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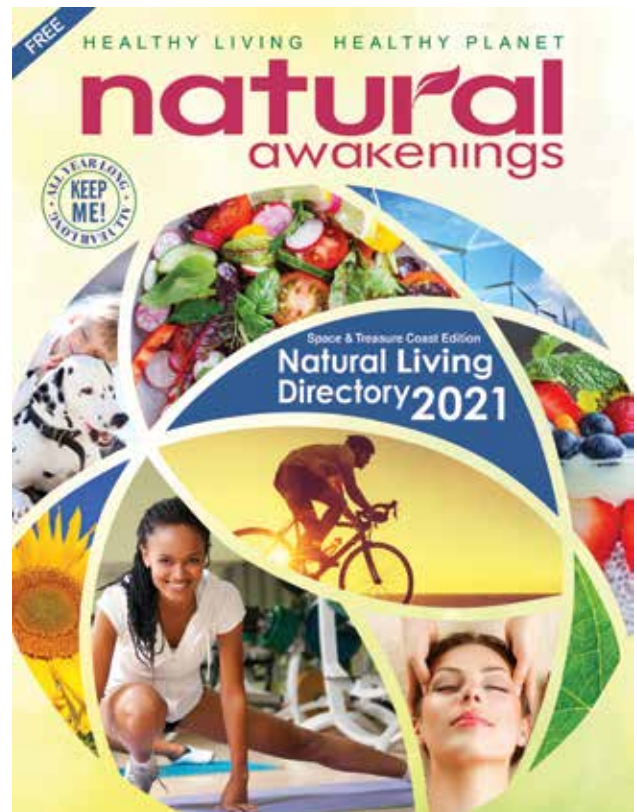
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letter from the publisher

Microgreens: The Secret to my Green Thumb



My experience with farming is quite limited. When I was young, my parents helped me and my siblings start a backyard garden. We grew tomatoes, watermelon, carrots, radishes and whatever else we picked from the seed packet display. I remember mixing manure into the soil with my feet and thinking it was great fun. Of course, at that age I didn't realize what manure actually was.

Once outside the watchful eye of my mother, my attention to plants has been hit or miss at best. Recently, my sister Laurie gifted me a kit to grow microgreens. It is so easy that even my brown thumb can't mess it up. The seed packets go in water and they just need light to grow; about a week later I have microgreens. "Many health-conscious gardeners are drawn to sprouts and microgreens for their nutritional benefits, as they contain as much as 40 times the nutrients as their full-grown counterparts," shares author April Thompson in *Indoor Edible Gardening* [page 32]. For me, the nutritional value is just a bonus. Easy-to-grow without incident is my main motivation.

This month, I had the pleasure of interviewing local farmers for our *Natural Inspirations* Video Podcast series. They shared benefits of organic farming, some tips for growing your own garden, as well as the interconnectedness of food and community. [Listen at my-NA.com/VPFarms.] Continuing with this month's theme of food and nutrition, I also spoke with local nutritionists who shared how food can impact gut health, diabetes and overall wellness. [Listen at my-NA.com/VPNutrition.]

This month's theme is among my favorites. This issue is jam-packed with recipes from our farmers, nutritionists and our *Conscious Eating* Article. (There are even recipes that incorporate microgreens.) Be sure to explore the advice of our nutritionists in *The Complexities of Food and Nutrition* [page 30]. Alongside our feature article, *Down to Earth: The Promise of Regenerative Organic Farming* [page 22], you'll find our Farmers Market Guide for the Space and Treasure Coast [page 25]. This guide can also be found online and bookmarked for easy reference [my-NA.com/FarmersMarkets]. Among these pages, I hope you find inspiration to incorporate organic food and tasty, health-inspired dishes into your life.

Here's to sprouting nutrition!

Kris Urquhart, Publisher



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Never Glossy. Always Green.

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

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

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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.

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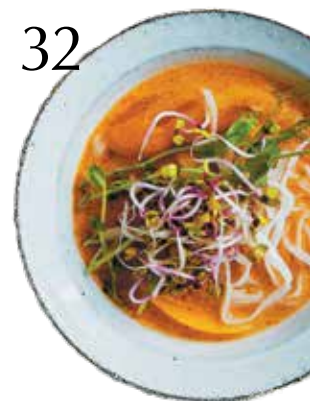
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Dr. Ruth Rodriguez Offers Shopping Strategies for Parents

Dr. Ruth Rodriguez, DO, and owner of Natural Solutions with Dr. Ruth is a board-certified Osteopathic Pediatrician that works with parents to help them make holistic lifestyle choices for their children.




Toxic ingredients can be found in many products including food. To make it easier for parents to choose clean food for their family, she provides them with a list of brand names to avoid. The list is comprised of companies that are either owned by Monsanto or known to use genetically modified (GM) seeds sold by Monsanto.

Monsanto is well-known for developing an herbicide glyphosate (aka Roundup). Monsanto created GM seeds specifically to withstand Roundup, making a farmer's crop production more successful. It has also been linked to non-Hodgkin lymphoma and is categorized as probably carcinogenic by the International Agency for Research on Cancer.

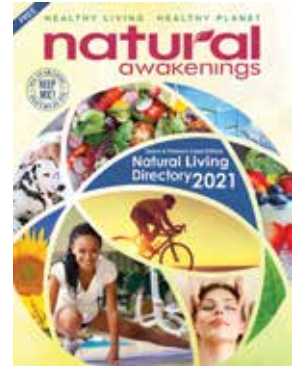
By avoiding these brands parents can then look for options that promote certified organic and non-GMO on their labels. "It can be tedious to check the labels of everything you buy. Knowing which brands to avoid can streamline making healthy choices," says Dr. Rodriguez.

Dr. Ruth Rodriguez provides holistic individualized and customized plans with all-natural plant-based remedies without negative side effects or toxic ingredients. For more information or to schedule a complimentary consultation, visit NaturalSolutionsWithDrRuth.com or call 321-427-6538. Consultations (1:1 or group) available by Skype or Zoom.

 Enjoy tips to keep your children naturally healthy in our video podcast interview with Dr. Ruth Rodriguez at my-NA.com/HealthyKids.

2021 Natural Living Directory Coming in April

N*natural Awakenings* magazine presents the 2021 Natural Living Directory. This special edition will hit the streets in April and is an issue readers will want to keep year-round. This handy reference will be your guide to healthy living and a healthy planet – your natural phone book.



In this keepsake issue, readers can find a practitioner by specialty index. Wellness profiles will provide in-depth information, highlighting the wealth of local health resources in our community that support a healthier, natural path to wellness. "Each year an issue is transformed into a convenient reference guide to natural health, sustainable living, and healthy choices," shares publisher Kris Urquhart. "Make sure to pick up your issue or link to our digital version online for easy reference."

To be sure you receive your copy of this special issue, *Natural Awakenings* mailed-to-your-home subscriptions are also available. Sign up online and receive four monthly issues for \$10 or enjoy a year's subscription for just \$25.

For advertising information or to submit listings visit my-NA.com/NLD or call 321-426-0080 for details. Deadline is March 5 for inclusion. See ad, page 2.



BLISS Retreat LIVE Online in March

Kumari Mullin is thrilled to offer her BLISS Retreat LIVE online on Saturday and Sunday, March 27-28. From the comfort and safety of your own home, participants will experience cutting-edge energy alchemy techniques, sacred sound healing, Archangelic guidance, and initiations to euphoric Dolphin energy.


"Everyone also receives the ultimate 'Anointing' with Yeshua and the Magdalenes, a life-altering transmission of Higher Love, well-being, deep peace, extreme joy, and an unmatched sense of connectedness," says Kumari.

Kumari shares that one retreat participant had serious doubts she could achieve bliss as she suffered life-long depression. "She almost left early feeling sick, but during one of the retreat's unique initiations she said, 'I felt Yeshua hug me, then watched in amazement as He lovingly removed painful memories from my body; I looked 25 pounds lighter and felt on top of the world!'"

Kumari claims this rare mystical experience of Bliss is closer than you think. "When you learn how to consistently create high vibrational states, Bliss and profound healing is a natural side effect. It is not an emotion but a state of being composed of joy, unconditional love, inner peace, connectedness, and wisdom."

Kumari has scheduled a free Bliss Activation & Healing on March 11 at 3 p.m. where she will share the true meaning of spiritual Bliss or "ananda", and simple strategies to consistently raise your Happiness Meter.

For more information or to register for the Bliss Retreat for only \$97, visit KumariHealing.com/events.

 Find out how sending love from your heart can be empowering in our video podcast interview with Kumari Mullin at my-NA.com/VPKumari.

Full Moon Meditation at Blissful.Energy

This month Blissful.Energy will be starting a full moon meditation outside on March 28 at 7:15 p. m.. This is a specialty class that will be held once a month on the full moon. They will be focusing on the full moon's energy to make individual intentions the most powerful. This is only a 45-minute meditation but with a group of up to 6 people the energies within will be amplifying.

"I hope that you can join us for this amazing opportunity to raise your vibrations and that of our surrounding community," says studio founder and instructor Eden Shaw. "These classes will be held out back under the stars in a beautifully inviting environment. Bring anything that makes you cozy and relaxed to fully tap into that meditative state."

Blissful.Energy also offers a variety of yoga and meditation classes and massage therapy. Studio space is available for rental or co-op.

Blissful.Energy is offering five-yoga-class packages, which include Aerial yoga and meditation classes, for only \$40 during March. For more information, call 321-327-8741 or visit them online at Blissful.Energy. The studio is located at 240 S. Wickham Rd. West Melbourne. (MA#59906, MM#40260) See ad, page 39.



Personalized At-Home Skincare Option Offered by Dr. Sikora

Dr. Alita Sikora, MD, is now offering SoME as an option to a "vampire facial." SoME is a rejuvenating topical skincare product that combines personal Platelet Rich Plasma (PRP) with a proprietary blend of ingredients. The procedure starts with a blood draw at Dr. Sikora's office. Then, using a centrifuge, platelets from that blood are isolated creating platelet-rich plasma or PRP. The PRP is added to an all-natural skincare product that patients take home in a mini fridge. When removed from the refrigerator, the temperature differential activates the platelets with the ensuing release of growth factors and other biomolecules. This is applied twice daily and lasts 3 months.



"This product is full of growth factors, so it's like getting a "vampire facial" at home every day," says Sikora. "It's a safe, effective, personalized, at-home skincare option that enhances collagen leading to a more radiant, firmer, softer skin."

Dr. Sikora also uses PRP to help heal musculoskeletal injuries, arthritis, and other conditions. In addition, she offers stem-cell therapy, regenerative medicine therapies, micronutrient testing, bioidentical hormones, medical marijuana certification, and IV Vitamin therapy.

Sikora Integrative Medicine is located at 1255 37th St, Ste B, Vero Beach. 772-228-6882. SikoraMedical.com.



Find out more about using PRP to heal injuries, arthritis, and other conditions in our video podcast interview at my-NA.com/VPSikora.

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Senior, Veteran and First Responder Discount at Natural Pet Specialty Shop

The Natural Pet Specialty Shop is now offering a 10% discount to seniors and veterans every Tuesday and first responders every Wednesday at their new location on Wickham Road in Melbourne.

This 3000 sq. ft. store is packed with quality grain-free and organic dry and canned foods. They also feature a full “Apawthecary” including homeopathic, nutraceutical and herbal remedies, CBD oils and supplements and all-natural flea and tick supplies, treats and toys and much more. The freezers hold frozen raw foods such as Primal, Northwest Naturals, Answers and Small Batch as well as whole food supplements of goat’s milk, cheeses, duck eggs and a variety of bone broths.

They will be holding anesthesia-free dental clinics regularly, along with informational talks and consultations on pet health. A doggy juice bar is planned and will be up and running soon. “I invite you to drop by to discuss your pet’s health and nutrition with our friendly and knowledgeable staff. The health and quality of life of our pet customers has always been our top priority,” says owner Lee De Barriault.

The Natural Pet Specialty Shop is located at 2255 Wickham Rd in Melbourne. 321-259-3005. NaturalPetSpecialtyShop.com. See ad, page 42.

Spring Auction Opportunity in Titusville

Debbie Shuler, owner of Cliff Shuler Auctioneers & Liquidators, Inc., is pleased to invite you to participate in an auction to be held Saturday, March 27 starting at 10 a.m. The auctions are conducted live and online at the same time. Participants who cannot attend the auctions in person can hear the auctioneer selling online as they make their bids. However, only major items are offered for auction online.

“One item or many, big or small, we auction everything under sun from real estate to diamond rings to Tupperware,” says Shuler. They accept cars, trucks, boats, trailers, firearms, real estate, undamaged and non-pressboard furniture, china, glassware, tools, sterling, art, industrial and commercial equipment, items that are in working order and undamaged quality items, collections, memorabilia and more.

There is no charge to attend or register online. Items can be accepted for upcoming auctions Monday through Friday from 9 a.m. to 2 p.m. Shuler has been in business in Titusville for over 42 years with roots in the community.

For more information, call 321-267-8563 or visit SoldFor.com. Cliff Shuler Auctioneers & Liquidators, 422 Julia Street, Titusville. (AB#9/AU#14) See ad, page 35.



Herbal Certification Course at Mama Jo's Sunshine Herbals

Joanna Helms, registered herbalist and professional member of the American Herbalist Guild (AHG), is pleased to announce the Fundamentals of Herbalism course will begin mid to late March and run through August. The course is a 6-month, on-site program meeting Saturdays. It consists of lectures and hands-on experience.

In response to great demand, Helms developed the course to provide a deeper understanding of the art and science of herbalism. Combining her more than two decades of clinical experience, historical strategies, and current research, Helms offers students a solid foundation for understanding herbalism. Classes will provide an introduction to both Western Herbalism and Chinese Theory as they apply to the body systems. In addition, the course includes an herb walk and introduction to herbal applications and creating your own herbal remedies.

Each week students will receive an array of herbal teas and a live plant to start their own native, medicinal garden. Participants may register for the entire course or for individual classes.

For more information or to reserve your space, call 321-779-4647. Mama Jo's Sunshine Herbals is located at 1300 Pinetree Drive in Indian Harbour Beach. See ad, page 43.



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



Cold and Flu Herb Program at Ni's Chinese Medical Center



Ni's Chinese Medical Center is pleased to offer their Cold and Flu Herb Program to help boost the immune system. The herbal prescriptions are designed to strengthen the immune system to fight the virus and may lessen the severity of symptoms.

"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," says Dr. Bo-Shih Ni.

Consultations for the program can be done via phone. The client emails a completed symptom form before the consultation and herbs are mailed directly to the client's home. Herbs are also available for those who are symptom-free and simply want to boost the immune system.

"Chinese medicine has been used for thousands of years to help boost the immune system to fight against viruses. Today, it is being used to help alleviate symptoms that many are experiencing with the current pandemic," says Dr. Ni.

March Special: Free New Patient Health Evaluation (\$80 value) with Beth Myers or Yang-Fen Sun. For more information or to make an appointment, call 321-757-9731 or visit DrBoNi.com. Ni's Chinese Medical Center, 1250 W. Eau Gallie Blvd., Suite L, Melbourne. See ad, page 41.



Discover how to ease stress with acupuncture in our video podcast interview at my-NA.com/VPDrBo.

kudos

Dr. Claire Stagg Selected for Women of Distinction Honors

Claire Stagg, DDS, has been selected for the Trademark Women of Distinction Honors Edition, a resource that highlights the professional accomplishments of women in business. Dr. Stagg was chosen for the award due to her compassion and expertise that has set the standard in her industry.

Dr. Stagg has truly dedicated herself to her profession and is being acknowledged for her talent, experience and integrity. The board that selected her noted her humility and the personal touch she adds to each relationship treating everyone like an extended member of her own family. As a talented disciplined professional she has maintained a proven track record of quality service.

During the vetting process it was recognized that along with her exceptional reputation, her level of expertise, honesty and integrity contributed to her inclusion. Her kindness and willingness to always help others and find solutions to most questions is both exemplary and honorable.

Dr. Claire Stagg, DDS, owner of Health Connections Dentistry provides holistic dental services at 2120 Highway A1A, Indian Harbour Beach. 321-777-2797. SmileProfessionals.com. See ad, page 43.



Learn how mouth breathing can lead to ADHD, sleep apnea, teeth crowding and more in our video podcast interview with Dr. Stagg at my-NA.com/VPStagg.

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treasure coast news briefs

Psychic & the Genie and Genie's Gems Announce New Boutique

Psychic & the Genie and Genie's Gems are excited to



announce their new location on Hutchinson Island. This third location, Psychic & the Genie Metaphysical Boutique, will be a blend of their two Stuart locations offering a metaphysical, new age beach-themed store that will include stones, crystals, clothing and unique mystical treasures for everyone.

"We invite you to immerse yourself in a seaside shopping experience like no other," says owner Jeanne Mehlretter. "Seaside-the-day and discover what treasures await you in our Metaphysical Beach Shoppe Boutique by the sea!"

Owners Mehlretter and Chris Johansen plan a soft opening by mid-March and a Grand Opening is scheduled for April 1st.

Psychic & the Genie Metaphysical Boutique, 825 Seaway Drive, Hutchinson Island, Fort Pierce. For more information, call 772-678-6170 or visit PsychicNTheGenie.com.



Hear more about psychic medium readings from

Christopher Johansen in our video podcast interview at my-NA.com/Metaphysical.

Tradition Neighborhood Market Draws New Vendors

Since its opening in June 2020 Tradition Neighborhood Market near Target in Tradition, Port St. Lucie has quickly grown to 30 plus vendors weekly. Market manager Katherine Castillo explains, "We want everyone to feel welcome here so we put few restrictions on what products and services our vendors can offer shoppers." Offering everything from organic produce, baked goods and smoothies to home décor, art, and clothing this open-air market located in one of the fastest growing areas of the Treasure Coast is bound to have something for every shopper.



The market is pet-friendly and rotates vendors to provide a large variety of choices throughout the month. "Stop by and see what we have to offer. We're here with gourmet coffee, freshly baked pastries, fresh juice and fruit every Saturday morning, rain or shine," invites Castillo.

Located just off I-95 at The Landing at Tradition is open Saturdays from 9 a.m. to 2 p.m. For more information about becoming a vendor, directions to the market, or a list of vendors call 772-828-0811 or visit Facebook.com/pslmarket. See ad, page 16.

SAVE THE DATE

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CALL FOR SPEAKERS & EXHIBITORS

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1680 HIGHWAY A1A, SUITE 4 SATELLITE BEACH, FLORIDA 32937

New Moon Vision Board Workshop in Port St. Lucie



Ann Marie Caccavano of Lifestyle Goddess is excited to guide participants through an evening of visualization and manifestation. Drawing on the energies of the March New Moon Caccavano has scheduled a Vision Board workshop with an optional meditation to follow on Sunday, March

14. “The New Moon is a time for new beginnings and presents a moment in time to let go of old ways. This is the best time of each month to set intentions, plant seeds, figuratively and literally, and begin new journeys.

“As in nature, our lives move in cycles. From the planets and stars to every kind of life on earth, we each go through stages of development. By observing patterns in nature, like the phases of the moon, we can learn to work with our own cycles to create better understanding of ourselves. Harnessing the moon’s energy aligns us with Universal energy, allowing us to ‘flow’ within our own lives,” says Caccavano.

Location: Scented Dragon, 6993 Hancock Drive, Port St. Lucie. Cost: Vision Board Workshop, \$25, New Moon Meditation Circle \$10. Follow Caccavano for other online and in-person events at Facebook.com/AnnyIsMyCoach or call 772-801-3044.

Yoga Teacher Training at Down to Earth Yoga



Down to Earth Yoga is pleased to offer their Yoga Alliance Certified Teacher Training starting April 19 which will be held over weekends twice in April and twice in May and includes online classes and required reading. This course, facilitated by Danielle Vardakas (E-RYT500, DYT1000 BFA) is for those who want to teach and those who want to learn more about themselves and their yoga practice. This 300-hour training is structured so that students can receive close attention in their journey through both the physical practice and the yogic philosophy.

Down to Earth Yoga has extended their Friendship Month Special through March: Bring a friend and both receive half-off an unlimited month. This special is also available for current students.

The studio is now offering Chair Yoga, Kids Yoga, and Family Yoga. “We are super excited to have Adri Zia as our Kids Yoga instructor Tuesdays and Thursdays as well as bi-monthly family yoga for all ages in a revolving outdoor space, also we will soon be unveiling our summer camp program,” says manager, Gina Baldo.

Yoga Teacher Training Cost: \$3700/\$800 deposit, payment plans available. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. For more information call 772-224-2444 or visit DTE-Yoga.com or ScheduleBliss.com/dte-yoga.



Learn yoga poses you can do at home in our video podcast interview with Down to Earth Yoga owner, Michelle Miles, at my-NA.com/VPDTE. See ad, page 19.

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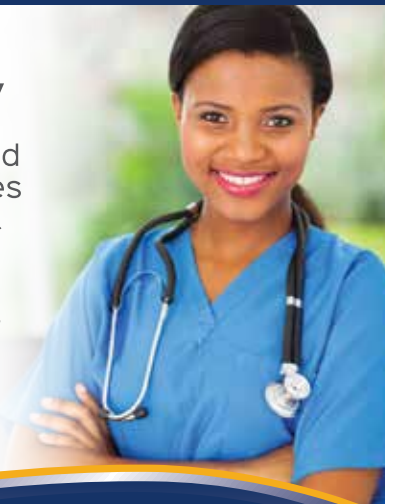
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treasure coast news briefs

Scented Dragon Port St. Lucie
Hosting Vernal Equinox Psychic Fair



As Spring quickly approaches, Scented Dragon is excited to host a Vernal Equinox Psychic Fair on March 20, at their Port St. Lucie location. "We've asked some of the Treasure Coasts' favorite psychic readers and mediums to join us for the day," announces owner, Maria Torres.

The Vernal Equinox is when Earth experiences a perfect balance of day and night. "It seems like a very auspicious day to host an event for individuals seeking their own personal balance," explains Torres. "Our Psychic Fairs are a customer favorite. People can call in ahead to book a time and specific reader, or just drop in and enjoy the atmosphere and see who they are drawn to."

Scented Dragon has stores in Ft. Pierce, Port St. Lucie, and Jensen Beach. The newly opened Jensen Beach store located in the Treasure Coast Square Mall has quickly outgrown its space, prompting a move within the mall to a larger space. As a result, the new store is stocked with a larger selection of merchandise.

Call 772-877-2102 in advance to schedule an appointment or just stop by from 11am to 6pm on March 20. Scented Dragon Port St. Lucie, 6993 Hancock Drive (just off US1). See ad, page 20.

Peggy's Natural Foods Has Moved
To Hobe Sound



Peggy Ranger, owner of Peggy's Natural Foods, is excited to announce the store's relocation from Stuart

to Hobe Sound. Ranger is a licensed and certified Nutritionist and has a Masters' Degree in education. With a reputation of offering knowledge, support, and a friendly staff Peggy's is a full-service retail health store with a wide variety of natural and organic foods, supplements, produce, CBD, skin care products and more.

"In this complex and challenging world, health is in the forefront of our minds. At Peggy's we question what we can do to maintain health beyond taking pills to relieve symptoms. We pursue a more holistic approach allowing you to strive toward a healthier and more vibrant lifestyle," expresses Ranger.

Trusted since 1982, Peggy's product lines are chosen with dietary needs in mind, be they Vegan, KETO, Paleo, Dairy and/or Gluten Free, Ranger explains, "Quality, value, and integrity are what we offer."

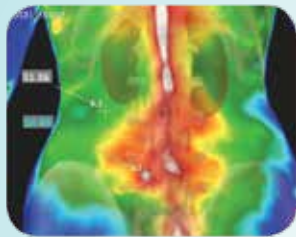
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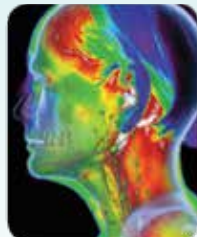
STUART THERMOGRAPHY

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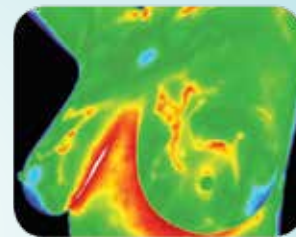
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health briers

The Peptide Key to Healing Soft Tissue

by Dr. David Daly

Peptide therapy is becoming more mainstream in the last few years due to its potential to help with a broad range of health conditions including balancing hormones, insomnia, autoimmune disorders, inflammatory diseases, osteoporosis, tissue repair and more.

Peptide therapies are designed to supplement the decreasing levels of essential amino acids and peptides in the body. Peptides play a key role in how your body responds to diet and exercise and can accelerate improvements for issues of fatigue, endurance, poor recovery, or injury and healing.

Peptide therapy is very safe and can either be injected or taken orally. The therapy uses different sequences or chains of amino acids to help facilitate the body to heal. Amino acids are the building blocks of proteins which are essential in the anabolic (building) process of the body. Because peptides are mostly naturally occurring in the body, they are typically well-tolerated and very safe.

There is one specific peptide, BPC-157, that has been shown to have positive effect on healing soft tissue, i.e., tendons, ligaments, muscles, and joints. In addition, it has a positive effect healing the gut. This peptide was discovered from studying human gastric juices and is a 15-chain amino acid that helps create the formation of new blood vessels (angio-genesis).

When tissue is broken down due to injury or aging process, it is the body's job to regenerate that tissue and it does so, by bringing blood to the injured site. Blood carries all the important healing molecules. More blood circulation around an injured or stressed area will promote healing via increased oxygen, platelets, growth factors, cytokines, proteins, electrolytes, and red/white blood cells.

Increased oxygen means there will be an increase in the energy cells need to thrive and survive via ATP (adenosine triphosphate) production. ATP is what all our trillions of cells in our bodies use for energy and is required for healing. BPC-157 helps to increase ATP production and as a result, aids in healing the soft tissue.

For more information on Peptide Therapy or to make an appointment, call 321-267-4324 or visit DalyIMG.com. Daly Integrated Medical Group is located at 2708 Garden St, Titusville. See ad, page 42.

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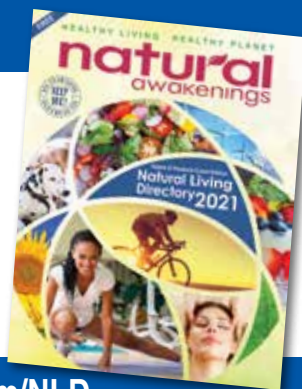
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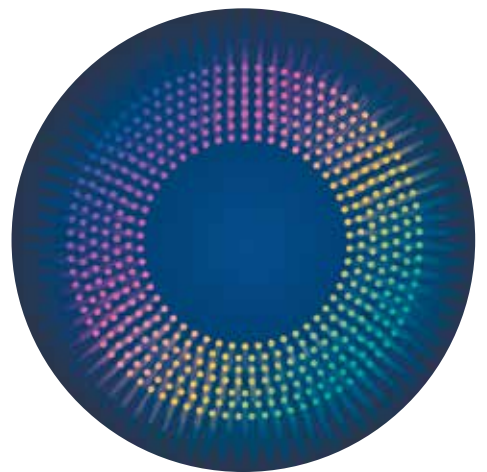
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health briefs



Use Colored LED Lights to Relax

Getting an MRI or CT scan is typically not a relaxing experience, and patient discomfort, anxiety or agitation can affect the quality of the image. Taking note of businesses that use lighting to create a mood, researchers from Pepperdine University demonstrated that patient unease in imaging centers can be modified with the use of colored LED lights. In a pilot study involving 35 subjects, 43 percent found blue lighting most relaxing, while 31 percent preferred yellow. The least relaxing lighting color was red, according to 69 percent of participants, followed by yellow (17 percent) and green (11 percent). Each subject was given a handheld device to set the hue, intensity and brightness of lighting, and most chose blue. No patient preferred the standard bright, white lighting of healthcare environments. "When given the opportunity to change a single aspect of the environmental or imaging facility experience, patients feel much more in control of the otherwise unfamiliar and uncomfortable setting," write the authors in the *Journal of Medical Internet Research*.

INCREASING FERTILITY: Lifestyle Changes Offer a Boost

by Dr. Adam Tice

Globally, 48.5 million couples are experiencing infertility and it is predicted to increase over the coming decade. Men and women alike are dealing with fertility issues. There is good news for most couples. There are at-home strategies to boost fertility today and make your dreams of expanding your family come true. When you address the root cause and implement effective lifestyle changes, your chances of having a healthy child can be increased dramatically. These are the top three effective strategies you can implement at home.

TIDY UP THE DIET. Move to 100% organic, non-GMO diet. Eat a whole food, high plant-based diet, rich in natural fats such as oils, ghee, avocado, and nuts and seeds. Eliminate sugar and alcohol and minimize caffeine. In addition, identify any food intolerances that are contributing to the toxemia in the body and eliminate them. An easy blood test is done to identify this. The diet is the foundation to fertility.

ENVIRONMENTAL DETOXIFICATION. The next step is to clean up the chemicals on and around the body. This involves reducing the chemicals from shampoo, body wash, detergents, to cleaning products and air fresheners. All of these chemicals interfere with the hormonal systems in the body. Detoxification is probably the most important component of fertility. Just like how we clean our homes, we must clean our bodies. If you are new to clean living, start with switching to organic food. That change alone will eliminate numerous chemicals entering the body daily.

NOURISH THE BODY. The high paced world we live in has left us depleted. What you eat matters. Due to improper growing practices and mass scale farming, the vitamin and mineral content is not what it used to be in our food. Taking a good quality prenatal multivitamin regularly is the first step. This ensures the body has the essential nutrients needed to create a healthy baby. There are also specific nutrients and herbs designed to help with fertility whether it's for egg quality, uterine support, or for sperm motility. Consult a natural health professional specializing in fertility and use the science of supplementation and the wisdom of the plants to nourish and support key organ systems.

That being said, each case is unique. Individualizing the medicine is the key component when addressing fertility issues, and lifestyle changes are the foundation. When you clean up your diet, your environment, and your mind, good things will happen. These changes will improve your fertility

dramatically. Many times, when people implement these changes alone, it's enough to conceive and have a healthy pregnancy. Children are miracles and everyone deserves a chance to create a family.

Dr. Adam Tice owns Beachside Natural Medicine. He specializes in helping couples get pregnant and creating healthy families. Join the free Facebook group: [Healing Infertility Naturally](#). For more information, call 321-848-4914 or visit [BeachSideNaturalMedicine.com](#). See ad, page 13.



Individualizing the medicine is the key component when addressing fertility issues, and lifestyle changes are the foundation.

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health briefs



Frankincense and Myrrh Combination Has Synergistic Effect

by Gordon Pennington

In the West, frankincense and myrrh have long been used as incense in religious ceremonies; in traditional Chinese and Ayurvedic medicine, they are used mainly for the treatment of chronic diseases. According to an abstract published in the PubMed Central (PMC) archive of biomedical and life sciences journal literature at the US National Institutes of Health's Natural Library of Medicine, "Among many traditional natural medicines, resins frankincense and myrrh have been proven to be effective in the treatment of inflammation and cancer."

China is the world's largest market for frankincense and myrrh, where they are largely consumed as medicinal treatments. In traditional Chinese medicine (TCM), frankincense and myrrh have been combined in the same prescription for thousands of years, and their combination has a better therapeutic effect on diseases than individually.

Blending frankincense and myrrh changes their chemical composition. The resulting combination provides synergistic properties that may be beneficial including anti-inflammation, anticancer, antibacterial, analgesic (pain relief), as well as activating blood circulation which can be useful for treating injury, swellings and other blood stasis issues. Research has demonstrated a positive therapeutic effect on chronic diseases such as arthritis, oral and skin ulcers or wounds, swelling, pain and inflammation.

Gordon Pennington is the owner of Kure-It Oil Blends made using frankincense, myrrh and an extract of herbs. For more information, call 888-587-3487 or visit KureItNow.com. See ad, page 9.

Improve Children's Brain Health with Better Nutrition

In a study with important implications for underfed children in low-income countries and elsewhere, a new study in *The BMJ* medical journal found that six months of nutritional supplements can improve working memory and blood flow in children's brains. Researchers from Tufts University travelled to villages in Guinea-Bissau, West Africa, where they gave 1,059 children, ages 1 through 7 years, a breakfast supplement high in plant polyphenols, omega-3 fatty acids, vitamins, minerals and protein. They compared results with children eating the standard local breakfast of rice or a common lower-quality supplement. They found that the enhanced nutritional supplement boosted cognition and increased cerebral blood flow in children younger than 4 and raised their hemoglobin concentration if they were anemic. Children older than 4 had improved body compositions—more lean tissue and less fat. With at least 250 million children worldwide younger than 5 that are failing to reach their cognitive developmental potential, these results pose significant impacts for children's education and national development in low-income countries, say the researchers.



Try Mindfulness to Improve Cardiovascular Health

Mindfulness training can lower blood pressure and positively influence behavior that promotes cardiovascular health, report Brown University researchers. The study published in *Plos One* involved 43 people with hypertension. In eight weekly 150-minute sessions, participants learned mindfulness meditation movements and techniques, including eating food mindfully, while also receiving instruction on hypertension risk factors. By the end of the year, they reported improvements in stress levels, diet, physical activity and alcohol consumption. On average, systolic blood pressure fell by six points and diastolic pressure by one point, a small, but significant improvement.



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global briefs



Fishy Business

Saving Coral Reefs Worldwide

The International Coral Reef Initiative (ICRI) has urged governments to take action to save the planet's remaining coral reefs and their attendant fish populations, because collective human impacts are leaving fewer places untouched, with only 15 percent of the Earth's land mass formally protected and global biodiversity declining at an unprecedented rate. To that end, a new online data platform, MERMAID (DataMermaid.org) helps scientists and management officials collect, organize and disseminate data on reef fish biomass and diversity, as well as the cover of hard corals, fleshy algae and other benthic groups—all identified by ICRI as key indicators of coral reef health, integrity and function.

The newly published *5th Global Biodiversity Outlook* and other sources endorsed by the Intergovernmental Panel on Biodiversity and Ecosystem Services clearly indicate that governments are failing to meet existing global targets for biodiversity and that critical ecosystems like coral reefs will be altered to the point that the biodiversity they harbor, and the services they provide, will be irreparably damaged. Currently, only 2.5 percent of the world's reefs are being actively protected.

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Caribbean Offshore Drilling Threatens Florida Beaches
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Company (BPC), under a license from the Bahamian government, has begun exploratory oil drilling as deep as 18,000 feet in an area southwest of Andros Island and 150 miles from South Florida. Eighteen members of the U.S. Congress, including the entire South Florida delegation, have warned Bahamian Prime Minister Hubert Minnis of the potential for severe, even catastrophic impact if a spill occurs.

BPC has made assurances that the exploratory well will be sealed and never used again after it completes its exploratory drilling, and supporters of the project say that the process is closely regulated and accidents are rare. Still, Floridians remember the 2010 Deepwater Horizon spill in the Gulf of Mexico that leaked an estimated 164 million gallons of oil and caused billions of dollars in economic and environmental damage. Even a minor accident that leads to a small oil spill could cost the state millions of dollars and disrupt tourism and businesses. Casuarina McKinney-Lambert, executive director of the Bahamas Reef Environment Educational Foundation, says that delicate areas of the Florida Keys would be particularly vulnerable to a spill.

georg.lehmer/AdobeStock.com

Buzz Kill

Honey Bees Have a Dirty Secret

Although honey bees symbolize prosperity, sustainability and environmentalism, and are vital to farmers, they also have a distressing effect on the environment—destabilizing natural ecosystems by competing with native bees. Thousands of beekeeping hobbyists and campaigns to save the bees provide honey bees much more media coverage than native pollinators. High densities of honey bee colonies increase competition with the native pollinators for forage, putting even more pressure on the wild species that are already in decline. Honey bees are extremely general foragers and monopolize floral resources, leading to exploitative competition where one species uses up a resource, not leaving enough to go around.

Sheila Colla, an assistant professor and conservation biologist at Toronto's York University, tells *Scientific American*, "Beekeeping is for people; it's not a conservation practice. People mistakenly think keeping honey bees, or helping honey bees, is somehow helping the native bees, which are at risk of extinction. The focus on neonics [pesticide] and honey bees has taken a ton of resources away from conserving wild pollinators from their most important threats."



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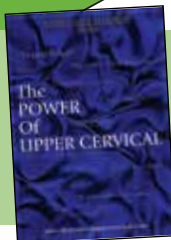
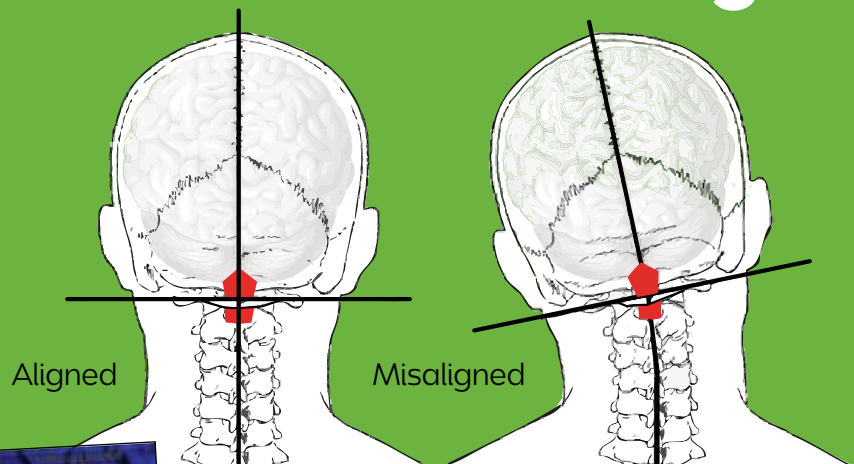
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Plug and Pedal

The Benefits of Using Electric Bikes

Gas-guzzlers are the worst of vehicles, emitting harmful pollutants and using up non-renewable natural resources. An Earth-friendlier alternative for work commutes or pleasurable neighborhood spins is the e-bike, powered by pedaling and an electric motor. Reaching maximum speeds of 20 to 28 miles per hour and costing \$400 and up, an electric bicycle offers a more scenic and easier ride that gets us to our destinations without trashing the planet.

Environmental Benefits

Zero emissions. Electric bikes run on clean energy, eliminating the devastating

carbon emissions associated with cars, vans, trucks and motorcycles.

Long-lasting power. The batteries last for years—much longer than traditional types. They don't contain lead and can be recycled.

Easier on roads. Bikes are considerably lighter than larger vehicles and cause much less damage to infrastructure.

Health-Friendly Commuting

E-bikes are a great way to bring some physical activity to an otherwise sedentary lifestyle. In a 2018 study, Swiss researchers found

that commuters enjoyed similar cardiorespiratory improvements regardless of whether they used an electric bicycle or a conventional, non-motorized model. With the power assist, e-bikers were able to cycle at higher speeds and climb hills more easily, which also proved to be highly motivating.

Safety Tips

Pay attention to traffic. Many car drivers may not expect a biker to reach 20 or more miles per hour. Ride defensively.

Be visible. Outfit the bike with lights and a bell and wear eye-catching clothing.

Start slow. Get a feel for the bike's capabilities at lower speeds before cranking it up.

Give it a brake. With the added speed and power, slowing down well ahead of stop signs, lights and road crossings is a must.

Be careful on the mount and dismount. An e-bike is about 20 pounds heavier than a regular bike, so a step-through frame might make good sense, even for men.

Wear a helmet. According to the U.S. Centers for Disease Control and Prevention, head injury is the most common cause of death and serious disability in bicycle-related crashes.

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DOWN TO EARTH

The Promise of Regenerative Organic Farming

by Sandra Yeyati

With its dependence on chemical pesticides and fertilizers, heavy tilling techniques, concentrated animal feeding practices and mono-crops—all designed to maximize yields—conventional farming has come at a great cost. “Conventional intensive farming practices have significant negative consequences for the land and surrounding ecosystems,” says Richard Teague, Texas A&M professor of Ecosystem Science and Management. “By disrupting the natural function of these habitats, the valuable ecosystem services they provide are compromised.”



pixdeluxe/Gettyimages.com

The way we’re growing food now is not sustainable. “According to the United Nations, we only have 60 harvests left before our soil is completely depleted. Years of conventional industrial agriculture have drained the soil dry of all of the organic matter, all the microbes, that microbiome that brings nutrients to our plants and to our planet as a whole,” says Margaret Wilson, content creation and media relations specialist at the Rodale Institute.

The UN also reported last year that agriculture and forestry were responsible for nearly a quarter of all greenhouse gas emissions. “Agriculture is a climate-intensive process and conventional practices make that even worse because they’re fossil fuel-intensive,” Wilson says. “They require a lot of machinery to plow fields and distribute pesticides. Fertilizers

are fossil fuel-based. Tillage is a huge part of conventional agriculture, where you’re turning the soil over, and that releases carbon dioxide into the atmosphere.”

One third of the world’s land surface is considered desert, and according to Judith D. Schwartz, the Vermont author of *The Reindeer Chronicles* and *Cows Save the Planet*, most deserts are manmade. “If we look historically, we learn that most

deserts were once thriving grasslands or some other kind of ecosystem and became deserts after hundreds of years of poor grazing management or farming that was no longer putting nutrients back into the soil.”

The good news is that deserts can be brought back to life. In the state of Chihuahua, Mexico, where much of the land is degraded, ingenious ranchers have figured out a way to support healthy animals and plant biodiversity. “The ranchers were earning money by managing the livestock holistically in a way that was reviving the ecological function of these lands, so there were thick grasses, birds and butterflies flourishing right next to land that looked horrible—absolute deserts with a lot of erosion, the soil so depleted that it couldn’t hold water,” recalls Schwartz, who visited the area.

Regenerative organic farming holds great promise to rebuild soil, draw carbon from the atmosphere and ultimately grow healthier food. “When you take out the pesticides, fertilizers and intensive tilling, our farming systems trial concluded that regenerative organic agriculture uses 45 percent fewer fossil fuels and releases 40 percent fewer carbon emissions than conventional practices,” Wilson says, adding that a recent Rodale Institute white paper postulated that by transitioning all global crop and pastureland to regenerative management, we could sequester 100 percent of annual carbon dioxide emissions.

As the founder of the Rodale Institute, J.I. Rodale, said, “Healthy soil equals healthy food equals healthy people.” Soil restoration is job one, and we know how to do this. “The goal of regenerative farming is to farm and ranch in nature’s image,” says Gabe Brown, a North Dakota farmer and author of *Dirt to Soil*. He offers the following six principles to create a thriving, regenerating agricultural ecosystem:

1 Context: “There’s a reason bananas do not grow in North Dakota. They don’t fit the context, whereas more spring wheat is grown in North Dakota than anywhere else. You have to farm and ranch in your context.”

2 The least amount of mechanical and chemical disturbance possible: “Nature tills with earthworms and burrowing rodents, but it certainly doesn’t till the soil like we do in farming or even in gardening. Tilling is the worst thing you can do if you want to raise nutrient-dense food. Nature aerates the soil with the use of living plants and soil aggregates. Those soil aggregates will only last about four weeks, then new ones need to be formed, and the only way to form them is by not tilling and allowing biology and fungi to secrete substances that help bind sand, silt and clay to form soil aggregates.”

3 Armor on the soil: “Nature always tries to cover the soil, whether it be leaves in a forest or decaying plants in a pasture or field. Nature does not like bare soil.”

4 Diversity: “Where in nature do you see a monoculture? Usually only where man put it or man’s actions have driven it to be a monoculture. Nature is very diverse, so hundreds of different grasses, legumes all growing in harmony. We’ve gotten away from that. Now we plant monocultures. That’s not the way nature functions.”

5 A living root being in the soil as long as possible throughout the year: “I go out in the spring here in North Dakota, and you’ve got crocuses coming up through the snow. That’s nature’s way of trying to take the solar energy and all of these compounds out of the atmosphere, and through photosynthesis convert it into carbon to feed soil biology.”

6 Livestock and insect integration: “Nature does not function properly without animals. Too many people think we have to remove the animals from the landscape. That’s the worst thing you can do. What’s going to pollinate the plants? The way our rich soils were formed was with large herds of ruminants, grazing the plants. That plant, once grazed, starts sloughing off root exudates to attract biology, to regrow, and then that plant is able to cycle more carbon out of the atmosphere.”



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Brown waxes poetic when he talks about the amazing results of regenerative farming. “Healthy soil looks like dark chocolate cake. It’s full of pore spaces. Healthy soil is dark because of the amount of carbon in it. It smells good, whereas unhealthy soil is very compacted. There’s no pore spaces. Water cannot infiltrate into it. It’s a dull, pale color. You can see it, you can smell it, you can feel it.”

According to Wilson, the Rodale Institute is poised to help farmers adopt these principles and make them profitable. “People say regenerative organic isn’t scalable, but through our farming systems trial, we’re proving that you can do this on a large scale. It might require customization, but that’s why we’re investing so much in providing support and research to farmers to help them navigate that, and we’re seeing that scalability is not a barrier to implementation because so many big companies like Dr. Bronner’s and Patagonia are starting to implement these practices because people are demanding it. The market finds a way to make it doable and as long as we keep up our consumer education and show people that this is a benefit to everybody, I think large-scale farmers and corporations that buy their products will respond.”

Last year, Graham Christensen’s father gave him and his brother full control of a 750-acre farm in Oakland, Nebraska, that has been in the family since 1867. Over the decades, the farm has seen many changes, but the biggest transformation is still to come, as the brothers eagerly transition their once conventional operation into a regenerative organic one.

The family began to incorporate a few innovations 12 years ago when they stopped tilling the land and adopted solar energy, but this year they’ll take bolder steps to eliminate their dependence on GMO seeds and chemical fertilizers and pesticides which over the years have reduced organic matter levels in the soil and led to increased and unhealthy nutrient levels in their waterways.

“For the first time, we’ll be cover-cropping 612 acres and expanding habitats for wildlife, especially in some riparian areas, so we can get more roots in the soil and have better filtration and cleaner water,” Christensen explains. “We’re going to produce nutrients by building a biodiverse ecosystem and we’re incorporating animal grazing systems to help us fertilize naturally rather than having to add synthetics like nitrogen and phosphorus.”

They have planted a 100-tree hazelnut orchard that they hope to expand as a tree crop. “That’s going to help us stop soil erosion, store more carbon in the ground, produce another form of income and also be able to fit right into our cropping system, virtually taking out no extra land; just creating a higher layer, so now we’re farming higher in the air.”

The transition is not without its risks, Christensen adds. “Farms like ours have been heavily subsidized by the federal government to ship our grain to other countries. What we’re trying to do now is produce more small grains and hazelnuts for a regional market and reintroduce livestock to the land—not in confinement—so we can focus more on feeding people in our local community and in Omaha or Lincoln or Kansas City or Des Moines.”

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



FARMERS MARKET GUIDE



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BREVARD COUNTY FARMERS MARKET

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Melbourne, 321-633-1702
Thursdays 3-6pm

DOWNTOWN MELBOURNE FARMERS' MARKET

Riverview Park, 2301 Irwin St.
Melbourne, 321-759-3713
The first and third Saturdays of the
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Every Saturday 10am-3pm Oct-May

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SATELLITE BEACH FARMERS MARKET

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Saturdays 9am-2pm



BRAISED GRASS-FED SHORT RIBS

3 1/2 pounds short ribs, preferably bone-in, local beyond organic farm raised and grass-fed

3 Tbsp olive oil

1 cup onion, diced

4 garlic cloves, minced

1/2 cup red wine

2 cups organic beef stock

2 Tbsp tomato paste

1/2 tsp dried thyme

optional: 12 ounces mushrooms, cleaned and quartered

optional: fresh Italian parsley

Allow short ribs to come to room temperature before cooking.

Preheat oven to 325°

Heat the olive oil in the Dutch oven over high heat. Sear all sides of short ribs until browned. Remove from pot.

Add onion and garlic to the pan and sauté until lightly browned. Add wine and cook until reduced by half. Add beef stock, tomato paste, and thyme. Stir well and bring to a boil.

Return the short ribs to the Dutch oven, cover and place in the preheated oven. Braise for 2 1/2 to 3 hours or until beef is fork tender.



If using mushrooms, add to Dutch oven with about 30 minutes left to cook.

Serve with mashed potatoes or cauliflower mash, sweet potato mash or roasted winter squash. Recipe easily adapted for a slow cooker. Double the recipe for extra sauce. Delicious with polenta or pasta.

Recipe submitted by Florida Fields to Forks. They offer organic farm fresh food all year long including fresh produce, grass-fed beef, chicken, seafood, dairy and more.

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SHADOWOOD FARM ROASTED BEET, FENNEL AND ORANGE SALAD

6 medium beets (red, golden or any variety/combination) trim and wash well

3 navel oranges, peeled & sliced
1/2-inch rounds

1 large fennel bulb, halved, cored and sliced very thin

1 small red onion, sliced into to very thin rounds

optional: 3/4 cup goat cheese

optional: garnish with edible flowers such as viola or calendula petals.

Dressing

1/4 cup of olive oil

2 Tbsp balsamic vinegar

2 Tbsp maple syrup

2 Tbsp fresh orange juice

sea salt & fresh ground pepper to taste

2 Tbsp chopped fresh chives or garlic chives

2 Tbsp chopped fresh mint leaves, save a few whole leaves for garnish if not using flowers



Choose certified organic ingredients when possible.

Preheat oven to 400 degrees

Dry beets and place in heavy duty tinfoil, on a shallow roasting dish or pan. (If using a combination of beet varieties, separate them according to color, to prevent colors from mixing during the roasting process). Rub beets with olive oil, pour 2 Tbsp orange juice into pan. Cover tightly with foil and roast until fork tender. (Approx. 45 mins to 2 hours, depending on sizes of beets). Uncover and let cool to room temperature. Reserve cooking liquid for dressing. Can be roasted the day before.

Peel and slice beets. (Once roasted, the skin will come right off!) Arrange beets, oranges, fennel and onion on plate or platter placing contrasting colors and textures next to one another.

Dressing: Mix olive oil, vinegar & maple syrup, and reserved beet juice in a small bowl and whisk to combine. Add chopped chives and mint. Season with salt and pepper.

Pour the dressing over vegetables, season with more salt and pepper if desired, top with goat cheese if using, garnish with fresh chives and mint or edible flowers.

Inspired by Shadowood gardener Wendy Stachowki. Shadowood Farm offers fresh beets, bulbing fennel, garlic chives, mint and edible flowers, all grown at the farm, in March. Also available are oranges and red onions brought in from other certified organic farms.



Find more recipes like these including Shadowood Pak Choi & Kale Slaw at my-NA.com/recipes.

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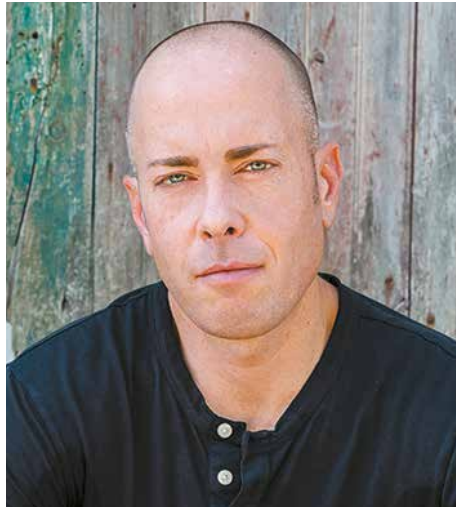
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Jeff Tkach on Regenerative Healthcare

by Patricia Trenchak

For over 70 years, Rodale Institute—a pioneer of the organic food movement—has championed the concept of farming without herbicides and pesticides by funding and supporting scientific studies and education. Now entering his fifth year with Rodale Institute, Chief Impact Officer Jeff Tkach is committed to upholding the legacy of the Institute’s founder, J.I. Rodale, who believed that healthy soil equals healthy food equals healthy people. According to Tkach, farmers and healthcare professionals need to embrace a prevention-based approach to human and environmental health, and Rodale Institute is here to bridge the gap between these two industries by unlocking the transformational power of regenerative healthcare.



doctors and \$50,000 in medical bills. I had been a high-performing businessperson up until that point, and found myself on medical leave, bedridden and unable to work. I sought out a doctor who practiced something called functional medicine, which focuses on finding the root of whatever caused the breakdown in health. After numerous tests, it was discovered that I had chronic Lyme disease. The doctor explained that there was nothing he could prescribe that was going to

instantly make me better. Through my work with him, I had to look at my body as a whole system and came to realize that food is medicine. Ultimately, alternative modalities like acupuncture and IV [intravenous] therapy, as well as food healed me.

What is regenerative healthcare?

It is a system in which farming and healthcare work together focused on a prevention-based approach to human and environmental health. Instead of using toxic chemicals to farm, regenerative healthcare aims to prevent disease through an organic, plant-based, whole-foods diet. Regenerative healthcare begins on farms that work in harmony with nature. At Rodale Institute, we see ourselves as a human health organization, not an agricultural organization. We use agriculture as a tool to promote human health. Our goal is to build the first brick and mortar facility in the world, called the Regenerative Health Institute, that will connect medical doctors and farmers. The facility will be a 333-acre certified organic farm in Kutztown, Pennsylvania, that will provide innovative research on the links between farming and human health. We’re going to be doing scientific research that demonstrates the link between soil health and the health of people, and we’re going to educate and train tomorrow’s doctors to become more literate in agriculture and to understand how they can use food as medicine.

How did your personal journey lead you to explore regenerative healthcare?

In 2016, I experienced a tremendous health collapse in my own life. I went through six conventional medical



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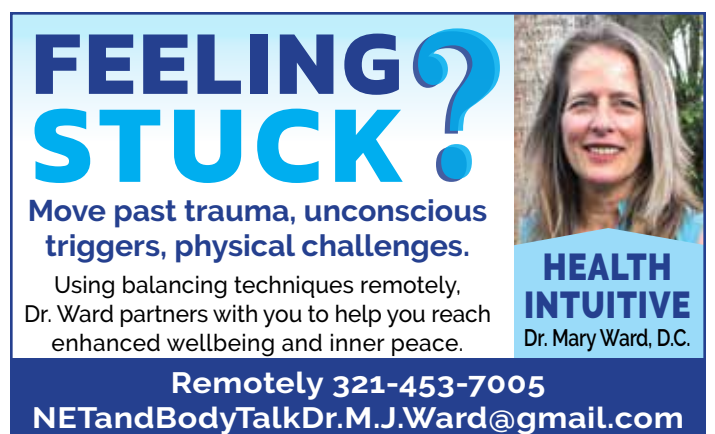
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How can we harness the power of regenerative organic farming to foster good health?

The current mode of farming is systemically broken, and farmers need to move in a healthier direction. The science is showing that elements in pesticides and herbicides are known carcinogens that are wreaking havoc on our immune systems. They are ubiquitous in our air and drinking water. Farmers are no longer able to control where those chemicals land. They're leaching into our groundwater, killing the life in the soil and causing major soil erosion. Ultimately, they're causing imbalances in nature of mass proportion.

How can you convince people to adopt organic and consider food as medicine?

We need to encourage people to get to know a farmer. There are incredible regenerative organic farmers in our own communities that oftentimes don't have access to mainstream markets. During the pandemic, we saw a major increase in sales directly from farms to consumers. When the supply chains in the grocery stores broke down, we turned to farmers. That's profound. As a result of the pandemic, 22 million new gardens were planted in the United States, according to the National Gardening Association. We need to keep that going. It's very exciting to be a part of this movement as people around the world come to understand the importance of food as medicine. I truly believe that regenerative healthcare is the key to healing our planet.

For more information, visit RodaleInstitute.org.

Patricia Trenchak writes for KnowEwell, a Regenerative Whole Health Community platform and a collaborative partner of Natural Awakenings Publishing Corp. See ad on page 55.

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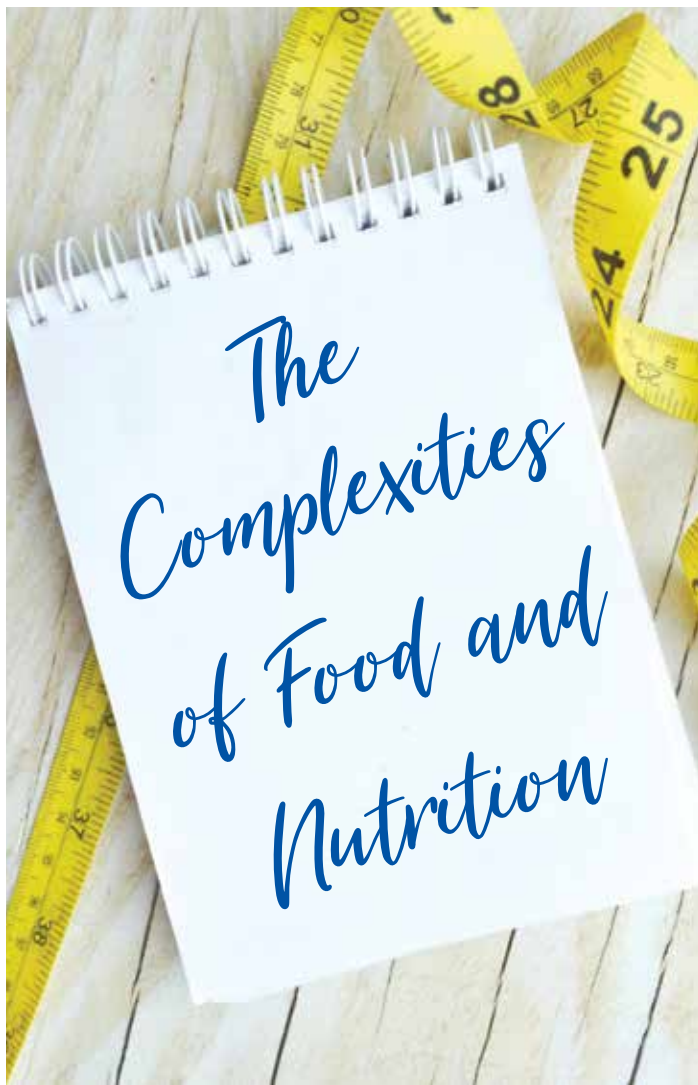
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Nutrition Experts Dish Out Health Tips

by Julie Peterson

Short-term energy, long-term health, managing weight and simple satisfaction are some of the reasons people choose the food they eat. But there is no way around the fact that food is the body's fuel, and the quality of the fuel has a lot to do with how well the machine operates. Unfortunately, it's simpler to put high-quality fuel in the vehicle that transports you to the grocery store than it is to consistently select high-quality fuel for the vehicle that houses your person.

Mindful Munching

We are bombarded with fast food, processed food and other unhealthy choices. Avoiding these and making better selections in each moment will eventually equate to long-term success with dietary changes.

"I educate and empower my clients to be aware of what is going into their mouth; we are what we eat," says Christi Buck, RDN, LD, owner of Vitality Wellness and Nutrition Center in Vero Beach. "My philosophy is that all disease begins in the gut. Food is medicine."

Lee Cotton, RDN, LDN in Stuart agrees that nutrition is a fundamental part of health. "It is not only specifically based on what we eat but also the relationship with food that impacts health," she says, adding that she helps her clients learn "to stay connected to the body and eat with awareness."

Sometimes, keeping a food journal for a time helps people recognize eating habits that may not have been apparent otherwise. It's not necessarily about counting anything, rather looking at food choices through a wider lens.

Down with Diets

'Diet' is simply the food that is eaten, but the word has taken on a whole new meaning with fads and programs that claim to help with everything from aging to weight. For those who have health issues, however, specific eating plans may be needed.

"In order for patients to cultivate long-term healthy dietary habits for diabetes, it is important that they do not diet and instead learn how to make healthy choices and learn how foods affect their blood sugar levels," says Diane Kingsley, RD, LDN, at Whole Body Wellness in Vero Beach. Diane adds that the proper amount of protein and fiber-rich complex carbohydrates can help to naturally lower blood sugar levels.

People with heart or vascular disease, autoimmune disorders, digestive woes and more can benefit from working with a nutritionist or dietitian to help make meaningful and lasting changes in lifestyle and eating habits.

"I practice by helping find the root cause of their health challenge and then design a personalized program for each client," says Buck. While each person is unique, she points out that "proper foods can help heal the gut." She recommends her clients start by eliminating sugar since there are 143 reasons sugar ruins your health.

While eating healthful foods is paramount, including selecting organic whenever possible, our choices and patterns may run deep. It's good to be flexible and gracious with oneself along the way.

"I believe in taking a mindful, realistic approach to nutrition and creating a safe space for clients to discuss current nutrition struggles," says Cotton, who teaches clients "to trust internal cues and focus on cultivating a healthy body image."

Food is Good

Food is essential to survival and yet there is sometimes guilt or shame intertwined with the act of eating.

"There are many 'food rules' that we have been programmed to believe. Reframing these beliefs about food and weight and embracing individuality is key," says Cotton.

Sometimes, keeping a food journal for a time helps people recognize eating habits that may not have been apparent otherwise.

“It is important to change the negative thinking regarding food.”

Finding balance in the diet and the process of selecting and consuming might take time, but the payoff is worth it, especially when disease may be the other option.

“When blood sugars can be reduced to prediabetic levels or even normal levels, a patient can feel more energetic, immune system function improves and the patient may experience a reduced risk of comorbidities that can be common with diabetes such as hypertension, peripheral neuropathy, retinopathy and decreased kidney function,” says Kingsley.

Buck agrees that food can heal the body, “but once symptoms are present and the body is not naturally healing, the body is then asking for help,” she says.

Another reason that working with a professional is a good idea, is that there are many facets to a nutrition plan for each unique situation and body.

“There is not a one-size-fits-all approach when it comes to nutrition and wellbeing,” says Kingsley. “It is just as important to work with a patient on behaviors, habits, sleep patterns and stress levels as it is to work on their nutrition and exercise goals.”

To connect with the nutritionists in this article refer to their ad. Christi Buck, RDN, LD: page 10; Lee Cotton, RDN, LDN: page 53; Diane Kingsley, RD, LDN: page 51.



Hear how these nutritionists help their clients nourish their bodies and create health in our video podcast interview at my-NA.com/VPNutrition.



Coconut Fig Chia Seed Pudding

Serves 4; serving size ½-¾ cup

1 can (13.5oz) coconut milk

½ cup chia seeds

1 tsp vanilla extract

½ tsp of salt

4 fresh figs

1 Tbsp black strap molasses

In a medium bowl, whisk the coconut milk, chia seeds, salt and vanilla extract. Refrigerate for at least 2 hours until it gets thick.

Cut each fig in half then cut each half in thin slices.

In each serving glass or Mason jar, layer half of the fig slices and then add about ¼ cup chia pudding and drizzle with molasses. Top with the remaining fig slices and drizzle with molasses. Tip: the recipe can be used as dessert.

Recipe submitted by Christi Buck, RDN, LD, owner of Vitality Wellness and Nutrition Center and created by Carmen Dragen. Calories 314, saturated fat 15.6g, cholesterol 0mg, sodium 314.6mg, carbohydrate 25.9g, dietary fiber 9.1g, total sugars 14.3g, added sugar 2.3g, protein 5.2g.

Shrimp or Chicken Cauliflower Fried Rice

Ingredients

1 head of cauliflower riced (may also use frozen riced cauliflower)

2 Tbsp olive oil

1 lb. boneless and skinless chicken breast, chopped into 1 inch pieces
or 1lb shrimp peeled and deveined

1 yellow onion, chopped

2 large carrots, chopped

2 cloves garlic, minced

1 ½ cups of frozen peas

1/3 cup of low sodium soy sauce



Directions

Heat 1 Tbsp olive oil in a large skillet and add diced chicken or shrimp and sauté for 5 minutes.

Take out chicken or shrimp and put it to the side.

Add 1 Tbsp oil to the same skillet and add onion, carrots, peas, garlic and sauté for 5 minutes. Then add the cauliflower rice and low sodium soy sauce, if using chicken add now. Cook for an additional 5 minutes. If using shrimp add at the end. Enjoy!

Recipe submitted by Diane Kingsley of Whole Body Wellness. The cauliflower fried rice is used to reduce the carbohydrate content. Regular fried rice is 45 grams of carbohydrates per cup versus the cauliflower fried rice is only 12 grams of carbohydrates per cup.

Indoor Edible Gardening

Grow Veggies, Sprouts and Microgreens Year-Round

by April Thompson

There's no need to wait until the last frost date to sow a kitchen garden. Impatient gardeners or those without outdoor space can grow almost anything indoors with a little light and creativity.

"You can start many edible plants from seed on a sunny windowsill, even in late winter. You'll be surprised how quickly everything germinates this time of year," says Zia Allaway, the British author of *Indoor Edible Garden: Creative Ways to Grow Herbs, Fruits, and Vegetables in Your Home*.

Herbs, tomatoes, cucumbers and peppers are among the many foods that can be easily grown from seed indoors, according to Allaway. Many fruiting plants that are not self-pollinating, such as cucumbers, need a boost from hand pollination if growing them indoors. Allaway adds, "When growing any plants on a windowsill, rotate them periodically so they grow evenly, as they will turn toward the light."

While crops like garlic, beets and carrots won't reach maturity indoors, they can still be grown inside for their tasty, nutritious leaves. To grow garlic shoots, for example, remove the papery outer case and submerge the flat end of a garlic bulb in a container of water, leaving the top exposed to air. Within a few weeks, garlicky-flavored shoots will sprout up that can be harvested and used like chives, advises Allaway.

To maximize space, she suggests growing plants vertically, perhaps by hanging bushy herbs or trailing plants in a window basket. She has also used interior walls to erect a trellis for vining plants like cucumbers, wiring it up with screw eyes.



Mini-Greens, Major Nutrients

Many health-conscious gardeners are drawn to sprouts and microgreens for their nutritional benefits, as they contain as much as 40 times the nutrients as their full-grown counterparts. Sprouts can easily be grown with or without soil, and are eaten before the first tiny cotyledon leaves emerge, whereas microgreens are harvested later, often just before or after the first true leaves, the second pair, pop up.

"Sprouted greens grown at home are the freshest food you'll ever eat. Being able to grow your own salads is also a lot of fun in the winter, to see the wonderful colors growing on your shelf," says Peter Burke, the Calais, Vermont, author of *Year-Round Indoor Salad Gardening: How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 Days*.



Burke's tried and true method is to plant a small amount of seed every day from a mix of sunflower, peas, radish, buckwheat and brassicas like broccoli or kohlrabi, providing a steady supply of his family's daily dose of greens. While some gardeners grow sprouts or microgreens directly on paper towels or coconut coir, Burke prefers using a store-bought, germination soil mix, spread up to two inches deep in reusable trays, watered once a day and grown without artificial light.

Many seeds commonly found in the home pantry can be turned into sprouts and shoots, says Lina Wallentinson, the Swedish author of *Sprouts, Shoots and Microgreens: Tiny Plants to Grow and Eat in Your Kitchen*. "Mustard seeds from the spice shelf, whole lentils in all colors, chickpeas and yellow peas can all be easily grown for sprouts and shoots without any special equipment," she says.

Seeds can be put into wide-mouthed jars, soaked overnight, and then drained and rinsed two to three times a day. Germination of seeds into sprouts, from mung beans to quinoa, can typically take less than 24 hours with this method.

Sprouts and microgreens make great toppers for salads, soups, sandwiches or smoothies, and they can also be cooked. "Newly sprouted mung and lentil seeds with a short 'tail' are perfect to flash-fry and season with soy, chili and a little sesame oil as an alternative to rice or pasta," says Wallentinson. "Sprouts are also nice to bake with. Like seeds and nuts, they give a good little chew in all kind of breads."

Whether growing sprouts, microgreens or full-sized plants, Allaway advises home gardeners to make drainage holes at the bottom of the containers to avoid overwatering. "It's better to underwater than overwater a plant, because once it starts to rot, it's game over. There is also research showing that a little stress from occasional underwatering can trigger the plant to produce more phytochemicals, which are nutritionally beneficial," she says.

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

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Tasty, Sprout-inspired Recipes



Green Smoothie Bowl

Here's a recipe that contains both sprouts and shoots. The buckwheat provides a little extra satiety. Top the bowl with some poppy seeds, grated coconut, nuts and berries.

YIELD: 2 BOWLS

Approx. 1½ cup mild, tender shoots such as broccoli, chia, pea or sunflower
2 frozen bananas
3½ oz frozen mango, diced
2 Tbsp buckwheat sprouts
6¾ oz mild plain yogurt (3 percent) or coconut or almond milk
Hemp hearts, poppy seeds, grated coconut, nuts and frozen red and/or black currants, for topping

Blend shoots, bananas, mango, sprouted buckwheat and yogurt until smooth using a countertop or immersion blender.

Pour into bowls and top with hemp hearts, poppy seeds, nuts, coconut and berries.

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

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Noodle Soup with Coconut, Sprouts and Shoots

This soup is a favorite in our home. Simple to make, it's warming thanks to just the right amount of bite from the chili.

YIELD: 4 SERVINGS

- 1 8¾ oz pack of noodles
- 1 Tbsp canola oil
- 1 carrot
- 2 tsp red curry paste
- Canola oil, for frying
- 1 13½ oz can coconut milk
- 1 tsp tomato purée
- 2 Tbsp fish sauce (or Japanese soy sauce)
- 1 vegetable stock cube
- 1 tsp sugar
- 1¼ cups water
- 2 tsp freshly squeezed lime juice
- 1 red bell pepper
- About 7 oz mung bean sprouts
- Pea and radish shoots, for garnish



Prepare the noodles according to the instructions on the package. Drain off the water, and mix the noodles with the oil.

Peel and thinly slice the carrot. In a saucepan, cook the curry paste and carrot in some oil for about 1 minute.

Add in the coconut milk, tomato purée, fish sauce, stock cube, sugar and water, and cook for about 5 minutes. Add in the lime juice.

Halve, seed and julienne the bell pepper; add it to the soup. Divide the noodles between the bowls, add the soup and sprinkle with sprouts and shoots.

Recipes excerpted from Sprouts, Shoots & Microgreens: Tiny Plants to Grow and Eat in Your Home Kitchen, by Lina Wallentinson. Photography by Lennart Weibull.



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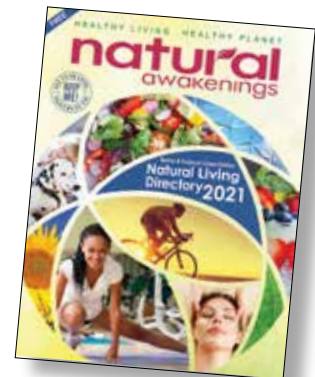
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CANINE OBESITY

When Doggies Need Diets

by Julie Peterson



A year ago, Leroy became exhausted lifting his furry head. Today, he has energy to run, chase and play, thanks to his owner helping the 11-year-old Shiba Inu lose 14 pounds. Leroy was adopted last May by Peter Nguyen, a facilities coordinator in Bellevue, Washington. Back then, Leroy weighed 56.4 pounds—twice the recommended weight. Nguyen found a holistic veterinarian to provide an integrative support plan to remove him from danger.

Overweight dogs are at risk for joint problems, cancer, diabetes, kidney disease and more. According to a 2018 survey by the Association for Pet Obesity Prevention (APOP), 55.8 percent of dogs (about 50 million) in the U.S. are either overweight or obese. The APOP also reports that most of the owners of these dogs don't realize or are in denial about this important fact.

Determining Appropriate Weight

“A dog that is a perfect weight, you can feel the ribs, but not see them. And you have an abdominal tuck when you look from the side. From above, right in front of the hips, you can see the waistline,” says Leroy’s veterinarian, Jackie Sehn, at Mercy Vet, in Mercer Island, Washington. She points out that the dog must be touched to feel the amount of fat, especially in long-coat breeds.

This evaluation can be done at home using the online Body Condition Score chart at PetObesityPrevention.org. The American Kennel Club also has a weight chart for dozens of breeds that can help determine an initial goal weight, although ideal weight can vary among individual dogs.

Doggy Diets

Debbie Hensel, who fosters dogs, took in a morbidly obese 13-year-old Chocolate Labrador for the Mr. Mo Project, in Cary, North Carolina. Under her care, the pet went from 108 to 81 pounds within nine months. “Since Bruce was an older dog and overweight, the first thing we did was start him on a joint supplement with turmeric and a prescription diet food. In the beginning, I withheld some of his food and used it as treats throughout the day,” says Hensel. Every four to six weeks, Hensel decreased Bruce’s food intake.

She also divided up portions to feed him four times per day to help him feel full. “Portion control is important,” agrees Nguyen. “Leroy has a habit of wanting to eat more. I think he

has a hard time knowing how much food he really needs.”

But the problem isn't just eating too much. Pet owners are often feeding the wrong foods. “It is the quality sometimes more than quantity. Health doesn't come from processed food,” says Sehn, adding that most dry kibble is essentially overprocessed junk food that lacks nutrients and contains fillers.

Fortunately, refrigerated and frozen dog food has made it easier to feed organic, fresh, nutritionally balanced, raw food which is based on a dog's ancestral diet. Raw food is also available dehydrated. Treats, if included, should satisfy the chewing instinct without adding many calories. Sehn recommends dehydrated chicken or duck feet, tendons and healthy jerkies.

“Switching to a raw diet helped with Leroy's weight, but I had no idea it would have so many other benefits,” Nguyen says. “I noticed that his coat was getting a lot softer and he smelled a lot better.”

Ease into Exercise

“Bruce sounded like an elephant falling when he laid down and he couldn't stand for long,” says Hensel. Indeed, exercise can overburden the heart and joints of an obese dog. At first, Leroy and Bruce both had a hard time just getting up off the floor, so losing weight first was crucial.

As the weight began to come off, they both became more engaged and stamina slowly increased. Hensel started by walking around in the backyard and letting Bruce follow. Their initial walks were to the end of the block. They would stop and rest before going back home. “As he lost weight and his strength improved, our walks got longer,” says Hensel.

Weight loss must be a healthy process. “Breaking down excess fat takes time,” says Sehn, adding that losing too fast results in muscle loss. Patience and time are key.

“I think Bruce just needed less food and someone that wanted to do things with him,” says Hensel, who has adopted Bruce as her “forever foster dog”.

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

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Hemp-Derived Cannabidiol

A Primer on the Latest Research

by Sandra Yeyati

Ever since the Farm Bill of 2018 legalized the commercial production of hemp, U.S. sales of cannabidiol (CBD) have exploded onto the scene with hundreds, perhaps thousands, of vendors popping up around the country. CBD, a cannabinoid, is abundant in the hemp flower. “By law, hemp is defined as a variety of cannabis plant that has less than 0.3 percent THC, the psychoactive cannabinoid that induces a high,” says Shannon Livingston, a cannabis consultant for Florida Gulf Coast University, in Fort Myers.

Proven Benefits of CBD:

“The enthusiasm for CBD is soaring above the actual scientific evidence,” says Peter Grinspoon, M.D., a leading medical cannabis expert and primary care physician at Massachusetts General Hospital. “What’s known is that it helps with childhood epilepsy, and the U.S. Food and Drug Administration has approved a CBD drug for that. It is believed, and there’s good animal data and some human data to suggest, that CBD helps with chronic pain, insomnia and anxiety.”

Anxiety Under Study:

A clinical trial examining a high-CBD, low-THC (the psychoactive component) sublingual custom formulation for patients with moderate to severe anxiety is being conducted by Staci Gruber, Ph.D., director of Marijuana Investigations for Neuroscientific Discovery at McLean Hospital, in Belmont, Massachusetts, and associate professor of psychiatry at Harvard Medical School. “In the open label phase of this study, we’ve seen a rather dramatic and precipitous drop in symptoms of anxiety and depression after four weeks of treatment. We’ll see if this holds in the double-blind phase, which is underway now,” she explains.

Entourage Effect:

Gruber notes that this customized formulation is a full-spectrum, whole-plant formula, saying, “You often seem to get a bigger bang for the buck using a full-spectrum or broad-spectrum (whole plant minus THC) product, rather than just a single extracted compound.” The process she’s describing is called the

Kostreuz/AdobeStock.com

entourage effect—an assumption that all elements of the cannabis plant, working together, are most effective. “I believe there’s a significant role for terpenoids, flavonoids and other cannabinoid constituents of the plant, in addition to the big two (THC and CBD), and I have a grant to look at that very question,” she says.

How to Start CBD:

Experts agree that the best approach is to start low and go slow. “With experimentation, the patient will know what works for them,” Grinspoon says. “When CBD doesn’t work with my patients, the next step is to add a little bit of medical cannabis; it often takes a very little dose to help them with their sleep or their chronic pain.” Medical marijuana has been legalized in 36 states and the District of Columbia.

Route of Administration:

“When you smoke or vape, it’s an almost immediate onset, which is helpful for breakthrough pain, nausea and anything you want to treat immediately, but the effect is very short-lived,” Livingston explains. “For chronic pain, you might take a capsule or the patch that will last six to eight hours. If you want to fall asleep, a sublingual will work. For a skin condition, you might rub an oil on your skin. It’s really about the time of onset, how long you need it to last and what you’re treating.”

Ensuring Quality Control:

“Choose CBD providers that are certified for good manufacturing practices; conduct batch-specific, third-party testing on all of their products; and provide certificates of analysis directly from those labs. These tests can detect the presence of heavy metals, bacterial or microbial life, mycotoxins and pesticides, and also provide cannabinoid potency and terpene profiles,” says Grace Kaucic, senior communications and content manager at Bluebird Botanicals, a CBD company in Louisville, Colorado.

Our Built-In Cannabinoids:

In the mid-1990s, researchers discovered the endocannabinoid system of receptors and neurotransmitters throughout the body, which uses cannabinoids that our own bodies produce. “This system is believed to control homeostasis, the body’s ability to regulate itself and maintain normal functioning,” Grinspoon says, adding that he believes this system will become central to medicine over the next few years as more research is conducted.

Research is Ongoing:

“It’s an incredibly exciting time for cannabis science,” Gruber says. “There’s every reason to be optimistic about the potential of harnessing and exploiting the benefits of cannabis and cannabinoids in ways that may still surprise us, but to be cautiously optimistic. It is not a panacea. It will never be one-size-fits-all.”

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

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calendar of events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

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

SPACE COAST EVENTS

MONDAY, MARCH 1

Deeksha Healing: The Oneness Blessing with Crystal Bowl Meditation – 5:30-7pm. Includes powerful mantra and crystal bowl meditation and Deeksha Blessing. Brings a shift in perception resulting in clarity and spontaneous feelings of love, joy, peace and inner silence, dissolving negative life patterns and releasing cellular and energetic level traumas facilitating healing with Maria Banas. \$20. Bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, call or visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, MARCH 3

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

FRIDAY, MARCH 5

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

SATURDAY, MARCH 6

Reiki 1 Certification Course – 11am-5pm. Reiki 1 with Usui/Holy Fire III consists of an Attunement/Placement given to the student and teaching by Usui, recognized worldwide. Holy Fire energy is a more refined source of higher consciousness that empowers the energies of the symbols and techniques used

in Usui and Karuna Reiki. Topics covered: How Reiki works, The Holy Fire, Chakra functioning and balancing and more. Maria Banas is a certified Reiki Master-Teacher. \$160. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. AquarianDreams.com/special-events/. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SUNDAY, MARCH 7

Aerial Restorative with Crystal Bowl Healing – 10-11:30am. Have an amazingly relaxing restorative aerial yoga while the healing sounds of Anthony Profeta Crystal bowls help you to get to your most meditative state. \$40. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

MONDAY, MARCH 8

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

TUESDAY, MARCH 9

Sleep 101 – 7-8pm. There are a number of contributing factors that lead to decreased levels of sleep, or disruptive sleep patterns, and this event will help you understand how these could be affecting you. Dr. Brian Walsh speaks at CARE Natural Wellness Center. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

WEDNESDAY, MARCH 10

Awakening Love & Compassion – 5:30-6:45pm. Loving kindness Meditation with Singing bowls. During this session, meditation teacher, Anthony Profeta will guide us through a lovingkindness meditation while playing the Singing Bowls. The tones of the singing bowls will help to shift the brainwaves out of the beta & into the more relaxed & calmer alpha and theta brainwave states. \$20. Bring a yoga mat and pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

FRIDAY, MARCH 12

New Moon Guided Meditation – 6-7:30pm. 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. Bring yoga mat or pillow. \$20. 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.

MONDAY, MARCH 15

Reiki Vision Board Workshop – 5:30-7:30pm. Have you ever wanted to make a vision board and never gotten around to it? Vision boarding is a powerful tool to manifest your heart's deepest longings, your visions, your dreams. Class will begin with a Reiki Guided Rest Yoga Nidra to call in the Reiki energy. From there, you will create a vision board guided by the Reiki energy. Led by Karen Hedley. \$25 (includes all materials needed to create a vision board). Bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, call or visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, MARCH 17

Transformation Meditation Experience – 5:30-7pm. Bruce will guide you through a transformational trance experience, while receiving healing frequencies through Maria's Reiki healings and crystal bowls. Bring yoga mat or pillow. \$25. Due to current social distancing protocol, class size will

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be limited, and pre-registration is recommended, call or visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

FRIDAY, MARCH 19

Regenerate and Rejuvenate – 5:30-7:30pm. Healing through plant-based nutrition, yoga and meditation. Maria Banas and Maria Ulbricht guide you through an evening of healing, focusing on the power of plant-based nutrition, yoga postures and a healing journey meditation. Includes: Research about plant-based nutrition, and how to implement it into your lifestyle, what supplements you will need, foods that heal and foods that harm, yoga practice designed to remove toxins from your major organs of detoxification and guided meditation using sound healing. \$68. Bring yoga mat. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, call or visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, MARCH 20

Reiki 2 Certification Course – 11am-6pm. Reiki Level II / Usui/Holy Fire II is designed with the inten-

tion 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 AquarianDreams.com/special-events/ or call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

SATURDAY, MARCH 20 & SUNDAY, MARCH 21

Reiki 1 (Saturday) and Reiki 2 (Sunday) Certification Weekend – 10am-5pm. Learn the science and history of Holy Fire III Reiki, detailed instructions and practice doing treatments for yourself and others, techniques to enhance your energy, and 3 Reiki symbols (Reiki 2). Included: Attunements/Placements, ICRT Manual, Certificates. (Separate: Reiki 1 \$150, Reiki 2 \$180) \$300. KarenHedley.com.

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MONDAY, MARCH 22

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.

WEDNESDAY, MARCH 24

Group Past Life Regression with Singing Bowls – 5:30-7:30pm. According to many traditions, we've been stuck in a cycle of birth, death, and rebirth for numerous lifetimes - each time learning lessons, making mistakes, & having experiences necessary for our soul's growth & development. This regression will be led by meditation teacher & ARE certified past life regression therapist, Anthony Profeta, who in addition to guiding, will also be using singing bowls to help us access a deep, relaxed state. Access the deep unconscious memories to help fit together pieces of a puzzle and to understand ourselves better. \$40. 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/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

THURSDAY, MARCH 25

Brain Health – 7-8pm. As we age cognitive function may naturally decline, but neurological disorders such as Alzheimer's, dementia, etc. are becoming more prevalent. Learn how to use diet, lifestyle and supplementation to improve your brain health. Dr. Brian Walsh speaks at CARE Natural Wellness Center. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

FRIDAY, MARCH 26

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 neurolinguistic 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.

SATURDAY, MARCH 27

Public Auction Live, Online & Simulcast – 10am. One item or many, big or small, we auction everything under sun from real estate to diamond rings to Tupperware. Items can be accepted for upcoming auctions Monday through Friday from 9am. to 2pm.

Only major items are offered for auction online. In business for over 42 years. Free to attend or register online. Cliff Shuler Auctioneers & Liquidators, Inc, 420 Julia St, Titusville. 321-267-8563. SoldFor.com.

SATURDAY, MARCH 27- SUNDAY, MARCH 28

Weekend Meditation Course – A Deeper Dive into Mindfulness CEU Training - Saturday 10am-6:30pm. & Sunday 1-6:30pm. Discussion includes how to incorporate these practices into our lives, roots of this ancient practice, purpose of mindfulness from a Buddhist perspective and more. Led by Anthony Profeta this training immersion will help you gain a more complete understanding of mindfulness meditation with a thorough exploration into Buddhist philosophy and its meditation techniques, especially its mindfulness and compassion practices and more. Bring a yoga mat or pillow. \$375. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SUNDAY, MARCH 28

Full Moon Ocean Meditation – 7—8:30pm. Full moon meditation is powerful for releasing things from your life, old negative emotions and thinking, and transformation. Session begins with a Crystal and Tibetan bowl meditation and if weather permits will go across street to the ocean for silent meditation under the moon. Bring a mat or towel. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. To preregister

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See calendar for details or visit
KumariHealing.com/Events

visit: AquarianDreams.com/weekly-yoga-calendar.
Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A),
Indialantic. 321-729-9495.

Full Moon Meditation – 7:15-8pm. We will be focusing on the full moons energy to make our intentions the most powerful. This is a 45-minute meditation to raise your vibrations. \$12. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

MONDAY, MARCH 29

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

WEDNESDAY, MARCH 31

Awaken the Heart: Guided forgiveness Meditation with Singing Bowls – 5:30-7pm. Anthony Profeta will guide us through a formal forgiveness meditation while using the sounds of the Himalayan & Crystal Singing bowls to help us relax even further into a calmer and peaceful state. The sounds of these bowls will help to shift our brains waves into the alpha and theta states allowing us to enter a deeper meditation and bring an overall sense of greater well-being to our body, mind & soul. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.



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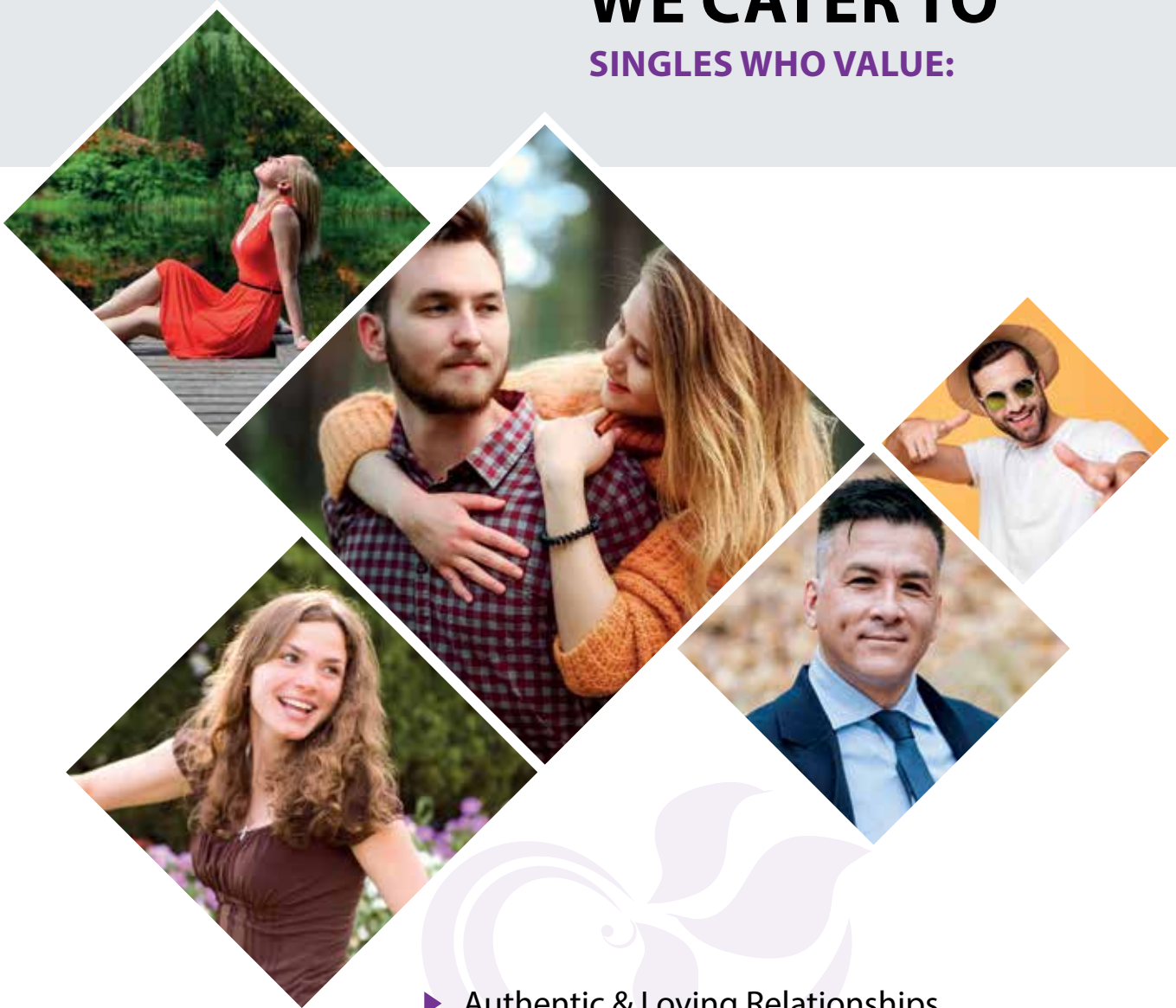
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TREASURE COAST EVENTS

FRIDAY, MARCH 5

Herbal Drinks & Healing Elixirs – Noon-1pm. From healing herbal ice teas to tasty lemon balm spritzers, this class is packed with medicinal herb recipes that will get your lips smacking. \$35. Register online. Herbs & Owls, 725 N. A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com.

SATURDAY, MARCH 6

Family Yoga – 3-4pm. This yoga class led by Adri Zia is open to all ages. The class will be meeting outside, call for location or follow Down to Earth Yoga on Facebook and Instagram for updates. For more information, call the studio manager Gina at 772-224-2444. \$50 for up to 4 students; \$15 per person. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. DTE-yoga.com.

SUNDAY, MARCH 7

Building Immunity and Cellular Oxidation – 1-3pm. Led by Brya Nevin, spend an afternoon giving back to your body and soul through principles of Kundalini Yoga and Gong Meditation. This 2-hour immersion will nourish your body, reduce stress and cultivate health. Choose to be happy and healthy. \$35, \$30 before March 5. Bring a friend and save \$5. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. DTE-yoga.com.

THURSDAY MARCH 11

Free Bliss Ananda Activation & Healing: VIRTUAL – 3pm. Wanting more bliss in your life? Join this complimentary taste of deep peace and joy when you receive this guided activation of your Bliss molecules (anandamide) using powerful energy alchemy techniques. Visit KumariHealing.com/ events for more information.

SATURDAY, MARCH 13

26 & 2 Posture Clinic – 11am-2pm. Kay brings a wealth of knowledge & experience not only as a yoga teacher but also as a dancer. You will fine tune not only your yoga postures but also learn tips to improve Your Pranayama Breathing. \$50. Indian River Bikram Yoga, 676 US-1, Suite 4, Vero Beach. 772-925-9697. IndianRiverBikram.com.

Herbs & Owls Grand Opening Celebration – Noon-5pm. Attend the celebration and enter to win raffles and Tea Blend giveaways and enjoy tea, refreshments and healthy snacks. Attendees will learn the benefits of medicinal herbs, how to make a medical tea and discover herbs that are right for them. Free. Herbs & Owls, 725 N. A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com.

SUNDAY, MARCH 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 followed by a time of silent contemplation then a time for an authentic spiritual discussion. The Zoom link/dial-in information will be sent to those that RSVP to 772-223-1188 by March 13.

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 visualiza-

treasure coast save the date

MONDAY, APRIL 19

Yoga Alliance Certified Teacher Training – Yoga Alliance Certified Teacher Training(300-hour) starts April 19 will be held over weekends twice in April and twice in May. Includes online classes and required reading. For those who want to teach or want to learn more about themselves and their yoga practice. Structured so that students receive close attention through both the physical practice and the yogic philosophy. \$3700/\$800 deposit, payment plans available. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. DTE-yoga.com.

tion 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.

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.

TUESDAY, MARCH 16

Shamanism Workshop – 6:30-8:30pm. Join us each month as we explore the teachings and practices of the medicine wheel, spirit animals & guides and nature-based ceremony. Bring a notebook and pencil. \$35 register online. Herbs & Owls, 725 N. A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com.

WEDNESDAY, MARCH 17

12 Power Centers: VIRTUAL – 7pm. Deepening spiritual understanding 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. Each class delves deep into the powers so that we can live our authentic "Self". March 17 focus is on the Power Center of Love. Love offering appreciated. Class led by Rev Janice. Register for payment and login information with Rev Janice at RevJan101@Bellsouth.net.

THURSDAY, MARCH 18

How To Use Drums, Rattles & Smudging for Healing – 6:30-8:30pm. Discover rattle and drum sounds that shift and clear energy and promote healing. Watch a demonstration on how to use smudges to prepare and clear a space. Learn about various smudging herbs and their uses and how to clear energy from physical spaces and the body for healing. \$40 Register Online. Herbs & Owls, 725 N. A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com.

FRIDAY, MARCH 19

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

SATURDAY, MARCH 20

Reiki I – 10am-4pm. Training with Rev Janice & Reiki Master Trish Gable. Attune and direct Universal energy to support healing of body, mind and emotions. \$150 includes manual. Bring lunch. (Masks required). RSVP 772-461-2272. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. UnityofFortPierce.com.

Scented Dragon Psychic Fair – 11am- 7pm. The Vernal Equinox is an important time to work on balance and harmony. Experience Treasure Coast's most popular readers as they once again gather in one place to provide attendees answers to their most important questions. One-on-one sessions providing guidance and validation. Admission is free, prices vary per reader. Call to book in advance or just stop by. Scented Dragon 6993 Hancock Dr., Port St. Lucie (just off US 1 north of Rio Mar) 772-877-2102.

SUNDAY, MARCH 21

"Spiritual Experiences Guidebook": 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) at SpiritualExperience.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 March 20 by calling 772-223-1188 and leaving a message.

SATURDAY, MARCH 27

"The Blessings and Power of Gratitude": VIRTUAL – 11am. An online spiritual discussion. Join us via Zoom or teleconferencing where we will discuss the ways that gratitude plays into our lives from a practical or spiritual viewpoint. Discussion will be led by a member of Eckankar clergy. Join with computer, tablet or phone. To receive the link for computer or tablet, or the dial-in numbers for the phone –RSVP by March 26 by calling 772-223-1188 and leaving a message.

SATURDAY MARCH 27- SUNDAY MARCH 28

Bliss Retreat: VIRTUAL – Invite more bliss into your life in this euphoric 2-day retreat. Experience many direct paths to bliss: cutting-edge energy alchemy techniques, attainments of sacred sound with alchemy bowls, new Soul Activations, and initiations to the euphoric Dolphin energy. Kumari will initiate participants into "The Anointing," an embodiment of divine love with Yeshua and the Magdalenes. Both days: 10am-4pm live on zoom. \$97 Special (was \$297). Bring a friend for \$47. Visit Kumari-Healing.com/ events for more information.

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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.

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.

SPACE COAST

Gentle Yoga Flow – 11am. A gentle yoga flow preparing your mind, body, and spirit for the beginning/end of the week led by Eden. \$12. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

LMT Collaboration Night – 6-8pm. 1st Sun. Calling all LMT's for an evening of sharing massage techniques and tricks. This monthly event will have a certain topic that we will be focused on. If you have something to share, please come prepared to speak and demonstrate. Free. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

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.

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.

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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 Flow Yoga – 9:30-10:30am. A Gentle Flow practice is life sustainable and is a perfect mix between mind, body and spirit. The practice will take you through a yoga sequence with standing, balance and floor poses synchronized with breath. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

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

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

wednesday

SPACE COAST

Morning Aerial Yoga – 9:30am. A fun and active class that will bring you into alignment while creating strength, all levels welcomed. Led by Eden. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

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.

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.

Aerial Yoga – 6:30-7:30pm. This is a high energy class that will be using an Aerial Hammock that is meant to warm the muscles, stretch them out then finally relax in a meditative state. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

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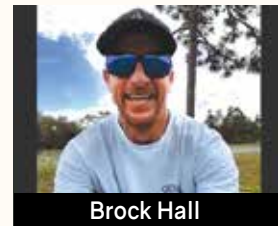
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TREASURE COAST

Pilates Mat Class Outside & Zoom – 9:30am. 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.

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. UnityofFortPierce.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 WPSL AM 1590 every Thursday morning to learn about holistic health and wellness with Joanne owner of Nutrition World in Ft. Pierce who has 30 plus years of expertise. JoannesNutritionWorld.com.

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.

Little Seeds Kids Yoga (Ages 4-8) – 4-4:45pm. After months of staying inside, give your child the gift of safe play within their bodies and mind as well as a practice that will stay with them a lifetime. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

Big Seeds Kids Yoga (Ages 9-12) – 5-5:45pm. After months of staying inside, give your child the gift of safe play within their bodies and mind as well as a practice that will stay with them a lifetime. Tuesdays & Thursdays. Little Seeds Yoga (4-8) at 5pm. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

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

Fun Chair Yoga – 11am-noon. Far from being boring, chair yoga is accessible to everybody and incorporates both sitting and standing postures. The chair helps to support and open deeper poses without exceeding your limits. Especially beneficial for those recuperating from injury. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

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

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

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

Reiki Circle – 7-8pm. Experience the transmission of Universal energy which activates inner calm and peace. Led by Reiki Master 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.

योग

COMMUNITY GUIDE

COCOA BEACH	PORT ST LUCIE
FULL CIRCLE YOGA 320 N. Atlantic Ave, #3A-B 970-333-4777 FullCircleYogaSchool.com	DOWN TO EARTH YOGA 1649 SE Port St Lucie Blvd. 772-224-2444 DTE-Yoga.com
INDIALANTIC	SATELLITE BEACH
AQUARIAN DREAMS 414 N. Miramar Ave. (Hwy A1A) 321-795-9495 AquarianDreams.com	HATHA YOGA WITH MARILYN Pelican Beach Clubhouse 1495 Hwy A1A 321-773-6458
MELBOURNE	YOGA ART LOUNGE 1301 South Patrick Dr, Ste 60 321-506-9444 Facebook.com/Yoga-Art-Lounge
THE YOGA GARDEN 1482 Pineapple Ave 321-345-6197 YogaGardenFL.com	ZEN YOGA 1024 Hwy A1A #150 866-820-YOGA ZenYoga321.com
THE YOGA GARDEN 5270 N. US Hwy 1 (inside Adventure HQ) 321-345-6197 YogaGardenFL.com	VERO BEACH
MERRITT ISLAND	INDIAN RIVER BIKRAM YOGA 676 US Hwy 1, Ste 4 772-925-9697 IndianRiverBikram.com
KULA YOGA STUDIO 230 E Merritt Island Cswy #102 321-978-5116 KulaYogaMerrittIsland.com	 = Virtual Class Options



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

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

myNaturalAwakenings.com

natural awakenings

the natural directory

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

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Indialantic, 321-961-8243
NoWorriesNaturalMedicine.com



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

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

ADVERTISING/ MARKETING/PR

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

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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 42.

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Melbourne, 321-622-4447
UpperCervicalCare.com



Upper Cervical Health Centers of America
Drs. Renee Hahn and Amanda Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 19.

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Proverbs31CleaningService.com

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

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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 43.

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

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FARMERS MARKETS

FARMERS MARKET GUIDE

Space & Treasure Coast
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Find a Farmer's Market near you in the Natural Awakenings Farmers Market Guide. Support your health and community by shopping local. Bookmark the web page for easy access. See ad, page 25.

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FloridaFieldsToForks.com



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OrganicFoodCenter.com

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EssentialsMediSpaandSalon.com



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Vero Beach, 772-228-6882
SikoraMedical.com



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Ft. Pierce, 772-302-3814
Jensen Beach, 772-208-5592

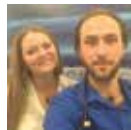


Treasure Coast's premier metaphysical store, now with three locations. Incense, crystals, stones, sage, candles, jewelry, workshops & more. Daily Readers and knowledgeable staff always on hand. Open 7 days. See ad, page 20.

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BeachsideNaturalMedicine.com



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

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NUTRITION

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



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

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Christi Buck, RDN, LD, CLT-
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Melbourne, 321-209-2998
CorinaSavelaLLC.com



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



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

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NaturalPetSpecialtyShop.com



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PODCASTS

NATURAL INSPIRATIONS PODCAST

Produced by Natural Awakenings
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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 47.

PSYCHIC MEDIUMS

CHRISTOPHER JOHANSEN

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



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

PSYCHIC MEDIUMS CONT.

TESS, THE TREASURE COAST MEDIUM
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Past Life Regressions
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TessTheHealer@gmail.com
TreasureCoastMedium.com



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

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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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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 28.

UNITY ON THE SPACE COAST
2000 South St, Titusville
321-383-0195
UnityontheSpaceCoast.org



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

UNITY SPIRITUAL CENTER OF VERO BEACH
950 43rd Ave
Vero Beach, 772-562-1133
UnityOfVero.org



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

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



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



Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 18.

WELLNESS CENTER

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Jensen Beach, 888-229-7255
OhanaTreeMassageandYoga.com



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YOGA

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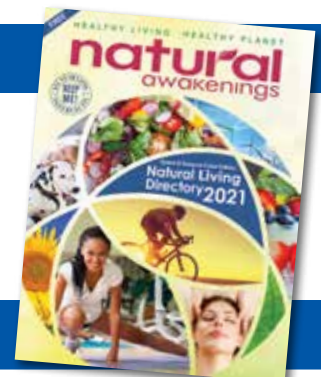
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