of fiber per day can decrease the risk of coronary heart disease by as much as 25 percent,” by helping the body remove excess cholesterol, says the dietitian and author of *The Truly Easy Heart-Healthy Cookbook: Fuss-Free, Flavorful, Low-Sodium Meals*. While fatty foods are sometimes scapegoated for poor health, unsaturated fats are “really good for blood vessel health,” she adds.

Nutrients for Heart Health

Potassium is a key mineral for heart health, as it can help the body remove excess sodium, lower blood pressure and improve blood flow and blood vessel health. Yet research shows less than 2 percent of Americans get enough. Beans, sweet potatoes, lentils, beets and avocados are among many potassium-rich foods with multiple heart benefits.

There is a growing awareness of the importance of inflammation-fighting omega-3 fatty acids, particularly in fish like wild salmon, arctic char and sardines. Routhenstein also advocates omega-9 fatty acids such as in tahini and avocado. Omega-9s have been shown to help increase HDL “good” cholesterol and decrease LDL “bad” cholesterol while protecting blood vessel health.

Heart attacks often seem to occur suddenly simply because the damage happens gradually and quietly, warns Routhenstein. “Heart disease is progressive, so over time a poor lifestyle and diet can damage blood vessels and accelerate hardening of the arteries that lead to heart attacks,” she warns. “Some damage may not be entirely reversible, but it’s never too late to optimize heart functioning.”

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

Servings for the Heart

Quinoa, Edamame and Carrot Salad with Ginger-Sesame Dressing

Edamame are whole, young, green soybeans that are mildly grassy in flavor. They have about five times the folate—a highly important cardiovascular nutrient—of mature soybeans. Edamame’s flavors pair well with fluffy quinoa, crunchy cabbage and carrot slaw, and combine seamlessly with the spicy, toasty notes of the ginger-sesame dressing.

YIELD: 2 SERVINGS

½ cup quinoa
1 cup water
1 cup edamame, fully cooked and chilled
2 Tbsp ginger-sesame dressing
1 cup shredded carrots
2 cups shredded cabbage



In a small pot, bring the quinoa and water to a boil. Lower the heat to low, cover and simmer for 8 minutes.

Add the edamame to the pot and cook for an additional four minutes, until the water in the quinoa pot has been absorbed and the edamame is tender.

In a medium-size bowl, combine the quinoa and edamame with the dressing, shredded carrots and shredded cabbage and serve.

Tip: There are three ways to make this easier: batch-cook the quinoa; thaw, cook and shell the edamame and keep overnight in the refrigerator; and buy prepackaged slaw. Just assemble.

Ginger-Sesame Dressing

Typical sesame dressing is high in sodium from the soy sauce; even the low-sodium varieties are high in salt. This dressing is well-balanced, low in sodium and adds flair to just about any dish. Toasted sesame oil is aromatically pleasing and adds immediate flavor that is balanced by tangy rice vinegar, zesty ginger and crunchy sesame seeds.

2 Tbsp toasted sesame oil
2 tsp rice vinegar
2 tsp fresh grated ginger
2 tsp unsalted sesame seeds

In a small bowl, mix the sesame oil, rice vinegar, ginger and sesame seeds until well combined. Store in the refrigerator in an airtight container for up to one week.

Flavor tip: For added heat, add ½ teaspoon of hot sauce and 1 teaspoon of lime juice to balance it out.



Blueberry and Pumpkin Seed Yogurt Bark

This dessert is for lovers of froyo, ice cream or frozen treats. Plain yogurt is blended with refreshing mint, sweet blueberries and a hint of honey—all topped with crunchy pumpkin seeds. This bark can also be an easy breakfast alternative that balances high-quality protein, dietary fiber and heart-healthy fats. Eat this delicious snack in a bowl to catch the yogurt bark liquid goodness as it melts. Add a drizzle of dark chocolate for extra decadence.

YIELD: 6 SERVINGS

2 cups nonfat plain yogurt
1¼ cups blueberries, divided
1 Tbsp coarsely chopped fresh mint
1 tsp honey
¼ cup raw, unsalted, pumpkin seeds

Line a baking sheet with parchment paper, making sure the edges are covered. In a medium-size bowl for a food processor, combine the yogurt, 1 cup of blueberries, the mint and honey. Blend until smooth, about 2 minutes.

Using a rubber spatula, evenly spread the yogurt mixture over the parchment paper. Evenly add the remaining blueberries along with the pumpkin seeds on top of the yogurt mixture.

Freeze for 2 to 4 hours until the bark is fully frozen. The best way to check is to poke the middle of the pan with a fork to see if it has hardened. Once fully frozen, the edges should easily lift, as well.

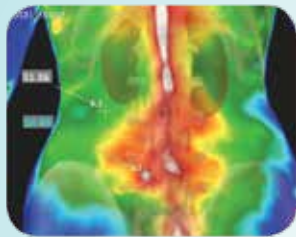
Break the bark up into 12 pieces and freeze in an overnight container or a freezer-safe, zip-top bag for up to one month.

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

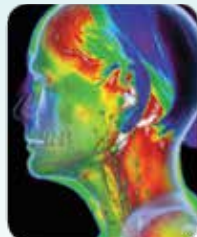
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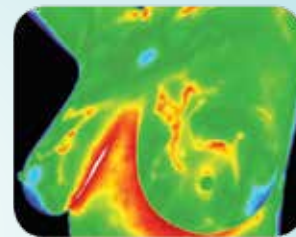
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Lentil, Raisin and Pecan-Stuffed Acorn Squash



This meal fills up a home with the smell of warm, sweet cinnamon and is accompanied by a toasted mixture of flavorful lentils, sweet and fruity raisins and buttery pecan pieces. It tastes like dessert, but is well-balanced with lean proteins from the lentils, complex carbohydrates from the squash and heart-healthy fats from the pecans to keep one satisfied and properly nourished.

YIELD: 2 SERVINGS

1 large acorn squash

2¼ tsp ground cinnamon, divided

1 cup low-sodium canned, cooked lentils, drained and rinsed

¼ cup pecan pieces

¼ cup raisins

Preheat the oven to 400° F. Line a baking sheet with parchment paper.

Cut the acorn squash in half and scoop out the seeds. Sprinkle ½ teaspoon of cinnamon on the inside of each squash section and place them flesh-side-down on the baking sheet. Cook for 30 minutes until fork-tender and lightly golden brown.

In a medium-sized mixing bowl, mix the lentils, pecans, raisins and the remaining 2 teaspoons of cinnamon. Scoop evenly into the inside of each squash and bake for an additional 5 to 10 minutes, until the pecans and the top of the lentil mixture are lightly golden. Once ready, place half an acorn squash on each plate and serve. This can also be stored in an airtight container in the refrigerator for up to three days.

Make-it-easier tip: Reduce cooking time by cutting the acorn squash in half, placing it in a microwave-safe dish and microwaving it covered on high for about 10 to 12 minutes until tender. Add the squash to the oven and continue with earlier step for a crispy finish.

Source: The Truly Easy Heart-Healthy Cookbook by Michelle Routhenstein.



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Halting Hypertension Exercises to Lower High Blood Pressure

by Marlaina Donato

An estimated 75 million American adults have blood pressure high enough to require management, according to the Centers for Disease Control and Prevention. For people with hypertension, tempering stress responses and limiting consumption of sodium, caffeine, alcohol and sugar can make a difference. Fortifying these lifestyle changes with aerobic exercise, yoga and high-intensity interval training (HIIT) can also help prevent and manage worrisome blood pressure readings.

Integrative cardiologist Jack Wolfson, in Paradise Valley, Arizona, points out that the development of hypertension is multicausal. “We are not genetically programmed to develop high blood pressure. Studies over the last 50 years confirm that physically active people have a lower risk of developing high blood pressure. For those with high blood pressure or people with a condition known as pre-hypertension, there is a blood pressure-lowering effect of physical activity.”

Aside from the value of strength training, walking, cycling and jogging, the Mayo Clinic recommends everyday movement in the form of household chores such as raking leaves, tending a garden or pushing a lawnmower. Cross-country skiing, skating and swimming also pack an aerobic punch. Experts agree that an active lifestyle strengthens the heart, demanding less systemic effort to pump blood, and healthier blood pressure is a result.

Lifestyle Emphasis, Targeted Fitness

“It’s been fascinating to watch clients come in extremely anxious about their high blood pressure number. A few months after consistent training and maintaining a healthier diet, there is a significant change within the body,” says Los Angeles fitness trainer Dominic Kennedy, creator of the new wellness app *Dominic Effect*. Kennedy recommends beginning with a brisk walk outside or on the treadmill and according to comfort level, bumping up the time each day. He underscores weights for those ready for strength training. “For many of my clients with high blood pressure, I superset their exercises so their heart rate is pumping. You will be surprised how aerobic weight training can be.”

Wolfson testifies to the benefits of HIIT, which alternates short periods of intense aerobic exercise with less intense recovery periods. “I recommend my patients get 30 minutes of HIIT four to five times per week. The design of a HIIT program must meet the person where they are at in their level of fitness. Whatever physical activity you choose,

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try to do it outside,” he says. “This way, we get the synergistic benefits of exercise and sunshine to lower your blood pressure. I’ve always told people that there is no such thing as bad weather, only bad clothes.”

Yoga for Stress Management

Wolfson is also an advocate of yoga for its parasympathetic nervous system support. Research published in *Journal of the American College of Cardiology* in 2018 shows that yoga, breathwork and stretching all positively impact blood pressure, with the greatest improvements evident from yoga and deep breathing.

“Yoga, no matter the type, is known to promote a sense of calm in the body and mind. A regular practice will help to reduce the effects that stress causes. It may or may not be the only step necessary,” says New York City yoga instructor Gail Grossman, author of *Restorative Yoga for Life*. She emphasizes personal preferences and staying within your comfort zone, noting, “If you feel stressed because it’s difficult, it won’t benefit you. I personally think restorative yoga, breathwork and meditation are the best practices for high blood pressure.”

For Grossman, there is no such thing as too much yoga, but she recommends not getting overwhelmed with the commitment and having professional guidance for pranayama, or breathwork. “Do what you can. A practice does not have to be a full class, especially in restorative yoga. If you can commit to 20 minutes a day, you will see results, if you are consistent.”

Kennedy underscores that investment pays off. “Many clients have come to me months later when they are in a more normal range and say, ‘We wish we would have started this sooner in life,’ but it’s never too late to start a fitness program. A good personal trainer or coach will help you do it in a safe way and get your body back in shape and healthy.”

Marlaina Donato is an author and recording artist. Connect at AutumnEmbersMusic.com.

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Big Love From Small Animals

The Joy of Furry Little Companions

by Julie Peterson

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People think rabbits are quiet carrot-munchers, but they're much more. Like many other small furry mammals, pet rabbits are expressive, intelligent and enjoy spending time with their humans.

Shana Cobin, a veterinary technician from Foster, Rhode Island, points out that just like dogs and cats, each rabbit is unique. Having had four house bunnies at different times, Cobin enjoyed getting to know each one. "They can be quite entertaining with their playful antics. My first rabbit, Koko, would come to me and lick my face," says Cobin. "She also made a purring sound for me, which they actually make by grinding their teeth."

Small and Sweet

For first-time pet owners, veterinarians often recommend pets smaller than dogs or cats. These can include a variety of rodents such as hamsters, gerbils, rats and mice, although guinea pigs usually top the list for their general durability, especially with children. Smaller pets can be the furry friend that a family may long for without posing the long-term commitment and higher care costs of a dog or cat.

For those that prefer a small furball that isn't a rodent, a rabbit may be appropriate. "House bunnies are curious

and very smart, which can be both terrific fun and problematic," says Cobin, noting that "house-bun" curiosity, coupled with an intense need to chew, can wreak havoc on cords and other items within reach. "They always have to chew to keep their teeth filed down, but that's why you give them appropriate things to chew." Ferrets, members of the weasel family, are also intelligent, and like rabbits, can be trained to use a litter box.

Buyer Beware

Just because small animals seem simpler to care for, it should be noted that their

health depends on specific diets, bedding, housing, exercise and grooming. Rabbits, for example, have delicate digestive systems. "Feeding the right diet is extremely important," advises Cobin. "A bunny's primary diet should be hay, which helps grind down their teeth and is good for their digestion. Dark, leafy greens are also good." As for carrots, Cobin says half of one is the most one rabbit should have in a day.

There is more to consider. "People need to think beyond the cute fluff ball," says Jennifer Miller, a former volunteer with the Animal Humane Society in Minnesota. "Small animal cages need regular cleaning, and ferrets have a natural musky odor to begin with. People start out wanting the cuteness, then they get tired of the work and get tired of the smell. Surrendered animals can be difficult to rehome." Before adopting a small animal, it's wise to research the species' specific care requirements and other information at HumaneSociety.org.

Annual veterinary checkups are something else to plan for, because many animals hide illness symptoms as a survival instinct. Having a small-animal veterinarian in place is important in case emergency care is required. "Zoological companion patients are unique and delicate. Their anatomy, physiology and



behavior is vastly different from dogs and cats, yet they require the same or more expertise and care,” says veterinarian Scharlet Kelly, medical director at the VCA Acacia Animal Hospital and Pet Resort, in Escondido, California.

Health Helpers

In 2019, the journal *Aging & Mental Health* published a survey that concluded pets benefit older adults by “providing companionship, giving a sense of purpose and meaning, reducing loneliness and increasing socialisation.”

According to Jeremy Barron, M.D., medical director of the Beacham Center for Geriatric Medicine at the Johns Hopkins Bayview Medical Center, in Baltimore, “Owning a pet provides an amazing array of health benefits.” Indeed, numerous studies have shown

that petting an animal can lower blood pressure and heart rate, soothe PTSD, decrease stress hormones and boost serotonin. Simply put, petting animals is not only good for people, it feels good, too.

“Love can come in small packages,” says Liz Warner, a retired teacher in Richmond, Virginia, who adopted Laverne and Shirley, two Peruvian guinea pigs, to keep her company during the isolation of the pandemic. “I enjoy brushing their long coats and giving them their necessary haircuts. When I hold them, they kind of purr. It’s comforting.”

Cobin agrees that pets provide comfort and add joy to the home. “Bunnies do this thing called a binky. My most recent rabbit, Vivian Bucket, would just be hopping around and then she would dart, jump up and twist in the air. It’s what rabbits do when they are happy and playful, and it’s adorable.”

Julie Peterson writes about health and wellness from rural Wisconsin. Reach out at JuliePeterson2222@gmail.com.

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VEGGIE TRICKS

How to Get Kids to Eat Better

by Ronica O'Hara



It's the rare parent that doesn't have to plead and plot to get a child to eat vegetables. That's not surprising; almost no one is born with a natural hankering for broccoli, and being wary of strange new foods may be hardwired in us so we can survive as a species. Happily, clever workarounds can help move a child past exclaiming, "Yuck!" as these parenting bloggers, nutritionists and other grown-ups have learned in the veggies-are-good-for-you trenches.

SERVE SMOOTHIES. "The combinations are endless. Pack it full of spinach, kale, frozen zucchini or cauliflower. Then add a frozen banana or other fruit, plus your milk of choice (like cashew milk) then blend. Bam! You have a naturally sweetened, veggie-filled, delicious drink for your child, and they don't even know they're drinking their vegetables," writes Emily Lesh, at ExperiencedMommy.com.

USE SPRINKLES. "Everyone loves sprinkles! You can use chia seeds, microplaned broccoli head, flaxseed, grated carrots or even frozen yogurt dots. It transforms the food into something much more exciting," writes Danielle Zold, at PickyEatingDietitian.com.

GET THEM COOKING. "My kids love to help in the kitchen, and I have found that they are much more likely to try foods that they have helped to cook. We made our cranberries from scratch for Thanksgiving. My kids loved watching the cranberries boil and pop in the pot and seeing them change colors as they cooked. When dinnertime came, they were excited to try the cranberries, and my daughter ended up loving them!" writes Sarah Miller, at HomeSchooling4Him.com.

ROTATE FAMILY CHOICES. "Everyone in the family gets to choose one meal on one night of the week. We all commit to eating whatever the family member has chosen. This has helped our kids to try meals that aren't on their favorite list, as they know that they'll get their turn to choose soon," writes Sophia Nomicos, at MasAndPas.com.

TEMPT THEM. "When I'm making dinner, I like to have carrots or cucumbers available on the counter. They always come in to try to get snacks and if they see those, they will 'sneak them away' to eat them, since I tell them no more snacks or food til dinner," writes Heather Hoke, at EmbracingChaosWithLove.com.

REWARD MULTIPLE ATTEMPTS. "Just because a kid hates a veggie the first 10 times you offer it doesn't mean they'll hate it forever. I try to make it fun by having kids track veggies they've tried and the number of times they've tried them with stickers on a veggie discovery table, which means even foods they dislike feel rewarding to try," writes Jess Dang, at CookSmarts.com.

BE SNEAKY. "Take something kids already like and make it with healthier ingredients. For example, if your kid loves meatballs, start by making them homemade, then adding in healthy things like frozen chopped spinach. I'll grate zucchini and carrots and put them in about any pasta, meatloaf, burgers. I used to think sneaking in veggies was a bad thing, but honestly, it's been great for our family," writes Stephanie Rapone, at PantryToPlate.net.

TALK UP THE BENEFITS. "I have found that when my son doesn't want to eat something, he is much more likely to eat

it if I tell him its benefits. For example, I told him, ‘When you eat carrots, they make your eyes stronger, and they help you see in the dark.’ He loves to eat carrots now. He says, ‘Now I will be able to see in the dark!’ I am learning a lot this way, too. We Google the benefits of food at least once a day,” writes Elizabeth Manly, at *DiscoveryPlayShop.com*.

REINFORCE. “Explain that when a child feels good, she can attribute it to eating healthy. For example, if we managed to get our daughter to eat an apple—her favorite fruit that she now eats every day—I would say, ‘Wow, you sure ran around a lot at the playground. That apple you ate gave you a lot of energy,’” writes Kirsten Schuder, author of *Schooling Your Kids Through a Pandemic*.

Ronica O’Hara, a natural health writer, can be contacted at OHaraRonica@gmail.com.

What the Research Shows

BE PERSISTENT. Don’t give up too soon. Researchers have found that it can take toddlers five to 10 times in tasting a new food before enjoying it; and for 3-to-4-year-olds, up to 15 trials.

PUTTING ON AN APRON HELPS. A study of Canadian fifth-graders in 151 schools found that those that helped with meal prep and cooking were more likely to eat vegetables and fruit.

GIVING KIDS A CHOICE WORKS. Australian kids that were offered a choice of broccoli, cauliflower or green beans for five weeks ate twice as many veggies as children offered only one vegetable.

THINKING A FOOD IS RARE MAKES IT SPECIAL. In a recent study, 5-year-olds that were told there weren’t many more carrots than were on a plate ate 50 percent more carrots; 96 percent of those kids rated the carrots as yummy, compared to 67 percent in a no-limit carrot control group.



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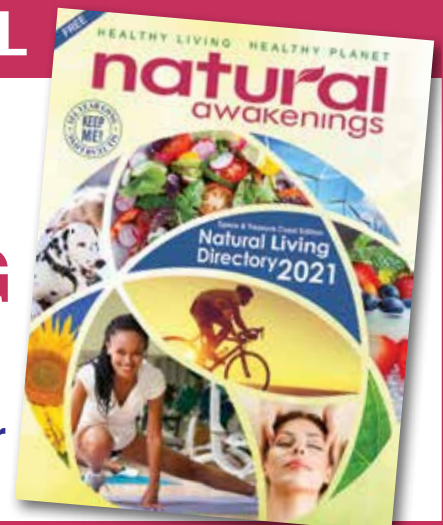
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EARLY BIRD SAVINGS: FEBRUARY 5



Tools for Inner Peace

Exploring Mindfulness and Meditation

by Marlaina Donato

The practices of mindfulness and meditation, although closely related, offer individual, science-backed benefits for both body and psyche. Mindfulness has been shown to amp up immunity and increase gray matter in the brain, and 2018 research published in *Experimental Biology* shows that just an introductory hour of meditation using breathwork and awareness of thoughts significantly reduced anxiety. The study indicates that when applied regularly, mindfulness minimizes arterial pressure and cardiovascular health risks associated with long-term nervous system stress.

Immersion in the Moment

Mindfulness—cultivating present-moment awareness by noticing body sensations, thoughts and details in our environment—not only makes life more enjoyable, but enables us to acknowledge life experiences and emotions without aversion and judgement. Mindfulness techniques are now being used in psychotherapy for insomnia, eating disorders and addictions. Physiological benefits are also significant. *Harvard Health Publishing*, referencing the work of Jon Kabat-Zinn at the University of Massachusetts Medical Center, highlights mindfulness for cardiovascular and gastrointestinal conditions, as well as clinical depression.

For healing arts practitioner Evelyn Hall, in Santa Cruz, California, mindfulness is a lifestyle choice. “When my mind runs off into the future, it can create not only anxiety because I fear the unknown, but also worry about all the ‘what ifs.’ When I find myself lost in the past, it can bring me sadness and regret. I have learned from mindfulness that these are just mental habits.”

Cara Bradley, a mental fitness coach in Philadelphia and author of *On the Verge: Wake Up, Show Up and Shine*, says, “To be mindful is to show up to experience the moment as it is, with all your senses—when we eat, when we walk, whatever we are doing.”

Diving Deeper

While mindfulness can be the simple act of noticing the geometric design of a flower or the variety of tastes on a dinner plate, meditation brings awareness to the deepest levels of consciousness through a variety of focused techniques, including breathwork, chanting, visualization or gazing at a candle flame.

Contrary to common assumption, meditation need not be associated with religious structure. Neuroscientist Tony Nader, who heads the global Transcendental Meditation (TM) organization in 100 countries, underscores, “When you say meditation, there are numerous kinds of meditation with different origins. It can’t be assumed that just because meditation involves the mind that it involves dogma, or that meditation is religious because it has its roots from the Eastern traditions. Over time, some traditions integrated aspects of these ancient techniques into their own religions, yet not all meditations are religious.”

Meditation can bring us into the eye of the storm. “The ocean is a great analogy for understanding different approaches to meditation. Just as the ocean can be turbulent on the surface with innumerable waves and quiet at its depth, so, too, the mind is active on the surface with innumerable thoughts, but it is also naturally, profoundly quiet, deep within.”

TM, taught in personal, one-to-one instruction by a certified instructor, is one

of the most thoroughly studied approaches and does not involve breathwork or repetition of chants. “There are 600 scientific research studies about the effectiveness of the Transcendental Meditation technique to develop the full brain—actually, the full potential of the human nervous system,” says Nader.

Today, meditation has moved into the mainstream, with more than 2,500 digital apps offering quick, convenient access to every type and tradition. With names like Calm and Headspace, they were downloaded by more than 52 million first-time users in 2019—and that was before the anxiety-inducing pandemic. Most can be easily customized: InsightTimer, for example, offers 45,000 free meditations that can be sorted by need, duration or style.

By practicing meditation, mindfulness is also cultivated. “You can think of it as a workout for your mind, a way of becoming familiar with our mind and training our mind,” says Bradley.

Meditation can simply help to lower blood pressure or boost memory, yet it can bring mindfulness to a more spiritual level. “In a meditative state, I can feel how everything around me is alive and communicating with their own tongue and song,” says Hall. “I feel peace, no longer lost in wishing, praying or pleading that things be different. I am free from the burden of having to do something.”

Marlaina Donato is a body-mind-spirit author and composer of visionary music. Connect at AutumnEmbersMusic.com.

Meditative Approaches to Try

Cara Bradley: There are times in life, during a busy workday or after watching the news, when you can feel that your mind has gotten very small and fixed. One of my favorite, super-simple practices is called Tibetan sky-gazing. Go outside or look out your window and look up into the sky. Use your inhale to help you expand your breath, but also your mind; allow your mind and your eyes to widen to the peripheral, and as you exhale, you just let go of any fear, worry or control. Inhale—expand up and out; exhale, let something go—tension, struggle, expectation.



Evelyn Hall: Close your eyes, take a couple of nice belly breaths and relax. Send waves of relaxation through your entire body, from the top of your head to the soles of your feet. As you do this, just listen to the sounds around you, both near and far. Then notice what you smell, both near and far. How does the air feel on your skin? Expand all your senses to experience what is present in this moment.

Once you are deeply relaxed, just rest within the present environment, doing nothing. Unplug, reset. Try three to five minutes to reboot. Tip: It’s helpful to remember a time when you were totally relaxed—in nature or on vacation. The mind and body love to work together; think it and the body will respond.

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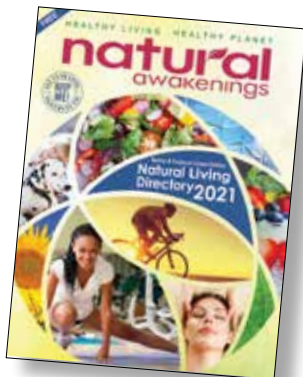
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inspiration



BECOMING HEART-MINDED

by Sarah Blondin

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We already know what it feels like to be in our hearts. Although we may feel disconnected from it and at times doubt ourselves, most often all we need to do to awaken it is to become still and quiet, and it will do the rest. When we draw our attention inward and focus on our heart center, it will calm and reassure us, often instantly.

This may sound too good to be true, but this is exactly what happens when we invite and allow it. When we inhabit the heart, we awaken to our aliveness. We spontaneously arrive like a bolt of lightning in the present moment and all of our arguments against ourselves and life go quiet. Goodness pushes up through the chaos of our internal world and we feel lit from within by a light we had no idea was there.

At any time, no matter where we are, no matter what we are doing, we can touch this place in ourselves and activate the benefits of the heart space. Try practicing now by placing a hand on your heart, breathe in and notice how this small act sends a message to soften and disarm. It is that simple. It's about shifting and moving ourselves into this place of love and acceptance, allowing ourselves to be infused with the consciousness of our heart.

If we look within, most of us can identify a vision we have, an image of who we want to become, an enhanced version of ourselves—something like You 2.0. This image is often kinder, more loving, openhearted, accepting, inspired and creative; it's often less self-conscious and more gallant. This self doesn't succumb to fear, anger or hardship and rises above everything with ease. This vision we have in our mind's eye is the best representation of our heart-minded selves. It is the call of our heart.

When we see this version as our potential rather than a reminder of our shortcomings, we can use it as a way—a tool—to help us move in the direction of our light. Take time throughout the day to bow our head and take three conscious breaths into our heart. Let its current feed us. Remember we are wise. We are soft. We are brave. Let all other noise stop. Re-enter the kingdom of our heart.

Sarah Blondin is among the top three popular meditation teachers on InsightTimer, and the author of Heart Minded: How to Hold Yourself and Others in Love. Visit SarahBlondin.com.

calendar of events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

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

SPACE COAST EVENTS

WEDNESDAY, FEBRUARY 3

Past Life Healing with Reiki Meditation and Sound – 5:30-7pm. A Reiki journey technique is used with the intention to obtain spiritual and inner guidance, information, healing, and empowerment from higher sources of consciousness. Includes the River of Life healing experience to let go of what is not needed any longer and receive the gift of Empowerment with Maria Banas. Bring: yoga mat, pillow, blanket, and water. \$25. Register online or call 321-729-9495. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. AquarianDreams.com.

FRIDAY, FEBRUARY 5

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.

SATURDAY, FEBRUARY 6

Love Yourself Day at BAM Community – 10am-3pm. Love Yourself Day with BAM Community will give you a variety of options to treat your mind, body and spirit. Workshops, readings and healing throughout the day. Saturday 2/6/21 10am-3pm. \$20/15 minutes readings/healing; workshop prices vary. BAM Community, 4680 Lipscomb St. Suite 10G, Palm Bay. 321-499-3278. bamcommunity11.com.

Reiki 2 Certification Course – 11am-6pm. Reiki Level II / Usui/Holy Fire II is designed with the intention for the student to create a deeper commitment to healing themselves and others. Topics covered: 3 of the 4 primary symbols, Hand positions for healing, Distance healing techniques, Using crystals with Reiki and more. Instructor Maria Banas is a certified Reiki Master Teacher. \$185. 7 CEU's for Yoga Alliance teachers. Please bring a yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Register online or call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

SUNDAY, FEBRUARY 7

You Are Your Valentine – Noon-2pm. Join Cheri Flauto for this workshop, where you will experience a reflective look at Love. We will do an Inner Love meditation, discuss Self-Care and Self-Worth and most importantly, self-talk and dress a Self-Love candle with our New found Intentions. Cost \$45. Workshop Attendee Limit 10. Preregistration required. Essential Elements Wellness, 1010 E New Haven Ave., Melbourne. 321-372-6714. eewshop.com.

MONDAY, FEBRUARY 8

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

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

TUESDAY, FEBRUARY 9

The Truth About Heart Health – 7-8pm. Want the truth about heart disease, cholesterol, blood pressure and how to control them naturally? Improve the health of your heart so you can avoid drugs and surgery. Presented by Dr. Brian Walsh. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

WEDNESDAY, FEBRUARY 10

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

FRIDAY, FEBRUARY 12

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

Healer to Healer Expo – 6-9pm. You are cordially invited to our first Healer 2 Healer Expo. The goal of this unique event is for all healers, yoga instructors, and light workers to connect and promote services. Let's come together, for an evening of healing and transformation, so our energy will expand to raise collective consciousness in order to better serve and uplift others as we move into 2021. Free To The Public. Appetizers/Drinks Available. Zen Yoga 321 Studio, 1024 Hwy A1A, #150, Satellite Beach. 866-820-9642. ZenYoga321.com.

SATURDAY, FEBRUARY 13 & SUNDAY, FEBRUARY 14

Stress Detox and Oneness Deeksha Initiation – 10am-7pm (Sat) 10am-5pm (Sun) 2-day training course with Maria Banas. The Stress Detox is a relaxing meditation experience drawing from 5 ancient meditative arts. Includes a special process of Oneness Blessing or Deeksha. At the end of the second day, you will be initiated as a Oneness Deeksha giver. \$160 pre-paid in advance or \$189 day of event. Bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at [AquarianDreams.com/special-events/](https://www.aquariandreams.com/special-events/) Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY, FEBRUARY 15

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

WEDNESDAY, FEBRUARY 17

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](https://www.BruceOrion.com). \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at [AquarianDreams.com/special-events/](https://www.aquariandreams.com/special-events/) or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

FRIDAY, FEBRUARY 19

Kundalini Yoga, Meditation with Deep Gong Healing – 5:30-7:30pm. Benefits of Healing Gong: Creates deep relaxation and clears the mind; Immediate reduction of stress and anxiety; Stimulates the glandular system and improves function; Stimulates circulation; Organizes emotional energy and more. Led by Jessica Martin. Bring a mat and or blanket and comfortable clothes. (Please use rear door for entrance) \$25. Register online or call 321-729-9495. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. [AquarianDreams.com](https://www.aquariandreams.com).

SATURDAY, FEBRUARY 20

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. Topics: Reiki and Spirit release, Spiritual protection, World Peace and Crystal Grids and more. 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/](https://www.aquariandreams.com/special-events/) Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY, FEBRUARY 22

Rapid Resolution Therapy with Energy and Sound Healing – 6-8:30pm. Learn to review the rules of the mind and how to play by these rules to create positive internal and energetic shifts and how to communicate with the subconscious mind and the basics of neuro-linguistic programming. Includes breathwork, expanding group energy, Reiki healing, sound vibrations, and an awareness practice that brings you into alignment with

your essential nature and spiritual core. Led by Louise Peters, Psy.D., and Maria Banas, a certified Reiki Master Teacher. \$85. Bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Call or pre-register at AquarianDreams.com/special-events/. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, FEBRUARY 24

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.

THURSDAY, FEBRUARY 25

Meet and Greet with Dr. Smith: VIRTUAL – 4-5pm. An opportunity for potential patients to ask questions of Dr. Smith to learn about the practice. The combines Traditional and Integrative medicine. To join the Zoom meeting enter the meeting ID 867 002 2244 and enter password WQg3jC. Center for Anti-aging Aesthetic and Rejuvenation Medicine located at 7000 Spyglass Ct, Ste 300, Viera. 321-421-7111. AntiAgingIM.com.

The Autoimmune Matrix – 7-8pm. Learn how you can reverse (and even prevent!) autoimmune diseases. Take control of your health by getting to the root of autoimmunity. Presented by Dr. Brian Walsh. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

FRIDAY, FEBRUARY 26

Full Moon Ocean Meditation – 6:30--8pm. 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. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, FEBRUARY 27

The Focused Mind: Mindfulness Meditation Teacher Training – 10am-6pm. (Sat) 1-7pm. (Sun) 100hr (6-month) Teacher Training Program with Anthony Profeta. If you are interested in developing the foundation skills to become a mindfulness meditation teacher. This training immersion will help you gain a more complete understanding of mindfulness meditation with a thorough an exploration into Buddhist philosophy and its meditation techniques, especially its mindfulness and compassion practices. To learn more about requirements and cost visit AnthonyProfeta.com. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

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TREASURE COAST EVENTS

SUNDAYS, FEBRUARY 7

The 12 Twelve Powers of Man – 11:30am-1pm. This class and thought exchange will provide a foundation for your understanding and practical application of Natural, Spiritual and Divine Law. With more clarity of the spiritual, metaphysical and common-sense principles of these powers, your personal spiritual growth will be enhanced. Rev. Jay Cooke will facilitate the class beginning February 7 following the 10am service and continuing Sundays until all 12 powers have been covered beginning with Faith. Masks and social distancing to attend service and classes. Brown bag event, beverages provided. Love Offering. Unity of Port St Lucie, Crowne Plaza 8645 US Highway 1, Port St Lucie. 772-878-9819. UnityofPortStLucie.org.

WEDNESDAYS FEBRUARY 10 & 17

12 Power Centers: VIRTUAL – 7pm. Deepening spiritual understand and practice of our 12 power centers. Discussion includes study of Soul growth where we engage our spiritual powers to live an authentic and abundant life. Unity's cofounder Charles Fillmore was influenced by the Transcendental movement and Eastern spirituality. Each class delves deep into the powers so that we can live our authentic "Self". February 10 focus is on the Power of Faith; February 17 focus is on the Power of Strength. Love offering appreciated. Class led by Rev Janice. Register for payment and login information with Rev Janice at RevJan101@Bellsouth.net.

SATURDAY, FEBRUARY 13

Partners Yoga with Danielle Vardakas. 2-4 p.m. This is a fun and loving practice of connection with your loved one (partner, BFF or relative). \$35 per couple. ScheduleBliss.com/dte-yoga. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com.

SUNDAY, FEBRUARY 14

Sound of Soul Event: VIRTUAL – 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 quote, we chant the word HU for twenty minutes fol-

treasure coast save the date

SUNDAY, MARCH 14

New Moon Vision Board Workshop-3-5:30pm. Vision Boards are an invaluable tool to help manifest your heart's desire. This unique guided workshop, held under a manifesting copper pyramid, will teach you how to organize your thoughts and goals in an intentional way while creating a collage of images, phrases and colors. Leave this workshop with your own personalized Vision Board and new visualization and manifestation skills. Everything to create your board is included: stones, herbs, poster board, pictures, phrases, art supplies and other items. Please bring any specific pictures or items you want to add. \$25. Call Lifestyle Goddess, AnnMarie for availability 772-801-3044. Held at Scented Dragon, 6993 Hancock Drive, Port St. Lucie. 772-877-2102.

SUNDAY, MARCH 14

Sacred Pyramid New Moon Meditation-6-7pm. New Moons are the perfect time to set intentions and draw into our lives that which we desire. Learn to live life with a new mindset while meditating under a copper pyramid. Class led by Ann Marie of Lifestyle Goddess. Guided breath-work and power of attraction tips. Please bring a mat and/or pillow to sit on and wear comfortable clothing. Bring a friend. \$10. All ages welcome and no experience necessary. Scented Dragon, 6993 Hancock Drive, Port Saint Lucie. 772-877-2102.

lowed 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 by February 13.

FRIDAY, FEBRUARY 19

Shamanic Drumming Circle – 6-7pm. Experience healing and spiritual awakening at a deeper level with Sarah & Trish. Bring a drum. (Love Offering) Drumming will be followed by Reiki Circle. Unity of Fort Pierce 3414 Sunrise Blvd, Fort Pierce.

FRIDAY, FEBRUARY 19-SUNDAY, 21

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 or ScheduleBliss.com/dte-yoga.

SUNDAY, FEBRUARY 21

"Is Life a Random Walk": VIRTUAL – 11am-Noon. Online book discussion via Zoom or teleconferencing.

We will discuss dreams, inner guidance and every day spiritual lessons from life. 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 the phone –RSVP by February 13 by calling 772-223-1188 and leaving a message.

classifieds

BUSINESS OPPORTUNITIES

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

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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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on going events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

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

sunday

TREASURE COAST

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

Unity of Port St. Lucie – 10am. In person (masks required) or viewed on YouTube. Prayer, special music, metaphysical and spiritual teachings. Crowne Plaza 8645 US Highway 1, Port St. Lucie. 772-878-9819. UnityOfPortStLucie.org.

Unity on the Space Coast – 11am. VIRTUAL OPTION: 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.

Mindful Movements – 3:30pm. A balanced class ranging between gentle and more of a flow with lots of room to play. Linking breath to movement with options for all. Led by Fina Buse. \$18 drop in or link to packages on website OR ScheduleBliss.com/dte-yoga Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com.

Sacred Pyramid Meditation – 6-7pm. Sacred Pyramid Meditation every Sunday. Experience a relaxing guided meditation session under our copper pyramid. Dress comfortable and bring a mat or pillow. No experience necessary. \$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. Gently and peacefully improve range of motion while grounding, centering, and developing a deeper sense of inner peace. Led by Brooke Daratany Goldfarb. \$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.

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

Pilates Mat Class Outside & Zoom – 9am. Mat class offered by certified instructor, Barbara Lenge outside and on Zoom. 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.

Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. VIRTUAL OPTION: 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.

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.

Chair Yoga – 3pm. Relax and stretch using contemporary yoga styles. CDC guidelines followed with limited attendance. Call Yogi Kathleen at 203-232-9763 to register. \$10.class. Unity of Fort Pierce 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272.

A Course in Miracles Study Group: VIRTUAL –7-8:15pm. Conference call facilitated by Kathryn Joy, everyone is invited, newcomers welcome. Come study, learn, practice, and share experiences. (Love-Offering

appreciated). (Call in 5 minutes early) Join 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

Gentle Yoga – 9:30am. Gentle yoga practice (no Vinyasa) linking breath to movement with focus on mindfully moving from pose to pose and holding for time. Led by Michelle Hufford for all levels. \$18 drop in or link to packages on website or Schedule-Bliss.com/dte-yoga. 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? Relax with the gentle healing energy of Reiki. Allow your mind and body to feel balance and wholeness. 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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[2120 Highway A1A • Indian Harbour Beach, FL 32937](https://www.facebook.com/SmileProDentist) [in](https://www.instagram.com/SmileProDentist)

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.

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

TREASURE COAST

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

Crystal Light Therapy – 12:30-4pm. Are you ready to take your bodywork sessions to a whole other level, embracing Body, Mind & Spirit? Crystal Light Therapy (CLT) takes energy healing to the next level by combining crystals, guided imagery, sound, color & light. Call Lifestyle Goddess for availability 772-801-3044. Event held at The Scented Dragon, 6993 Hancock Drive, Port Saint Lucie. 772-877-2102.

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 Outside & Zoom – 10:30-11:30am. Mat class offered by certified instructor, Barbara Lenge outside and on Zoom. For information visit AtlanticPilates.net. \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

friday

SPACE COAST

Yoga 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.

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TREASURE COAST

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.

Slow Flow with Live Music Savasana – 6pm. This amazing class will leave you relaxed and rejuvenated from the week and ready to step into the weekend with a fresh outlook. Liz Lung is a talented musician as well as teacher. \$18 drop in or link to packages on website or ScheduleBliss.com/dte-yoga. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.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.

Reiki Circle – 7-8pm. Experience the transmission of Universal energy which activates inner calm and peace. Led by Reiki Master Trish Gable. Social distancing guidelines are followed. Masks are required. 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. VIRTUAL OPTION: 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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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 16.

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UpperCervicalCare.com



Upper Cervical
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Drs. Renee Hahn and Amanda

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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 47.

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Treasure Coast's premier metaphysical store, now with three locations. Incense, crystals, stones, sage, candles, jewelry, workshops & more. Daily Readers and knowledgeable staff always on hand. Open 7 days. See ads, pages 27 and 45.

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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 48.

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Lee@LeeCottonRDN.com
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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 27.

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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 6.

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NATURAL INSPIRATIONS PODCAST

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Each episode features conversations with local natural health experts on the Space and Treasure Coast helping you to make lifestyle choices to enhance your wellbeing. See ad, pages 22 and 43.

PSYCHIC MEDIUMS

CHRISTOPHER JOHANSEN

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



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DalyIMG.com



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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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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 32.

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.

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Vero Beach, 772-562-1133
UnityOfVero.org



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Vero Beach 772-228-6882
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STUART THERMOGRAPHY
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Stuart, 772-781-5353
CompleteCareTC.com



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THERMOGRAPHY OF BREVARD
Melbourne, Merritt Island, Vero Beach
321-312-0363
ThermographyofBrevard.com



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YOGA

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Satellite Beach, 321-604-0767

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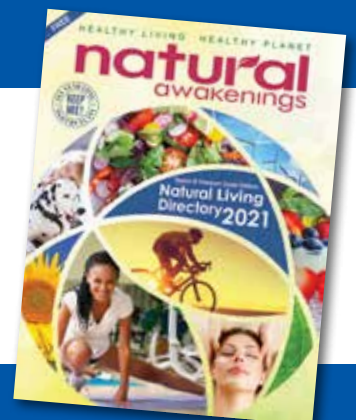
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