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letter from the publisher

Food Beauty is in the Eye of the Beholder



“I don’t understand how a banana can be bad?” My husband, Jim, and I were discussing his evolving diet and the perception of food. “Beauty is in the eye of the beholder” certainly applies to food. I don’t generally believe in good or bad foods; instead, I prefer to consider the person’s goals and personal health situation when making choices. For example, if you need potassium, then bananas are a winner. If you are trying to avoid high glycemic options that could cause a spike in blood sugar, bananas may not be the best option.

In our feature article, *Food as Medicine* [page 20], we explore the healing power of nutrition. “Eating fruits and vegetables in a rainbow of vibrant colors ensures we get a variety of phytochemicals, vitamins, minerals and antioxidants,” says author Julie Peterson. When it comes to overall nutrition, there are some guidelines that just make sense including, “Whole foods grown locally provide the most nutrition.” And another gem from Michael Pollan, author of *In Defense of Food*, famously said, “Don’t eat anything your great grandmother wouldn’t recognize as food.” I am finding that the connection between what we eat and our health, becomes even more apparent as we age.

This issue is packed with tips to boost health at any age. We have natural tips for deep sleep [page 32] and recipes for healthy, grilled summer fare [page 30]. You’ll find benefits of urban gardening [page 38] and dive into how to use herbs in your food as medicine [page 24].

This month, we begin a series exploring the complex topic of medical marijuana [page 26]. We talked to local doctors to learn how this plant can help address different ailments, as well as, how to qualify for access. We’ll dive deeper into this fascinating topic to enrich our understanding over the next few months. To hear more from our experts, check out our Natural Inspirations Podcasts at my-NA.com/NIPMedicalMarijuana.

Here’s to a summer filled with healthy “beautiful” food choices!

Kris Urquhart, Publisher



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Never Glossy. Always Green.

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

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

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

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

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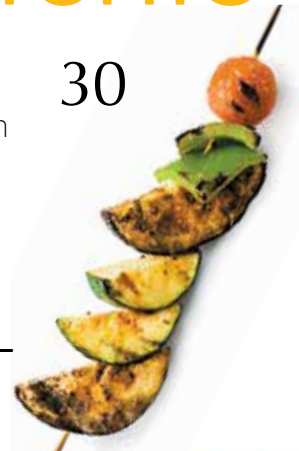
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kudos

Dr. Rob Brown Receives Fellowship from Academy of General Dentistry

Smile Design and Wellness Center (SDWC) is pleased to announce that Rob Brown, DDS has received the prestigious Fellowship Award, a prominent credential that recognizes Academy of General Dentistry (AGD) member's commitment to excellence in dental education.

The AGD Fellowship Award is presented to dentists looking to provide the highest quality of dental care by remaining current in their profession. In order to receive this award, Dr. Brown completed 500 hours of continuing dental education, passed a comprehensive written exam and fulfilled three years of continuing membership with the AGD. As a recipient of this award, Dr. Brown has joined an elite group of the dental community who understand that great smiles and good oral health for their patients are the result of going above and beyond basic requirements. The Fellowship



Award symbolizes excellence in the dental profession and a commitment to providing exceptional patient care.

“Only six percent of all dentists have achieved this designation,” says Connie White, DDS, FAGD, AGD President. “He is exceeding industry requirements and paving a path of success distinguishing himself professionally amongst his peers and exemplifying his allegiance to the dental community.”

SDWC is located at 5445 Village Drive, Suite 100 in Viera. For more information, call 321-751-7775 or visit SmileDesignCenter.us. See ad, page 15.



Hear from SDWC doctors on holistic dental innovation in our Natural Inspirations Podcast: *The Oral Health Connection* at my-NA.com/NIPSmile.

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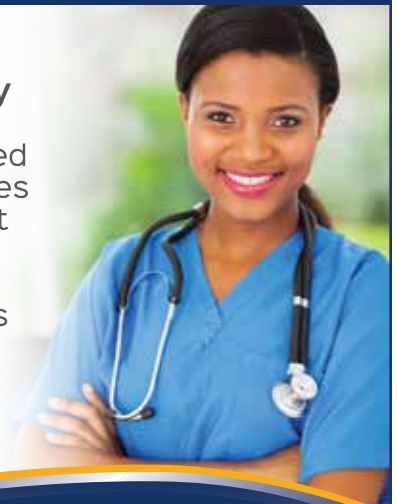
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Enter to Win Natural Awakenings' Summer Fun Giveaway

In July, *Natural Awakenings* is giving away Summer Fun Gifts to lucky winners. The Giveaway is sponsored by Nourish Natural Bath Products and Divine Soul Wellness. "We are so excited to share these gifts with our readers and grateful to our sponsors," says Publisher Kris Urquhart. "Anyone can enter, simply visit my-NA.com."

The prizes include Nourish natural bath products, a Divine Soul Wellness Candlelight Sound-Bath Meditation Class and a gift bag with locally crafted bracelet, sugar scrub, soap or crystal infused t-shirt.

"While there is no purchase or requirement needed to win, we hope you'll sign up for our email newsletter to keep up with online exclusive articles, new podcast episodes, recipes, special events and more," says Urquhart.

The baskets will be awarded in July and participants can submit multiple entries, one per day.

For more information, to enter and to join our email list, visit my-NA.com.

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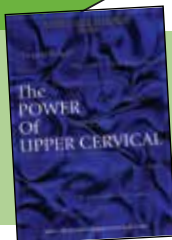
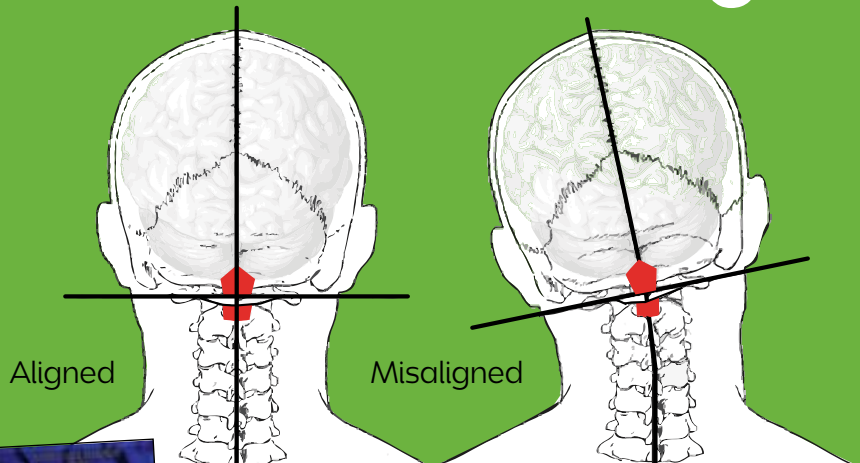


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They offer a multitude of services that include Regenerative Joint Injections, Platelet Rich Plasma Therapy, Auto Injury Care, Sports Injury Care, Rehabilitation, IV Nutrition, Massage, Spinal Decompression, Acupuncture, and Chiropractic Care. They also have a dedicated market area to provide patients the right supplements for optimal health.

Daly Integrated Medical Group is located at 2708 Garden St, Titusville. For more information or to make an appointment, call 321-267-4324 or visit DalyIMG.com. See ad, page 35.



Dr. Daly shares the benefits of Platelet Rich Plasma therapy in our Natural Inspirations Podcast at my-NA.com/NIPDaly.



Release Obstacles and Overcome Challenges with Life Coaching

Cornelia Gilbert is pleased to announce her services as a Certified Life Coach. She combines classical coaching with an interdisciplinary approach and works intuitively. She has been supporting clients in Europe and the U.S. from various backgrounds for over 15 years.

Her passion is to serve by providing guidance with integrated methods, strengthening self-healing mechanisms, providing support during challenging times of anxiety, conflict, grief, or lack of joy in life. Cornelia creates a safe atmosphere for learning to manage inner conflicts, exploring unhealthy boundaries, or unlocking self-limiting beliefs. She incorporates breath work, guided imagery, therapeutic metaphors, and positive affirmations into her sessions.

Gilbert has found the spiritual connection is of undeniable importance for the individual healing process. She believes that an important component for happiness is being true and authentic to ourselves. This can be achieved through awareness, self-love, compassion, and acceptance of every aspect of our being.

Gilbert is a dedicated student of spiritual practices. She offers online and in-person sessions and will soon have on-going groups and workshops. Call 321-504-8188 for your free 30-minute consultation. CorneliaGilbert.com.



Children’s Yoga and Meditation Programs in Indialantic

Aquarian Dreams is pleased to host the Mindful Kids Yoga and Meditation class for ages 6 to 12. Led by teacher Brook Deratany Goldfarb, the class offers yoga and meditation for the next generation.

Goldfarb will share the transformational benefits of yoga, mindfulness practices, and meditation for school-aged children giving them tools to manage their physical and emotional

responses to life. Participating in the Mindful Kids class encourages students to reach for the wisdom within themselves and enables them to connect with their bodies and feel empowered and confident.

The class will be held every Friday from 4 to 5 p.m. The cost is \$10 per class or a yoga membership.

Pre-register online at AquarianDreams.com/weekly-yoga-calendar or call 321-729-9495. Aquarian Dreams, 414 N Miramar Ave (Hwy A1A), Indialantic. AquarianDreams.com. See ad, page 3.



Hear tips to make meditation fun for kids in our Natural Inspirations Podcast at my-NA.com/NIPKidsMeditate



Shuler Auctioneers Move Online

Debbie Shuler, owner of Cliff Shuler Auctioneers & Liquidators, Inc, is pleased to announce a shift from Julia Street consignment auctions to primarily online auctions starting in August.

Consignment Auctions have been a staple of the community, held at their Julia Street compound in Titusville, and serving Brevard for over 20 of their 43 years in business. "We have enjoyed auctioning in the traditional live setting in our community and through the State of Florida over the decades. Now we are excited to go back to our roots with a modern updated twist! This will allow us greater flexibility in reaching more of our community and to obtain the best prices in today's world," says Shuler.

The last Julia Street Auction is set for Saturday, July 31 starting at 10 a.m. and items are still being accepted for this auction. The live auction will have some items up for online bidding. Live preview held the day before the auction. There is no charge to attend or register.

Online auctions will include estate auctions, business surplus and liquidations, real estate, vehicles, boats, trucks, trailers, motorcycles, heavy equipment, firearms, and other select items – delivered by appointment or call to find out if pick up for vehicles is a possibility. Personal or business property will be liquidated online with live preview at seller's location, as well as item removal.

For more information and all questions, call 321-267-8563. Cliff Shuler Auctioneers & Liquidators, Inc and Shuler & Shuler Real Estate Auctioneers, Inc are located at 422 Julia Street, Titusville. SoldFor.com. See ad, page 23.

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Dr. Steve Canuel, D.C., is again offering private seminars on Peripheral Neuropathy in his office. The seminar is also available virtually to those who prefer. "If you suffer with neuropathy and are looking for a non-surgical, drug-free treatment, this free seminar is for you," says Dr. Canuel. "There is no need to suffer pain and numbness."



"These seminars address what really causes peripheral neuropathy, dangers associated with medications typically prescribed, how to stop nerve damage before the effects are irreversible, and how our revolutionary protocol provides outstanding results for sufferers. 90% of the treatment is done in the comfort of your home, so you are in control," says Dr. Canuel.

Call 321-499-4608 for more information or to schedule your in-office or virtual private seminar. Melbourne Chiropractic Spine and Injury Center, A Neuropathy Clinic is located at 490 Center Lake Dr, Ste 100A, Palm Bay. See ad, page 16.

 Find out more about relieving peripheral neuropathy in our Natural Inspirations podcast at my-NA.com/NIPCanuel.

Pupsicles for Canine Customers at Natural Pet Specialty Shop

The Natural Pet Specialty Shop in Melbourne is now offering free "pupsicles" to all their canine guests. "As the summer days heat up, our loyal companions deserve a healthy, cooling treat, so come on in!" says Lee De Barriault, owner of the Melbourne store.



The "pupsicles" are made in the store from raw goat's milk with blueberries, cranberries, pumpkin, turmeric, ginger and turkey, chicken and beef bone broth mixed with greens. They also offer the freezer trays and ingredients to make the "pupsicles" at home.

Natural Pet Specialty Shop has been adding new product lines to both the freezers and shelves. "Our goal is to create a one-stop shop for all your pets needs from different price ranges to make healthy products available to all," says De Barriault. "And we have the largest 'apawthecary' for pets in the area."

The Natural Pet Specialty Shop is located at 2255 Wickham Rd in Melbourne. For more information, call 321-259-3005 or visit NaturalPetSpecialtyShop.com. See ad, page 35.

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EMSculpt NEO can be applied over the abdomen, buttocks, thighs, arms and calves during a 30-minute treatment. "During the treatment you may feel intense yet tolerable muscle contractions along with heating sensation which is comparable to a hot stone massage," says Dr. Melissa Dean. The protocol is usually four 30-minute treatments, scheduled 5-10 days apart.

For more information, call 772-567-1500 or visit DeanWellnessInstitute.com. Dean Wellness Institute, 1345 36th Street, Suite B, Vero Beach. See ad, back cover.

 Learn more about options to boost your immune system in our Natural Inspirations podcast interview with Dr. Dean at my-NA.com/NIPDean.

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Shadow Work Training Utilizing the Moon's Phases

Lifestyle Goddess, Ann Marie Caccavano is excited to be offering a Shadow Work Moon Alchemy Coaching program created to help her students recognize those parts of themselves that they are ready to own-up to.



“Denying the inner self is often the path we choose; and by doing so we get stuck, feeling like we’re faced with the same challenges over and over again. Shadow Work is accepting who you really are and working with that, while choosing strategic thoughts and emotions in order to start moving in a forward motion, and then continue forward from there,” explains Caccavano.

Caccavano has created this four-week group coaching program to help participants value the life changing effects of self-accountability while offering meaningful support and guidance that can lead to one’s most complete self. The added bonus of this unique program is Caccavano has scheduled it to utilize the phases of the moon for extra energetic support.

“This magical program combines divination, ritual, coaching, hypnotherapy, meditation and reiki to deeply and safely support you while you do some of the deepest inner work you may ever experience,” says Caccavano.

Ann Marie Caccavano is a Psychic-Medium, Medical Intuitive, Clinical Hypnotherapist and Intuitive Energy-Healer among other certifications. Her Shadow Work Moon Alchemy Coaching program will be held one time per week throughout the month of August. For more information, call 772-801-3044, visit AnniIsMyCoach.com, or search online "Lifestyle Goddess@AnnyIsMyCoach"

Your CBD Store of Port St. Lucie July Specials

In celebration of this year’s Independence Day, Your CBD Store of Port St. Lucie is excited to offer a 25% discount off an entire purchase from Thursday July 1 through Saturday, July 3.

“We’re all feeling the forward momentum of getting back to our normal day-to-day lives. Offering such a big discount seems like a great way to celebrate during the days leading up to Independence Day 2021,” explains Rachel Stevens, store manager and product consultant at Your CBD Store Port St. Lucie. “To give back even more to our loyal customers, who we wouldn’t have been able to get through the pandemic without, we have also planned a Customer Appreciation Day for Saturday, July 12 when we will be giving away a free 100mg bag of gummies or free bath bomb with any CBD purchase of \$60 or more.”

Your CBD Store of Port St. Lucie offers the highest quality CBD products including skincare products that are all natural and blended with USDA organic certified hemp extracts, gummies, bath products, tinctures, vapes, flower and more.

To take advantage of these savings stop by Your CBD Store Port St. Lucie, located at 2818 SW Port St. Lucie Blvd. Port St. Lucie, or call 772-207-7302 for more information.



Joanne’s Nutrition World and Wellness Center Offers New Modality



Joanne Seeger, owner of Joanne’s Nutrition World and Wellness Center is excited to add Pulsating Electric Magnetic Field (PEMF) sessions to her growing list of healing services offered through her Ft. Pierce store.

With over 35 years of experience in the natural health and wellness genre,

Seeger has been guiding Treasure Coast customers and clients to the health benefits of natural and holistic options for decades.

“We researched this particular modality for months and months before making the decision to add it to our wellness options. PEMF sessions boost the immune system by helping individual cells absorb more oxygen, thereby increasing the total amount of oxygen in one’s blood. It also helps with cell reproduction and regeneration. This process can greatly reduce inflammation, which when left untreated chronic inflammation can lead to pain and even disease,” explains Seeger. “PEMF has also been shown to improve bone regeneration for those who suffer from Osteoporosis, Osteopenia and Arthritis, as well as improve sleep and help balance moods.”

Joanne’s Nutrition World and Wellness Center is located downtown Fort Pierce in the historic Arcade Building, 101 N. US 1. For more information, call 772-464-3598 or visit JoannesNutritionWorld.com. Listen to Seeger live on WPSL AM 1590 Thursdays from 10-11 a.m. See ad, page 11.



Find immune boosting tips in our Natural Inspiration Podcast interview with Joanne Seeger at my-NA.com/NIPSeeger.

Southern Comfort Marijuana Clinic Open House

Southern Comfort Marijuana Clinic is excited to announce an Open House to be held July 22 from 4 to 6 p.m. Meet Dr. Jessica McCain and Dr.




Andrew Dattila, as well as the clinical team. Three local dispensaries – Fluent, Liberty Health Sciences, and Columbia Care – will be on hand and are sponsoring the event and providing refreshments. Attendees can learn about dispensaries and their medications right from the experts. The event will offer specials for new patients, transfers and recertifications.

Southern Comfort Marijuana Clinic services a void in medical care addressed from the perspective of a Family Physician. Their goal is to give people access to an integrated therapy of Medical Marijuana for debilitating conditions, in a non-judgmental fashion backed by science. The professional and caring physicians and staff provide education on Medical Marijuana therapy, including delivery methods, use strategy, what to expect at the dispensaries for an individualized treatment plan and state regulations.

“We thoroughly educate about the use of Medical Marijuana so patients can access this medication without stigma,” says Dr. McCain. “We provide the highest quality and an individualized care plan to ensure more successful outcomes for our patients.”

Please RSVP. Call 772-218-7262. Southern Comfort Marijuana Clinic is located at 465 NW Prima Vista Blvd., Port St Lucie. SoComMJClinic.com. See ad, page 27.

 Explore the world of Medical Marijuana in our Natural Inspirations Podcast interview with Dr. McCain at my-NA.com/NIPMcCain.

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health briefs

Use Sunlight and Sleep to Lower COVID-19 Risk

Two readily available natural strategies—sunlight exposure and sufficient sleep—appear to lower the risks of suffering and dying from COVID-19, report two new studies. Researchers from the UK University of Edinburgh examined records of 2,474 U.S. counties



yakobchuk_olena/AdobeStock.com

from January to April 2020 to compare numbers of COVID-related deaths to levels of UVA rays from the sun. They found that people living in counties with the highest UVA levels had on average, a 29 percent lower chance of dying from the coronavirus. They ruled out the vitamin D factor by not including counties with UVB levels that would produce the vitamin. Repeating the analysis in England and Italy produced the same results. The researchers theorized that nitric oxide released by the skin when in sunlight may reduce the ability of that virus to replicate.

A second study of 2,884 high-risk healthcare workers in five European countries and the U.S. found that every additional hour of sleep reduces the risk of COVID-19 infection by 12 percent. However, insomnia, disrupted sleep and daily burnout are linked to a heightened risk of becoming infected with the coronavirus, having more severe symptoms and a longer recovery period, reports the researchers in *BMJ Nutrition Prevention & Health*. People that had problems like difficulty falling or staying asleep or regularly using sleeping pills were 88 percent more likely to be infected with COVID-19 than those without such issues.

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Try Saffron Extract to Raise Mood



Saffron, harvested by hand from the stigma of crocus (*Crocus sativus* L.), has long been used in cooking, dyeing and fragrances, and a new study also verifies its traditional use for lowering depression. European researchers gave

56 people with poor moods, anxiety or stress either 30 milligrams a day of saffron extract or a placebo for eight weeks. Those getting the saffron reported feeling less depressed and having improved social relationships, and their urinary crocetin levels correlated with a change in their depression scores.

Resolve Arguments the Same Day for a Happier, Healthier Life

Either sidestepping an argument or resolving it on the same day pays off quickly by halving the reactivity level—negative “aftertaste”—that day and often erasing any darkened emotional response the following day, say University of Oregon researchers. Based on surveys of more than 2,000 people reporting their emotional ups and downs during an eight-day period, the researchers found that when people feel they have resolved an argument, the emotional response associated with that disagreement is significantly reduced or even eliminated. Stress reactivity has been found to significantly reduce lifespan, studies show, and is linked to heart disease, a weakened immune system, reproductive issues and gastrointestinal conditions.



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Refrain from Spanking to Avoid Harming Young Brains

About half of U.S. parents spank their children on occasion, and a third have reported having done so in the previous week, although numerous studies have found that corporal punishment is linked to mental health issues, anxiety, depression, behavioral problems and substance abuse in children. A new Harvard study has further clarified the harm with a finding that spanking alters children's brain development. The scientists tested 147 children ages 10 and 11 that had been spanked and used MRI to measure their neurological responses to photos of people with angry or neutral faces. Compared to peers that had not been spanked, the children had greater activation in multiple regions of the prefrontal cortex region of the brain to angry faces—a fearful response similar to that of abused children. Those areas of the brain respond to environmental cues that could be consequential, such as a threat, and may affect decision-making and processing of situations. “While we might not conceptualize corporal punishment to be a form of violence, in terms of how a child’s brain responds, it’s not all that different than abuse,” says senior researcher Katie A. McLaughlin. “It’s more a difference of degree than of type.”



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Drink Electrolytes Instead of Water for Muscle Cramps

Painful, involuntary muscle cramps have hit 39 percent of marathon runners, 52 percent of rugby players and 60 percent of cyclists, studies show, but gulping down too much water has also been linked to the condition. The solution might be to drink an oral rehydration solution rather than spring water, suggests an Australian study in the *Journal of the International Society of Sports Nutrition*. Ten men were repeatedly tested with each liquid while running downhill in 96-degree heat for 40 to 60 minutes. When their calves were stimulated electrically to induce cramps, those drinking the oral rehydration liquid were less susceptible to the condition. “It is possible that drinking a large amount of plain water dilutes sodium and other electrolytes in the blood and extracellular fluid, increasing [muscle cramp] susceptibility,” conclude the authors.

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Work Out for Fun, Not Necessity

Physical activity during leisure time benefits our heart and longevity, but high workout levels on the job may actually hamper our health, report Danish researchers. Measuring the physical activity of 104,046 women and men of ages 20 to 100 for 11 years, researchers found that leisure physical activity reduced the risk of dying from heart disease by 26 to 41 percent, but high physical activity at work increased that risk by 13 to 27 percent. "A brisk, 30-minute walk will benefit your health by raising your heart rate and improving your cardiorespiratory fitness, while work activity often does not sufficiently increase heart rate to improve fitness," says study author Andreas Holtermann, of the National Research Centre for the Working Environment, in Copenhagen.

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Rock On

Volcanic Ground Cover Slows Climate Change



Researchers are using recycled rock dust to enrich farm and rangeland soils to accelerate the processes by which soils capture atmospheric carbon. The natural process

of rock weathering provides a proven method of capturing carbon from the atmosphere and putting it into the soil, where it may remain for centuries.

Benjamin Z. Houlton, the Ronald P. Lynch Dean of the Cornell College of Agriculture and Life Sciences, says, "Soil can be part of the solution set. It will not save us, but it can help to put us on path to negative emissions." Field testing has been conducted for a year with positive early findings. Iris Holzer, a Ph.D. student at the University of California-Davis, has seen a doubling of the rate of carbon capture in soils with rock amendments compared to soils without.

Excess carbon speeds up the greenhouse effect, which causes rising temperatures and other challenges to global security, food production, economic growth, infrastructure and human and ecosystem health. Over a five-year period, crushed volcanic rock added to agricultural soils across the globe could remove 2.8 billion tons of carbon.

Local Veggies

Huge Indoor Vertical Farm to Serve Food Desert



The agriculture startup Plenty Unlimited Inc. is building an indoor vertical farm in the

South Los Angeles suburb of Compton to provide jobs and fresh produce to the historical "food desert" and surrounding areas. Traditional farms are usually only able to harvest crops a few times a year, but because Plenty's hydroponic farms are free of the limitations of seasonal changes, weather conditions, pests and natural disasters, they can produce food year-round. The crops are cultivated in a clinically sanitary environment with full personal protective equipment for staff, as well as robots to do

much of the picking. The first time produce is touched by human hands is when the consumer opens the package.

Plenty's project condenses 700 acres of farmland into a 95,000-square-foot warehouse. Its first vertical farm opened in South San Francisco in 2018, and it maintains a research and development farm in Laramie, Wyoming. By building farms vertically, healthy, quality produce can be grown without harming the environment, especially in urban areas, where land is limited and food insecurity may be widespread. In addition to the vertical plant towers, Plenty uses LED lighting and automation to plant, feed and harvest crops. The warehouses grow plants faster and with more nutritional density with no need for pesticides, using a fraction of the water required by traditional farming.

Doctors' Orders

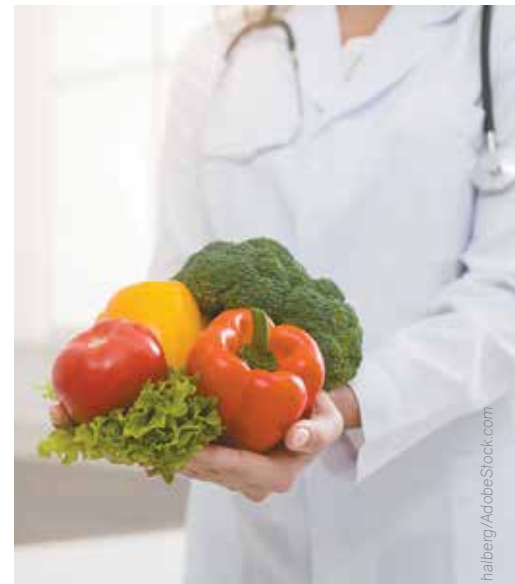
All-Vegan Menu Debuts at Lebanon Hospital

Hayek Hospital, in suburban Beirut, Lebanon, launched a 100 percent plant-based menu in March as a "moral responsibility". Patients will no longer be greeted after waking up from surgery with ham, cheese, milk and eggs, the same foods that may have contributed to their health problems. The family-owned private hospital emphasizes the health benefits of vegan diets, which have been shown to reduce the risk of heart disease, diabetes and some cancers.

The hospital says deciding factors included the World Health Organization classification of processed meat consumption as carcinogenic, as well as the role that animal agriculture plays in spawning diseases and pandemics. The U.S. Centers for Disease Control and Prevention estimates that three out of four new or emerging infectious diseases in humans come from animals.

The American Medical Association passed a resolution in 2017 requesting U.S. hospitals promote better

health by offering plant-based meals to patients, staff and visitors, and similar recommendations have been issued by the American College of Cardiology. New York and California now have laws requiring hospitals to provide a plant-based option with meals.





THE SILENT PANDEMIC

by Dr. Adam Tice

The Centers for Disease Control and Prevention (CDC) estimates that 1 in 3 people in this country will have diabetes in their lifetime. According to the CDC, there are currently over 35 million Americans with diabetes and 88 million with pre-diabetes. Every year, 1.5 million Americans are diagnosed with diabetes. Furthermore, the CDC reported that the financial cost to the US is \$327 billion dollars/year, and that cost is growing each year. This critical health care issue of the time must be properly understood so that it can be effectively addressed.

What is diabetes? Essentially, it means the blood gets “sticky.” Diabetes is an imbalance of the sugar balancing systems of the body—meaning that your body doesn’t metabolize sugar properly. It causes a breakdown of one or more of the body’s self-regulating hormonal mechanisms. This, in turn, affects multiple other

organs and body systems. Type 2 diabetes is the most common form of diabetes often caused from an improper diet high in sugars and carbohydrates. Type 1 diabetes is when the body can no longer produce insulin on its own due to destruction of the pancreatic cells responsible for producing insulin.

Here’s why that’s important.

Diabetes has severe complications that can be life threatening. This process may happen over many years. Diabetes creates inflammation in the body which, left untreated, causes further damage to vital organs of the body such as eyes, kidneys, heart, circulation, and nerves.

Controlling blood sugars is the key. The best way to do this is using the power of healthy organic foods. The goal with a diabetes-friendly diet is to ensure the blood sugar stays in the range of healthy individuals. This is feasible and realistic for most people. If your

blood sugar, as a diabetic, stays in the range of a non-diabetic then your chances of developing secondary complications of diabetes—kidney, eye, cardiovascular, nerve disease—are remarkably reduced. Most people can effectively control their blood sugar levels with healthy eating and exercise.

6 Key Points to Follow:

- 1 Eliminate Sugar** - Doing this one thing ensures success.
- 2 Minimize Carbohydrates** - This will help regulate blood sugar levels. Avoid simple, processed and refined carbohydrates (cereals, crackers, bread, pasta). Limit complex carbohydrates (whole grains, beans, legumes).
- 3 Eat Healthy Fats** - Nuts, seeds, avocado, oil, coconut oil, ghee, raw butter.
- 4 Optimize Protein Intake** - Organic, wild, free-range, pasture-raised, grass-fed/finished.
- 5 Increase Raw Vegetables** - Aim for at least 50% raw food.
- 6 Limit Fruit** - 1-2 pieces per day.

The good news is that diabetes and pre-diabetes is 100% treatable, reversible, and even preventable, with a few pieces of key information. The secret to the cure for diabetes is the food we eat. Food IS the best medicine.

Dr. Adam Tice is a naturopathic doctor. He specializes in healing complex metabolic conditions, including diabetes, pre-diabetes and disorders of digestion. He offers 12-week programs which remove the obstacles to cure and rejuvenate the body and accelerate the healing process. For more information, visit BeachSideNaturalMedicine.com or call 321-848-4914. See ad, page 16.

FOOD AS MEDICINE

The Healing Power of Nutrition

by Julie Peterson

Eating is a basic need, but many Americans are not filling this need with healthful choices. Among the more than 700,000 Americans that die each year from heart disease, stroke or Type 2 diabetes, about 45 percent eat meals heavy in salt, processed meat and sugary drinks, and low in fruits, vegetables, fish and nuts, according to a March 2017 study in the *Journal of the American Medical Association*.

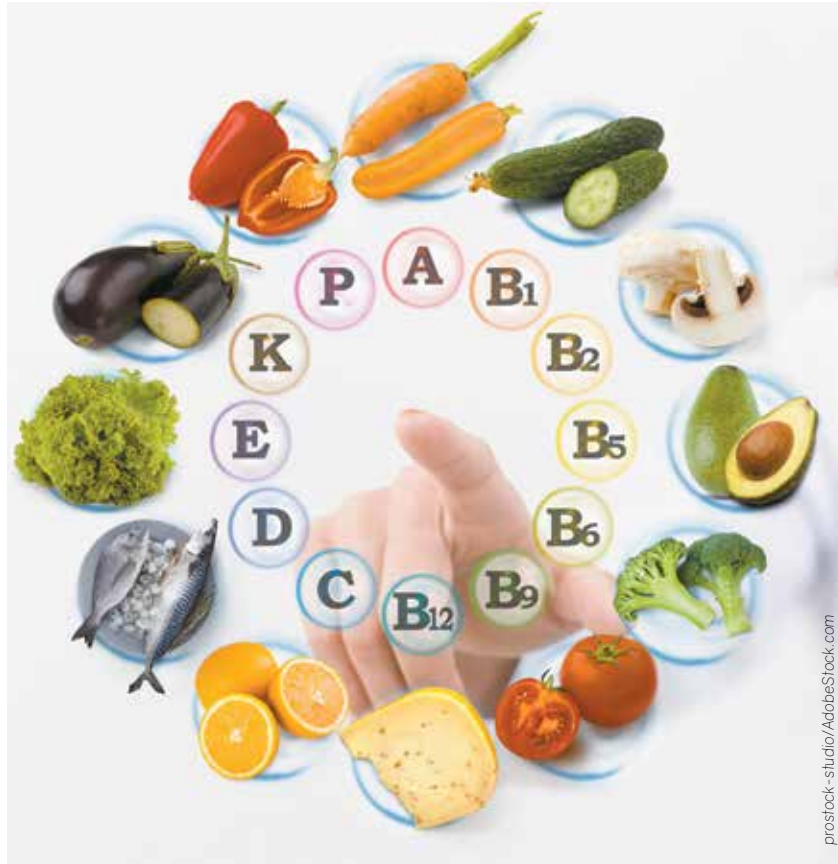
“I fully understand and empathize with people in the public,” says T. Colin Campbell, Ph.D.,

author of the groundbreaking *The China Study* and founder of the T. Colin Campbell Center for Nutrition Studies, in Ithaca, New York. Campbell has often stressed that public and professional understanding of nutrition is lacking.

The problems with the Standard American Diet (SAD) start with the very ground it is grown in. Large-scale farming in the U.S. has depleted the soil, producing lower nutrient foods. In addition, many foods are processed by manufacturers to improve shelf life, which further destroys nutrients and requires toxic additives.

“The default choice, the easy choice, is the inexpensive, highly processed food. Our built environment throughout the country has made it easier to find fast food than a produce store,” says Lisa McDowell, director of lifestyle medicine and clinical nutrition at Saint Joseph Mercy Health System, in Ann Arbor, Michigan.

SAD is a primary risk factor for high blood pressure, abnormal blood lipids, increased blood glucose and weight gain, according to the World Health Organization (WHO). These intermediate conditions can lead to full-blown chronic diseases such as heart



disease, stroke, cancer and diabetes, all of which are on the rise. The U.S. Centers for Disease Control and Prevention reports that 60 percent of American adults have at least one chronic disease and 40 percent have two or more, making chronic disease the leading cause of death and disability in the country.

The good news from WHO is that up to 80 percent of heart disease cases, 90 percent of Type 2 diabetes cases and one-third of cancer incidences could be avoided by a healthier diet, as well as lifestyle

changes like stopping smoking and increasing physical activity.

A healthy diet is not as simple as cutting out convenience foods, because many people literally can't stop eating them. Studies have compared the addictive properties of added sugar and salt to those of nicotine and cocaine. “Additives like sugar release opioids and dopamine in the brain. The same neurochemical changes in the brain occur in addictions,” says Claire Stagg, DDS, founder of Health Connections Dentistry, in Indian Harbour Beach, Florida, and author of *Smile! It's All Connected*, a layperson's guide that explains the essential connections between the mouth and overall wellness. “People need to be educated, or re-educated, to take ownership of their health by remembering the basic premise that their bodies can be healthy if they get the right nutrients to facilitate and support that basic process.”

Campbell agrees that more people need to be educated. A major theme in his latest book, *The Future of Nutrition*, is how to sift through the conflicting information that exists.

Healthier Helpings

As the food industry continues to woo Americans with fast and easy processed foods, there are consumer shifts taking place. “About a quarter of U.S. adults are trying to manage a health or medical condition by making healthy food and beverage choices,” stated the NPD Group consumer research firm in 2019. “Younger adults, ages 18 to 24, are particularly interested in using foods to improve their health.”

It turns out that it's most beneficial to focus on adding what is needed for optimal health, instead of worrying about what to eliminate. As William Li, M.D., counsels in *Eat to Beat Disease*, “Human nature abhors deprivation.” As president of the Angiogenesis Foundation, in Cambridge, Massachusetts, Li advises us to “practice health care at home every day in our own kitchens.” He suggests frequently eating such simple, but disease-defying foods as dark chocolate, walnuts, kiwis, sourdough bread and sauerkraut.

“I recommend participating in bigger box stores. They do a great job at making high-quality food available at an inexpensive price,” says McDowell. She also suggests batch cooking and planning meals ahead for the week.

The Power of Plants

Plant-based eating is finally becoming mainstream, thanks in part to such eye-opening documentaries as *Forks Over Knives*, *Earthlings*, *PlantPure Nation* and *Food, Inc.* Research backs up the benefits. In a 2019 study in the *Journal of the American Heart Association*, Johns Hopkins researchers report that in a 30-year period, people eating a mostly plant-based diet were 32 percent less likely to die from a cardiovascular condition and 25 percent less likely to die from any cause. A 2017 report published in *International Journal of Epidemiology* suggests that fruits and vegetables are associated with a reduced risk of many chronic diseases and may protect against certain types of cancers.

For treatment, reversal and prevention of chronic disease, the American College of Lifestyle Medicine, in Chesterfield, Missouri, recommends eating a primarily plant-based diet containing minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

Campbell says that moving to a 100 percent plant-based diet “and staying there for one to three months, provides an opportunity for virtually everyone to finally crave a salad on a regular basis. This is a place wherein people have little or no interest to backslide because their taste preferences have profoundly changed.”

As plant-based eating gains momentum, there are more imitation meat products. These foods can be helpful to transition away from meat, but Campbell cautions, “They do not replace the whole plant-based foods, even though they are plant-based, because salt, sugar and added oil are usually added.”

Food to Heal the Planet

Eating healthy also means making a choice for the health of the planet.

Organic, locavore and small-farm advocates are speaking out against the industrialized U.S. food system with its extensive use of pesticides, poor treatment of animals and lack of regenerative soil management. Organizations like the Rodale Institute, Regeneration International, Kiss the Ground and the Ecological Farming Association are working to train farmers to regenerate soils to not only restore climate stability, but also provide far healthier foods from nutrient-rich soils.

“I believe if we have a greater understanding of our local and regional food systems, we will be moving in a more sustainable, intentional and responsible direction for ourselves, our communities and the planet,” says Andrea Bemis, author of the farm-to-table cookbook *Local Dirt* and operator of Tumbleweed Farm with her husband Taylor in Mount Hood, Oregon.

Local food is easier on the planet for several reasons. “Large commercial farms work the soil so intensively that they must use synthetic fertilizers to get anything to grow,” says Brock Hall, owner of Florida Fields for Forks, in Malabar, Florida. Alternatively, cover crops keep nutrients in the soil, requiring less water and naturally sequestering more carbon from the atmosphere. Shorter transit or shipping distances after picking uses less pollution-causing fuel.

“Choosing the right food is not only important for our personal health, but also is important for our planet and for our checking account,” says T. Colin Campbell, author of *The China Study* and *The Future of Nutrition*. “I have come to believe, after being in this discipline for 65-plus years, that our choice of food is the easiest and most important choice we can make to address the many existential problems that we now face.”

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Eating by the Colors

Eating fruits and vegetables in a rainbow of vibrant colors ensures we get a variety of phytochemicals, vitamins, minerals and antioxidants. The federal Office of Disease Prevention and Health Promotion recommends consuming two and one-half cups of vegetables and two cups of fruit each day. McDowell suggests including “deeply pigmented fruits and veggies in at least five different colors, so that you’re getting all of the micronutrients and they’re all working together.”

Aim to include a couple different foods from each of the following color groups over a week’s time. Infographics and charts are available for download from the American Heart Association (Heart.org), VeganEasy.org, Dr. Ranjan Chatterjee (DrChatterjee.com) and others. Apps such as Eat the Rainbow Food Journal, Eat Five and VegHunter also make vegetable and fruit intake easy to track.

GREEN: Dark greens have cancer-blocking chemicals like allyl sulfides, lutein and indoles, which inhibit carcinogens. They also contain folate for healthy cells and calcium for stronger bones, muscles and heart regulation. Get plenty of asparagus, avocados, broccoli, Brussels sprouts, green tea, kale, kiwi, spinach and green herbs.

BLUE AND PURPLE: Anthocyanins wipe out free radicals, boost brain health and reduce inflammation. Resveratrol can delay cellular aging, protect the heart and reduce risk of some cancers. Add blueberries, blackberries, elderberries, figs, grapes, plums, raisins, eggplant and purple cabbage.

RED: Rich in lycopene, a potent scavenger of gene-damaging free radicals, red plants lower risk of certain cancers and boost heart, brain, eye and bone health. Try apples, beets, cherries, cranberries, raspberries, red peppers, tomatoes and watermelon.

YELLOW AND ORANGE: Contain vitamin C, hesperidin and carotenoids such as beta-carotene to inhibit tumors, protect eyes, detoxify the body, reduce inflammation and boost the immune system and heart health. Add apricots, bananas, cantaloupe, carrots, mango, oranges, pineapple, pumpkin, sweet potatoes, tangerines and yellow peppers.

WHITE AND BROWN: The onion family contains allicin and beta glucans, which have anti-tumor properties and can help lower cholesterol. Nuts contain healthy fats. Other foods in this group contain blood pressure-regulating potassium and antioxidant flavonoids like quercetin and kaempferol, along with digestion-boosting fiber. Choose beans, cauliflower, garlic, leeks, mushrooms, nuts, onions, parsnips and whole grains.

Gaining Gut Health

The gut contains the organs that make up the digestive tract and the gut microbiome, a balance of microorganisms that survive on food. A healthy gut can prevent and heal illnesses in the digestive tract, immune system, cardiovascular system, kidneys and brain.

If the gut is burdened with unhealthy foods and digestion is impeded, illness may arise. However, shifting to healthier, plant-based foods can cause a measurable shift in the gut microbiome in three to four days, Duke University researchers report in *Nature*. Gut health can be enhanced and restored with specific foods:

ENZYMES to break down food are found in raw fruits, vegetables, sprouts, nuts and fresh herbs, and can be destroyed by cooking

or processing. These work before the body's digestive enzymes kick in to improve digestion, eliminate toxins and boost energy. Studies have shown that raw plants also help with weight loss, decreasing cholesterol and reducing inflammation.

PROBIOTICS, live bacteria that promote healthy gut flora, are found in fermented foods like sauerkraut, kimchi, sourdough bread, yogurt, kefir, pickles, miso and cheddar cheese.

PREBIOTICS, undigestible natural fibers that feed probiotics, abound in apples, asparagus, bananas, barley, burdock root, dandelion greens, flaxseeds, garlic, oats and onions.

Going Local

Whole foods grown locally provide the most nutrition. Michael Pollan, professor of science and environmental journalism at the University of California, Berkeley, and author of *In Defense of Food*, famously said, "Don't eat anything your great grandmother wouldn't recognize as food."

Buying, preparing and eating whole foods may seem laborious at first, but the shift away from "easy foods" can quickly become a way of life as the body begins to feel better. "We hear stories every week about people who have fixed health issues from eating healthy," says Brock Hall, owner of the Florida Fields to Forks organic community supported agriculture (CSA) farm in Malabar, Florida. He adds that everyone "ought to get closer to your food" by growing it or getting to know organic farmers at local markets, self-pick operations or through CSAs.

Healthy eating is about balance. Enjoy comfort foods occasionally, focusing on the bigger picture of more healthful foods overall.

Julie Peterson has contributed to Natural Awakenings for more than a decade. Connect at JuliePeterson2222@gmail.com.

The Shift in the Medical Field

"We, as a society, have gotten locked into focusing on disease cure over health care," writes T. Colin Campbell, Ph.D., author of the bestselling *The China Study* and the recently released *The Future of Nutrition*. Fortunately, as studies prove that diabetes, kidney disease, cancer and Crohn's disease improve with changes in diet, the medical community is slowly shifting toward using nutrition in tandem with traditional care to help manage and prevent disease.

Unfortunately, says John Osborne, M.D., director of cardiology at State of the Heart Cardiology, in Dallas, "The amount of nutritional education in medical school is minimal." Now, the American College of Lifestyle Medicine (ACLM) is aiming to fill that void by training healthcare teams to prevent and reverse chronic disease through lifestyle behaviors.

Saint Joseph Mercy Health System, in Ann Arbor, Michigan, is one example. After a group of physicians and registered dietitians received ACLM certification, it launched a Lifestyle Medicine and Clinical Nutrition program. "The goal is to provide support to individuals and teach them to hardwire best practices that optimize their own personal health and potential," says Lisa McDowell, program director.

The Food as Medicine Institute, in Portland, Oregon, also offers a training program for healthcare professionals and nutritionists to implement community-based nutrition programs. The Cleveland Clinic Center for Functional Medicine, in Ohio, offers programs that help patients identify genetic, lifestyle and environmental factors to shift health from illness to well-being. The Gaples Institute, in Naperville, Illinois, offers nutritional training and accreditation for medical clinicians, as well as free nutritional instruction online for the public.

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HERBS

As Food and Medicine

Diabetes, chronic kidney disease, cancer and Crohn's are just a few of the diseases that have been shown to improve with changes in diet according to the National Institutes of Health. These dietary changes can include the addition of herbs as food and medicine.

Joanna Helms, registered herbalist in the American Herbalist Guild and owner of Mama Jo's Sunshine Herbals in Indian Harbour Beach, has witnessed people reverse illness and eliminate pharmaceuticals while collaborating with their medical team. She points out, however, that it's crucial for established conditions to remain adequately controlled. "I help people come off medicines if it's viable. Herbalism is not a substitution, it's a process and a transformation to a healthier lifestyle," says Helms. She advises that people work with a clinical herbalist to set up clear steps over time.

Helms has a dispensary at Mama Jo's where she runs a private clinical practice formulating hand-made

tinctures, ointments and medicinal teas for clients. Personal herbal formulas are made for clients after thorough consultation and incorporating bloodwork, pulse diagnosis and other methods to determine therapeutic specifics. Helms also collaborates with midwives, functional medicine practitioners, acupuncturists, chiropractors and other medical professionals.

"There are many herbs that easily work into the diet for flavor that also have beneficial properties," says Helms. Indeed, whole books are dedicated to herbalism and herbs as food. Here is a small list.



Leaf Medicinals

BASIL (*Ocimum basilicum*) leaves are an aromatic carminative herb that adds flavor and improves digestion.

MARJORAM (*Origanum marjorana*) is similar to oregano, yet more gentle in culinary dishes. It offers antiseptic properties that prove beneficial in mouth sores and sore throats. It may also improve fevers when made into tea.

OREGANO (*Origanum vulgare*) is a stronger aromatic mint family member, that has long been used as a digestive aid. A warm infusion releases volatile oils that calm spasms and fight infection.

PARSLEY (*Petroselinum crispum*) leaves provide a well-rounded flavor in spice blends and contain high levels of vitamin C and minerals. It reduces gassiness in colic pains and is an effective diuretic when the body holds too much water.

PEPPERMINT (*Mentha piperita*) is a good choice for slight nausea, although it calms muscle tension it may potentiate acid reflux. It is uplifting as a nervine and may ease headaches.

ROSEMARY (*Rosmarinus officinalis*) releases psychological tension, improves moods and clears gut disturbances.

THYME (*Thymus vulgaris*) shines in legume recipes and is an excellent anti-microbial, anti-spasmodic and expectorant herb.

DANDELION (*Taraxacum officinale*) leaves cleaned, cut and blanched are the beginning to a fantastic cold salad that is full of nutrients and high in potassium. They have diuretic properties to relieve the body of excess water.



Flower Medicinals

LAVENDER (*Lavandula officinalis*) flower brings diversity in healing, used in culinary, cosmetic, and herbalism.

It improves melancholy, headaches, and nervous tension. “I enjoy baking lavender almond biscotti for a special treat,” says Helms.

ELDER FLOWER (*Sambucus nigra*) recently popular for its’ beautiful dark berries, the flowers contain rutin and quercetin, which provide anti-inflammatory effect for upper respiratory, sinus relief during cold and flu season. The flowers may be picked fresh and added to a favorite muffin recipe.



Root Medicinals

BURDOCK ROOT (*Arctium lappa*) makes a wonderfully wild side dish that restores the body’s function and vitality. Clean the root, cut into small slices, place in a baking dish and cover with a small amount of water, a drizzle of honey, a smidge of cinnamon and ginger. Place in the oven, covered, until soft.

DANDELION (*Taraxacum officinale*) root may be made into a decoction tea and drank to support liver health and improve the digestive system. It can also be made into a coffee substitute.

TURMERIC (*Curcuma longa*) is a rhizome related to ginger, although not as spicy. It is used liberally in curry recipes and has anti-inflammatory properties, protects the liver cells, nourishes mucus membranes and promotes clarity of thought.

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Exploring MEDICAL Marijuana

Essential Health Benefits of Cannabis

by Julie Peterson

Medical marijuana has been legal in Florida since 2016. The complexity of this topic causes confusion and misperceptions about what it is, why people need it, how it works and who can get the range of products available at dispensaries. Natural Awakenings reached out to a variety of local professionals to get some clarity on the medical marijuana system in Florida and will cover this in-depth over the next few months.

Marijuana refers to the leaves, flowers, stems and seeds of the hemp plant, *Cannabis sativa*. The plant contains natural chemicals similar to chemicals made by the human body. A deficiency of these

chemicals, called endocannabinoids, can be problematic because our naturally produced endocannabinoids help regulate chemicals in the brain, nervous system and immune system. Like any natural substance in the body, it may need supplementation to bring the body into balance.

“Clinical Endocannabinoid Deficiency Syndrome, defined as a medical condition in 2003, refers to when someone is actually low on their natural production of endocannabinoids, leading to disease processes and symptoms. Plants make very similar chemicals called phytocannabinoids, for example CBD and THC, which can be used as a natural supplement replacement to address a true illness,” says Jessica McCain, MD, of Southern Comfort Marijuana Clinic in Port St. Lucie.

HOW MEDICAL MARIJUANA WORKS

“The endocannabinoid system in our body maintains homeostasis in our body,

which has to do with sleep, appetite, memory, mood... basically, this system balances the body,” says Alita Sikora, MD, of Sikora Integrative Medicine in Vero Beach.

There are at least 400 different chemicals, called cannabinoids, in the marijuana plant. Each has a different effect on the body. The two most known are CBD and THC. These can be combined in myriad ways for different conditions and work differently for everyone.

“THC is the psychoactive component. Of those 400 chemicals, that’s the one that is going to cause the euphoria. Most of those other molecules in the plant do not have those effects,” says Dr. Sikora.

“CBD is an antidote to the high,” says Dr. McCain, explaining that it actually negates the psychoactive effects of THC.

Within the human endocannabinoid system, there are two receptors, referred to as CB1 and CB2. These receptors bind perfectly with the cannabinoids in marijuana. “CB1 receptors are primarily found in the brain. THC most often binds to these receptors,” says Melissa Dean, MD, at Dean Wellness Institute in Vero Beach. Products with higher THC levels are often selected for conditions such as chronic pain or insomnia.

CB2 receptors are found throughout the body and CBD binds primarily to these receptors. CBD is a good choice for those with inflammatory processes and auto-immune diseases.

But it’s complicated. There are other types of receptors throughout the body, from the brain to the colon.

“This is not a one size fits all treatment method. Each patients metabolizes medical marijuana differently,” says Dr. Dean.

In addition, CBD and THC are only two of the chemicals that can influence the human body. “You might hear about Delta eight THC, CBG, CBN. These are all different cannabinoids that all are part of the plant and all work in that endocannabinoid system,” says Dr. Sikora.

POTENTIAL SIDE EFFECTS

While complex, medical marijuana has very few health risks, although contraindications with other medications has not been well studied. “Overall, marijuana is much safer than opioids. You don’t have the risk of overdose—people don’t stop breathing, that kind of thing, with marijuana,” says Dr. Sikora.

“There is a withdrawal, similar to nicotine, when you stop using cannabis after you are using it regularly. It typically passes in about three to seven days. Irritability, sleeplessness, anxiety and nausea are the most common symptoms,” says Rebecca Hunton, MD, Medical Director at RHMD Radiantly Healthy in Indialantic.

AILMENTS TREATED

Around the world, the most common reasons cannabis is used are for pain, anxiety and depression, and insomnia. “The state of Florida has a set of approved medical conditions where you’re considered kind of automatically qualified for cannabis...if you have a seizure disorder, glaucoma, Crohn’s disease, ALS, cancer, multiple sclerosis, Parkinson’s, PTSD, HIV,” says Dr. McCain. The state also gives specific cannabis physicians the ability to recommend cannabis for similar conditions.

“It is another tool in the toolbox. It is helpful to have more than one strategy,” says Dr. Hunton. “Natural products, meditation, energy medicine, physical activity, pharmaceuticals...we recommend and utilize all and focus on what works best for the patient. When the patient is still suffering despite the other modalities, it gives us another option.”

If a condition “affects the quality of your life and reduces strength, whether that’s physical or mental fortitude, then you’re probably a good candidate for cannabis,” says Dr. McCain. “As long as you’ve been counseled about those traditional therapies, or if you’ve at least tried something in the past and you’re not getting the adequate control.”



Around the world, the most common reasons cannabis is used are for pain, anxiety and depression and insomnia.

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DISPENSARIES, NOT PHARMACIES

Because it's called "medical" marijuana, many people presume that a prescription is given out. "Doctors don't 'prescribe,' they certify. A certified patient gets a card and ID number that they use when they go to a dispensary. There is a state database; and the dispensary will look the person up," says Dr. Hunton.

Experts at the dispensaries help patients pick out the products according to the maximum daily dose certified by the doctor.

METHODS OF DELIVERY

Products to deliver medical marijuana are almost as numerous as the formulations of cannabinoids. Patients may choose from things to eat or smoke, topical products, sublingual oils and more. "Different strains and blends can impact different people very differently. It can take a lot of trial and error at the dispensaries to find the right option," says Dr. Hunton.

"Patients should consider what symptoms they are looking to treat and their lifestyle. Someone who suffers from acute panic



There are at least 400 different chemicals, called cannabinoids, in the marijuana plant. Each has a different effect on the body.

attacks may greatly benefit from having a vaporizer on hand, as that is usually the fastest delivery method. This allows the patient to gain control of that panic attack quickly.

Someone who is suffering from a targeted pain in their body is probably going to benefit the most from using a topical cream," says Dr. Dean.

"This is super, super individualized to the point where we really give you a lot of education when you come to our clinic – to understand that treating this like a medication, there is a method of how you take it in, there's

a dosing protocol. And there's a selection of the formulations that are just exponential options," says Dr. McCain.

For more information, see MMUregistry.com or KnowTheFactsmmj.com.

Hear more from these doctors in our *Natural Inspiration Podcast* interviews:



Dr. McCain: my-NA.com/NIPMcCain

Dr. Sikora: my-NA.com/NIPSikora

Dr. Dean: my-NA.com/NIPDean

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Hidden Toxins: What's Lurking in Your Cleaning Products?

by Tina Turner



Most consumers would be surprised to learn that federal regulations for household cleaning products are basically non-existent. Neither the ingredients nor products themselves have any safety standard requirements in the United States. Some products state "hazardous to humans and animals" on their labels, which is considered a disclaimer for a wide range of issues from minor irritations to more serious conditions including chronic illnesses.

INGREDIENTS TO AVOID

Years of overexposure to the harmful and toxic ingredients found in the most commonly used products can lead to medically life changing health crises.

Here is a list of the most common harmful ingredients:

2-BUTOXYETHANOL: Found in glass and multipurpose cleaners. Not required by the EPA to be listed on the product. Can cause sore throat, narcosis, liver damage, and kidney damage.

AMMONIA: Found in polishing products and glass cleaners. Can cause nausea, shortness of breath, asthma, and chronic bronchitis. Creates a poisonous gas if mixed with bleach.

CHLORINE: Found in scouring powders, toilet cleaners, and mildew removers. Can be a respiratory irritant at an acute level. Can also create chronic, long-term effects.

NATURAL ALTERNATIVES

Eliminating these known harmful products from homes and work environments is an excellent first step; the next step is replacing them with natural choices. Often consumers who make the switch find that chemical-free options work as well, if not better than their counterparts. Once they are able to see lasting results with natural options, the ongoing process of saturating personal environments with harmful toxins is quickly and permanently eliminated.

Some botanicals that can be used to replace toxic cleaning products include:

BAKING SODA: Multiple usages to deodorize and as a scrubbing agent. Can be used on everything from kitchen sinks, bathtubs, stove tops and even scuff marks on walls.

VINEGAR: Excellent all-purpose cleaner that can assist with removing mold and disinfect surfaces and air as it deodorizes.

HYDROGEN PEROXIDE: A bleach alternative; will eliminate mold, mildew, and stains. Use for any job that requires bleach and see the clean result without harsh chemicals.

Christina Turner (aka Tina Turner) has 35 years of professional home cleaning experience. She created Christina's Clean Creations, a chemical- and toxin-free, plant-based cleaning product line, due to her own health issues from years of using harsh and harmful chemicals. For more information, visit ChristinasCleanCreations.com or call 772-634-1417.

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Sizzling on the Grill

Healthy, Sustainable Summer Fare

by Laura Paisley Beck

For most Americans, summer smells like fresh-cut grass and barbecue sizzling in the backyard. Approximately 64 percent of U.S. adults own a grill or smoker, but common practices are bad for the environment. Fortunately, many great chefs have the problem covered with delicious alternatives to traditional, carbon-emitting methods.

The Downside of Grilling

Most charcoal and all lighter fluids contain chemicals that create air pollution when burned, harming our health and the environment. Better alternatives are sustainably sourced, organic and natural materials, such as charcoal made from bamboo or coconut shells.

Entrepreneur Fred Grosse sought to solve another problem associated with conventional grilling materials: the taste of lighter fluid on barbecue foods. He invented Mojobricks, a carbon-neutral alternative to charcoal designed to impart a smoky flavor to grilled foods. “You’re breathing in 50 percent less particulate matter standing at the grill than if you grill with charcoal or wood,” he says about his bricks made with compressed sawdust from wood mills. “They heat food more efficiently, take up less storage space than bags of charcoal and keep trees growing in the forest.”

What Gets Grilled Matters

Americans eat three times more meat than the global average. To meet the immense demand, mass-produced beef is trucked across the nation with dire environmental impacts including cow methane emissions, the burning of fossil fuels for transport and excessive land use. To curtail these impacts, Americans can choose to reduce or eliminate their beef consumption and when they do decide to grill a ribeye or New York strip, choose local, organic, grass-fed beef.

Eliminating meat is simple as vegetarian and vegan options are innumerable. “Question what a burger is, and off you go with legumes, root vegetables,

mushrooms, cheese or whatever you happen to feel like,” says Martin Nordin, author of *Green Burgers*. Genevieve Taylor’s new cookbook, *Charred*, features enticing meals to cook over a flame that include vegetables, spices, nuts, herbs and other inventive ingredients.

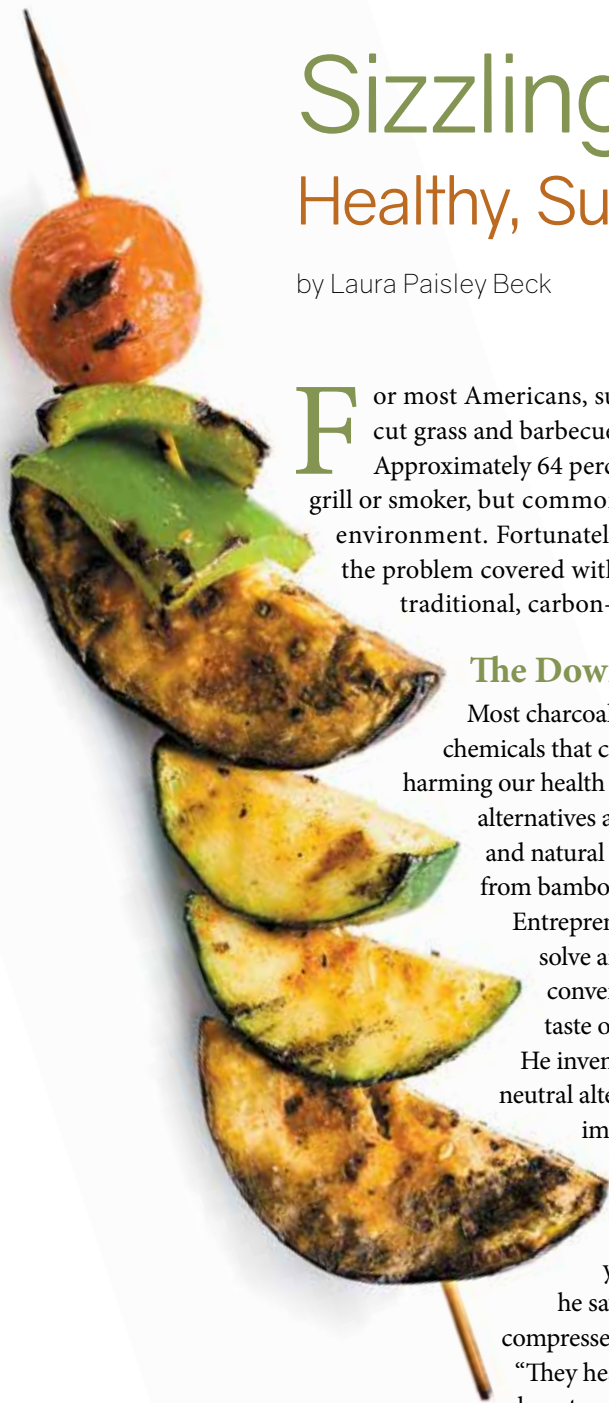
Amy Lawrence and Justin Fox Burks, co-authors of *Low-Carb Vegetarian*, have had a dramatic increase in requests for grilled versions of vegetarian dishes, a sign of increasing outdoor cooking trends.

Presentation for the Planet

When hosting backyard dinner parties, consider that paper and plastic dinnerware will end up in the landfill. Ask guests to bring a plate and fork or mix and match whatever dish sets are on hand. Another suggestion is to go vintage. “There has already been so much manufactured of everything, we wouldn’t need to manufacture another plate, for example, for another generation or two,” says Morgan Miller, owner of Rewind Decor vintage store in Madison, Wisconsin.

With a few adjustments, eco-grilling is easy, delicious and much better for the planet. Marinate locally sourced ingredients, burn as carbon-neutral a fire as possible and serve up delicious food on real plates that friends and family will help wash. Guests will be inspired and follow suit in their own homes. As Grosse says, “Each small difference adds up to big change.”

Laura Paisley Beck is a freelance writer and self-proclaimed foodie in Madison, Wisconsin. Reach out at LauraPaisleyBeck@gmail.com.



GREAT GRILLING



image courtesy of Justin Fox Burks

BBQ Brussels Sprouts Sandwiches with Brussels Sprout Slaw

YIELD: 6 SANDWICHES

2 lb Brussels sprouts
1 cup shredded carrot (about one large)
2 Tbsp mayonnaise
1 Tbsp grainy mustard
Kosher salt and cracked black pepper (to taste)

1 white onion (quartered and sliced)
2 Tbsp toasted sesame oil
1 Tbsp apple cider vinegar
2 Tbsp of The Chubby Vegetarian's Memphis BBQ Dry Rub
1 cup BBQ sauce
6 hamburger buns

First, make the Brussels sprout slaw. Thinly slice enough of the Brussels sprouts to have 2 cups. Reserve the remainder of the Brussels sprouts. In a large bowl, combine the 2 cups shredded sprouts with the shredded carrot, mayonnaise, mustard and salt and pepper to taste. Toss until well-incorporated. Set aside in the refrigerator until ready to serve. (Makes about 2 cups of slaw.)

Preheat the grill on high for 10 minutes. Cover the grill with a single layer of aluminum foil. Slice the remaining Brussels sprouts in half. In a large bowl, toss the halved Brussels sprouts and the onion with the sesame oil, vinegar and BBQ dry rub until everything is coated. Place the Brussels sprouts on the grill for 5 minutes on one side and 4 minutes on the other side, or until the edges are brown and they're cooked through. Remove sprouts from the grill and place them into a medium bowl. Pour in BBQ sauce. Using a spatula, toss the Brussels sprouts in the sauce until they're well-coated.

Put the BBQ Brussels aside until ready to assemble the sandwiches. On the bottom part of each hamburger bun, pile on the BBQ and top it with the slaw.

The Chubby Vegetarian's Memphis BBQ Dry Rub

(MEASURE ALL INGREDIENTS BY VOLUME)

2 parts chipotle chili powder
2 parts sweet paprika
2 parts smoked paprika
2 parts granulated garlic
2 parts kosher salt
2 parts cracked black pepper
2 parts cumin
2 parts dried thyme
2 parts dried oregano
1 part cinnamon
1 part ground ginger
1 part light brown sugar
*1 part powdered, dried porcini mushrooms**

Mix all ingredients in a large food storage container until equally distributed.

*Dried porcini mushrooms can be found at almost any specialty grocery or ordered online. Turn the dried mushrooms into a powder by placing them in a coffee grinder or food processor and pulsing until no large bits remain.

Recipe by Justin Fox Burks and Amy Lawrence of The Chubby Vegetarian blog and cookbooks.



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Sweet Slumber

Natural Tips for Deep Sleep

by Ronica O'Hara

A good night's sleep is a challenge for a growing number of Americans. Even before the pandemic, 35 percent of adults reported sleeping less than the recommended seven hours a night, and in a new survey by the American Academy of Sleep Medicine, 56 percent said they were sleeping worse due to what's termed "COVID-somnia".

Being sleep-deprived not only makes us crabby and accident-prone, but also raises our risk of obesity, depression, heart disease, dementia and a weakened immune system, studies show. Fortunately, we can stave off fretting about lack of sleep by adopting some simple, natural practices.

GET A PATTERN GOING. "Keeping to the same routine will signal to the body and brain that it is time to wind down and prepare for sleep," says Dallas nurse educator Jenna Liphart Rhoads. This means sticking to the same bedtime and awakening schedule, and doing quieting activities an hour or so before bed, such as stretching, meditating, drinking tea or journaling.

MUNCH SMARTLY ON SLEEP-INDUCING FOODS. Many experts advocate foregoing food two hours before sleeping. As another option, "sleep snacks" is suggested by New York University adjunct nutrition professor Lisa Young. She says, "These are foods that contain natural substances that may help promote a good night's sleep." They include warm milk or turkey (tryptophan), tart cherries (melatonin), kiwi fruit (vitamin C and serotonin), bananas (potassium and magnesium) and nuts and seeds (magnesium).

DON AMBER GLASSES OR AN EYE MASK TO BLOCK LIGHT. The blue light emitted by ordinary light bulbs and device screens prevents the pineal gland from releasing melatonin, the sleep-inducing hormone, which is why it's wise to shut down electronic devices an hour before sleeping. If doing so isn't easy, at least block the blue light by using amber or orange (not clear or yellow) glasses to restore melatonin production, advises former General Electric lighting researcher Richard Hansler, Ph.D., of Cleveland; he also advises replacing regular bedroom bulbs with only those that produce low levels of blue light. To encourage deep sleep, fully darken the bedroom or wear an eye mask: a Chinese study found wearing such an accessory along with earplugs significantly increases the restorative rapid eye movement (REM) stage of sleep.



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WRITE A TO-DO LIST TO CALM A RACING MIND.

Baylor University researchers found that compared to people that journaled about what they had accomplished that day, those that spent five minutes writing a to-do list for the next day fell asleep nine minutes sooner—the same effect as taking a prescription medication. The more specific their list, the quicker the shut-eye.

GET COZY WITH A WEIGHTED BLANKET AND SOCKS.

Weighted blankets, ideally weighing about 10 percent of a person's body weight, lead to better sleep and reduced fatigue, depression and anxiety, reports a Swedish study. Some are filled with natural ingredients like rice and cloves, and can be warmed in a microwave beforehand, providing a fragrant, swaddled feeling. Plus, Korean researchers found that wearing warm socks to bed helped subjects fall asleep about seven minutes sooner, sleep 32 minutes longer and experience fewer light awakenings.

TAKE A NATURAL SLEEP AID. Prescription sleeping pills for insomnia can produce dependency and additional unwelcome side effects such as grogginess, diarrhea, headaches and stomach pain. Natural choices without these drawbacks include melatonin, a pineal gland hormone that primes the body for sleep; small doses of 0.3 milligram (mg) to 1 mg work effectively by mirroring natural circadian levels, research shows. Half of U.S. adults are estimated to be deficient in magnesium, which relaxes muscles and increases levels of a neurotransmitter with calming effects; 500 mg is a common dose. Valerian (300 to 900 mg) has been found to improve sleep quality in women during menopause.

CHECK OUT HEALTH ISSUES TO GET TO THE ROOT.

Apnea, thyroid conditions, anemia, menopausal hot flashes, heartburn, incontinence and depression can affect the quality and quantity of sleep, as can medications such as beta blockers, blood pressure medications, some antidepressants and decongestants. If anxiety or depression is causing tossing and turning, cognitive behavioral therapy has been shown to improve sleep in up to 70 to 80 percent of people with insomnia. Whether in-person, via Zoom or by email, even one or two sessions can lower insomnia symptoms, with six to eight sessions typically being more helpful.

Natural health writer Ronica O'Hara can be reached at OHaraRonica@gmail.com.

Sleepy Scents

The scents of ancient Egypt, Greece and Rome can still be used today to induce deep, restful slumber. “A scent of an essential oil reaches the brain within seconds and activates the hypothalamus, the hormonal control center. It then releases hormones promoting sleep,” says Milana Perepyolkina, Salt Lake City author of *Gypsy Energy Secrets*. Some doze-inducing essential oils advised by aromatherapists include:

- *Lavender to improve sleep quality*
- *Valerian to fall asleep faster*
- *Bergamot, which lowers heart rate*
- *Clary sage, a natural sedative*
- *Petitgrain to ease restlessness*
- *Marjoram to soothe the mind*

“Put a couple of drops of the above essential oils on your palms, rub them together, cup your nose and breathe in to the count of four. Then hold your breath to the count of two. Breathe out to the count of eight. Hold your breath again to the count of two. Repeat for several minutes. You will fall asleep fast and have a deep and restful sleep,” advises Perepyolkina, adding, “Always choose only therapeutic-grade essential oils.”



amy_iv/AdobeStock.com

Sounds for Snoozing



monstera/Pevels.com

We might be too old for *Rock-a-Bye Baby*, but sounds can still lull us to sleep—and they’re right at our fingertips. By dimming the screens of our devices and donning earbuds, we can summon these soothing soundscapes.

MEDITATIONS designed to induce sleep are easy to access on a smartphone or tablet with apps like InsightTimer, Calm and Headspace. These include gently guided instructions for approaches like breathing, body scans, visualization, counting and slow movements. Once a meditation is learned, it’s easy enough to do without the app. For Italian neurologist and sleep expert Pietro Luca Ratti, this involves “just lying in bed with your eyes closed, focusing on a point in the wall and finding a calm place to take yourself. Think about the feeling of a deep sleep and will yourself into a happy, relaxing place.”

MUSIC can be used to train the brain to sleep, with insomniacs sleeping increasingly better during three weeks of nightly, 45-minute listening sessions, Taiwan researchers found. A study in *Musicae Scientiae* reported that many genres (not just classical or New Age) work, and that sleep-inducing music typically has more emphasis in lower frequencies such as a stronger bass, a slow and sustained duration of musical notes and non-danceable, simple, subtle rhythms. Music apps like Spotify, Pandora and Apple Music offer a wide array of sleep-inducing playlists.

SHORT STORIES AND NOVELS can be downloaded from meditation apps, and Amazon’s Audible offers more than 200,000 audiobooks. “The key is to find something that is interesting enough to focus on, but not too intense that it grabs your attention to want to stay up to keep listening,” says pharmacist and functional medicine consultant Meg Mill, of Indiana, Pennsylvania.



Pet Happy

How Animals Help Kids Thrive

by Ronica O'Hara

Pets can have a measurable impact on children with special conditions. In a University of Massachusetts Medical School study of young people with Type 1 diabetes published in *PLOS ONE*, those that actively helped care for family pets were 2.5 times more likely to have well-controlled blood sugar levels, perhaps by learning the importance of daily routines. In families with an autistic child, owning a dog reduces stress and significantly improves interactions, benefits that grow over time, report UK University of Lincoln researchers.

PETS BUILD SOCIAL SKILLS. According to a large American Humane study, small pets like guinea pigs and reptiles in third- and fourth-grade classrooms improve students' levels of communication, cooperation, responsibility, empathy, engagement and self-control. Pets can also train kids to set boundaries. Growing up in Verona, Wisconsin, twins McKenna and Samara Fagan became skillful at stopping their 70-pound golden retrievers and great Pyrenees from jumping on them, stealing their toys or persisting after a petting period had concluded. "As girls, they learned how to create boundaries not just with words, but also with body language and energy," says their mother, Tia Fagan, a certified conscious parenting and authenticity coach. Now, she says, the 20-year-olds know "how to create and hold healthy boundaries with people."

PETS TEACH RESPONSIBILITY. "A child who knows that every day they will need to walk the dog (if it's safe), feed the dog (with guidance) or even scoop the yard, will thrive on the routine of care and often will feel a confidence boost because they are taking care of their dog. This is empowering for kids who may not have much control over other things in their lives," says Antoinette Martin of Cornelius, North Carolina, head veterinarian with the online vet locator *HelloRalphie.com*.

PETS TEACH THE CYCLES OF LIFE. Because pets have shorter life spans than humans, surveys indicate that about 80 percent of children first experience death when a beloved pet dies, offering a teachable moment for the whole family, says Melson. Veterinarian Michelle Burch's 3-year-old daughter grieved when the family dog died, but the child was encouraged to express her sadness and was helped by the award-winning book *Dog Heaven*, by Cynthia Rylant. A year later,

Children with pets demonstrate more empathy toward their peers and are less anxious and withdrawn than children without pets.

As any parent whose child has begged long and hard for a puppy or kitty can testify, animals are close to children's hearts. Up to 90 percent of kids are lucky enough to live with a pet at some point in their childhood, and studies show the effects can be profound for their health, character development and well-being.

Kids and pets seem to share a deep and special bond. "Kids often recognize a kindred spirit in animals, especially pets. Like children, pets are cared for and nurtured in families by big people who get to make the rules," says Gail F. Melson, Ph.D., professor emeritus of developmental studies at Purdue University and the author of *Why the Wild Things Are: Animals in the Lives of Children*.

In one of Melson's studies, 40 percent of 5-year-olds said that they turn to their pets when they feel sad, angry or have a secret to share. Children with pets demonstrate more empathy toward their peers and are less anxious and withdrawn than children without pets, her research shows. A University of Cambridge (UK) study reported that kids were happier with their dogs and cats than with their brothers and sisters.

PETS ENHANCE KIDS' HEALTH. A study by UK's Warwick University found that children with pets had more robust immune systems and attended school an extra nine days on average each year compared to those without pets. Early exposure can be optimal: Babies living in homes with two or more dogs and cats are less than half as likely by age 7 to develop reactions to indoor and outdoor allergens like pet dander, dust mites and ragweed, reports a Medical College of Georgia study.

“She loves to bring up her dog Baxter to strangers and how he is in dog heaven, but she knows that not all animals will stay on Earth forever,” says Burch, veterinarian for the pet insurance site *SafeHounds.com*.

Difficult as the grief is, it's still worth it, says Fagan. “Our pets have taught my children that to give and receive love unconditionally is the greatest gift of all and is worth the sadness and pain we feel when they pass.”

Natural health writer Ronica O'Hara can be reached at OHaraRonica@gmail.com.

The Practical Side of Family Pets

EVALUATE THE COMMITMENT. “It's important to remember that taking care of pets is expensive and time consuming, and you're making a commitment to the pet for the duration of their life,” cautions Jennifer Coates, DVM, an advisory board member of *Pet News Daily*. “Fostering is a great alternative if pet adoption sounds like more than you can handle. Children can also volunteer at some animal shelters (often when accompanied by a parent), allowing them to experience some of the benefits of caring for animals without the long-term commitment.”

PICK A CHILD-FRIENDLY DOG OR CAT. The American Kennel Society puts Labrador retrievers, bulldogs, golden retrievers and beagles at the top of their best family dog list. For cats, birman, ragdoll and Himalayan breeds are recommended as calm choices for kids by *PetMD.com*. Consider improving an animal's life by taking home a shelter or rescue dog or cat. Shelter workers can help select a family-friendly choice.

CONSIDER OTHER SPECIES. Smaller animals with fewer care demands may be a strategy if house space is limited or if a child needs to grow into responsibilities. Animals that can delight and teach include tropical fish, turtles, rabbits, birds, hamsters and lizards. Mae Waugh Barrios' three children enjoy feeding, watering and collecting the eggs from the family's four chickens every day at their Holliston, Massachusetts, home. “Not only do our farm-fresh eggs provide my family and my children with the best nutrition, it's also been a lesson in symbiotic relationships. Because we give such good care to our chickens, they show their appreciation by providing us with delicious eggs,” says Barrios, who blogs at *RaisingEmergingBilinguals.com*.

TRAIN CHILDREN ABOUT SAFETY AROUND DOGS. It's a natural impulse for younger children to run up excitedly to a dog and try to touch it, but this can create fear in the animal and raise the danger of an aggressive response. Instead, teach a child to ask permission of the adult handling the dog, and then to approach it slowly and calmly, letting it smell the back of the downward hand before touching it.



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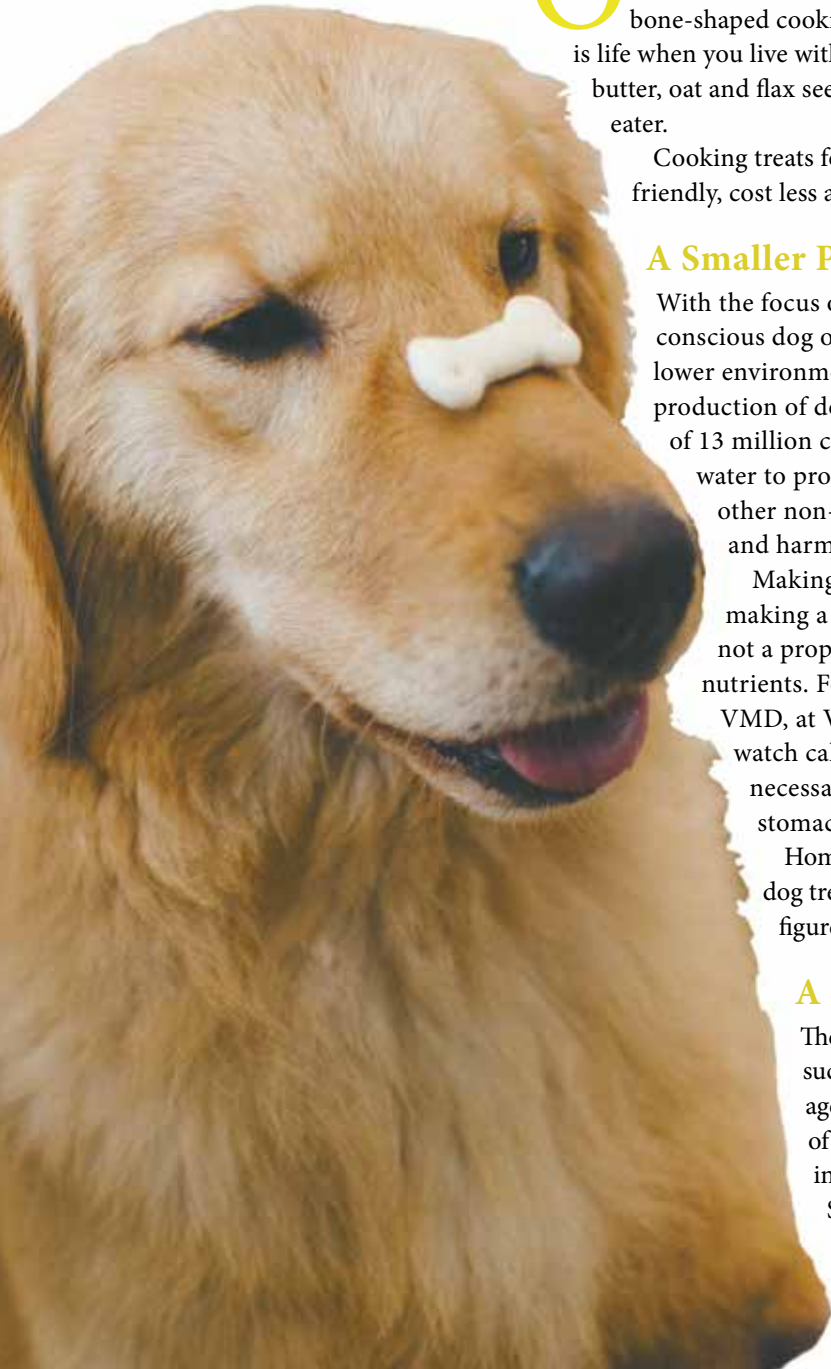
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Doggy Delights

Healthy, Homemade Cookie Treats



by Amy Coyle



One morning, Randy Roach awoke to a delicious aroma wafting from the kitchen of his Philadelphia home. Mouth watering, he peeked in the oven to find a dozen bone-shaped cookies—meant not for him, but for Woods, the family dog. “Such is life when you live with a dog lover,” laughs Randy’s wife Kate, who had peanut butter, oat and flax seed cookies baking for their rescued Labrador mix, a picky eater.

Cooking treats for canine family members is a smart move, as they are eco-friendly, cost less and are healthier than company-made ones, say veterinarians.

A Smaller Pawprint

With the focus on decreasing personal carbon footprints, an Earth-conscious dog owner may want to make dog biscuits at home purely for the lower environmental impact. Research from UCLA shows that industrial production of dog and cat food creates the equivalent in greenhouse gases of 13 million cars annually. Store-bought dog treats require oil, energy and water to produce and transport. The packaging often contains plastic or other non-biodegradable materials, which cause pollution, block drains and harm wildlife.

Making treats at home is simple and less tricky nutritionally than making a dog’s regular meals. “When it comes to regular dog food, I’m not a proponent of home-cooked food. It is far too difficult to balance nutrients. For treats, I am not so concerned,” says Lawrence Gallagher, VMD, at Villanova Vet, in Villanova, Pennsylvania. “But you need to watch calories. Treats should be ‘high-reward’ and low-calorie, not necessarily big in size. They are used as a reward, not to fill the stomach.”

Homemade dog treats cost less over time. Many popular traditional dog treats are \$5 to \$10 per bag, with organic costing more. Kate figures she saves as much as \$20 a month making Woods’ treats.

A Healthy Choice

The labels on many commercial dog treats list dubious ingredients such as meat by-products, sugar, sodium metabisulfite (a bleaching agent), propylene glycol and artificial colors. “My general rule of thumb is if you cannot pronounce or don’t recognize an ingredient, it is probably not healthy for your pet,” says Alison Streit Birken, DVM, owner of Victoria Park Animal Hospital, in Fort Lauderdale.

In addition, some packaged treats are produced in countries where ingredient and manufacturing regulations are less rigorous, which has led to illness and even death in dogs.

Getting Started

No special equipment is required. Mixing bowls, measuring spoons, a wooden spoon, baking sheets and a cooling rack will suffice. More ambitious treat-makers might want a muffin pan for custom shapes. Common ingredients include pumpkin, bananas, yogurt and peanut butter. When choosing a recipe, aim for no or little sugar. (Honey and molasses are simple sugars.) Also, because homemade treats have no preservatives, be sure to follow storage requirements such as refrigeration or freezing.

Jen Jovinelly, a DVM candidate at the Cornell University College of Veterinary Medicine, promotes simple treats. "Treats are not food. Keep the caloric intake from treats under 10 percent of your dog's daily caloric requirement." She also cautions to avoid foods that could be dangerous, such as chocolate, grapes, raisins, avocados, certain nuts, onions, garlic or artificial sweeteners. If unsure about the safety of an ingredient, check the online list at The Humane Society of the United States (HumaneSociety.org) or consult with a veterinarian or animal nutritionist.

For those that aren't inclined to bake, toys filled with organic peanut butter, then frozen, keep dogs happy, while others love the crunch of raw carrots or broccoli. As Birken says, "You can always go to your own refrigerator and pick out some great, healthy dog treats!"

Amy Coyle is a freelance writer in Wynnewood, Pennsylvania.

More Healthful Treat Recipes

The internet has countless dog biscuit and treat recipes, along with collections of recipes for special occasions and holidays. For a simple start, look for recipes that only have a few ingredients that are already in the kitchen, such as those at PuppyLeaks.com/simple-dog-treat-recipes.

Great books include *The Ultimate Dog Treat Cookbook*, by Liz Palika, and *Organic Dog Biscuit Cookbook*, by The Bubba Rose Biscuit Company.

Healthy Treats for Dogs



Good Dog Treat

YIELD: VARIES

1 15-oz can pumpkin
½ cup peanut butter
½ cup coconut oil, melted
4 (organic, cage-free) eggs
1¾ cups coconut flour

Preheat oven to 350° F. In a large bowl, whisk together pumpkin, peanut butter, coconut oil and eggs until smooth. Add coconut flour. Mix until well combined. Let rest for 5 to 10 minutes to thicken.

Place dough in between two pieces of parchment paper and roll the dough until it's about one-quarter-inch thick. Remove the top layer of the parchment paper and cut shapes with cookie cutters (consider the size of the dog when selecting cutter sizes).

Bake for 45 to 55 minutes until treats are dry and hard. Let cool completely. Store in an airtight container.

Courtesy of Kate Roach.

Kate's PB Oat Cookies

YIELD: 24 DOG TREATS

1 cup peanut butter
½ cup rolled oats
2 Tbsp flaxseed
Water, as needed

Grind flaxseed to powder in a food processor or coffee grinder. Combine flaxseed, oats and peanut butter, adding just enough water to make a dough. Roll into 24 balls and chill in sealed container in refrigerator for 30 minutes.

Place on a cookie sheet, evenly spaced, and bake at 350° F for 15 minutes.

Courtesy of Kate Roach.

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



Growing Food Security

The Benefits of Urban Gardening

by Laura Paisley Beck



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For a lot of Americans, healthy food is scarce. According to *FeedingAmerica.org*, more than 35 million Americans faced food insecurity in 2019. That number is expected to increase substantially due to the pandemic, which disrupted the food supply chain in ways that most Americans have never seen.

The good news is that urban and localized gardening can bring fresh, healthy, organic, sustainable and affordable food to nearly every household. A 2013 abstract from Michigan State University published in *Agriculture & Food Security* states that urban gardens could not only provide healthy food, but also create a more resilient food system.

During the pandemic, many people jumped at the chance to put in a garden, and in cities, where available land is limited, creative solutions have emerged. Just about any space could serve as a viable garden, including a spare room, rooftop, shipping containers or an empty warehouse. With hydroponics, no soil is required and with vertical systems, planters are stacked, requiring a small footprint.

Veggies Instead of Lawns

Phan Truong, known as *A Suburban Gardener* on Instagram, turned her entire yard into an organic vegetable garden and invited her Scaggsville, Maryland, neighbors to share in the bounty. “I had this table of abundance in front of my house, but people weren’t taking anything! So, I hid in my garden, waiting for neighbors to walk by, and

then I’d rush the fence and encourage them to take food,” Truong says. “My husband thought everyone would think we were weird.” Now, instead of getting polite waves from afar, the garden has become a communications hub among neighbors.

Sharing the Abundance

When Truong witnessed friends losing jobs and struggling, she was inspired to lend a hand by assisting some of them to plant their own low-maintenance, high-yield gardens to save money on healthy meals. Once she had assisted people close to her, she decided to expand her reach. “My garden spits out a lot of food. I discovered there are local food banks and charities that collect food. I was surprised that they will take any abundance,” says Truong.

Garrett Livingood, a North Atlanta, Georgia, blogger, developed *GrowMyCommunity.org* where local farmers, growers and community gardens can upload their location and what they offer, so that the locals know where to go for fruits, vegetables, herbs and other healthy eats. According to Livingood, “Forty percent of produce gets thrown out every year, so it’s not that we don’t have enough food, the problem is access.”

Food Security Equals Health

Ashlie Thomas, a research scientist known as *The Mocha Gardener* on Instagram, started gardening for healthy produce and medicinal plants at home in Graham, North Carolina, when family members on limited incomes living in a food desert had been diagnosed with health issues like hypertension and Type 2 diabetes.

“Imagine having diet requirements

that included mostly plant-based food, but your resources are simply not there,” Thomas says. “I didn’t know there was a term for that: food security. There is an increasing population with disease, and food could be the answer.”

The problem is particularly prevalent in communities with no grocery stores, forcing residents to buy food at gas stations or drive considerable distances to big-box stores. Thomas observed that choices at these kinds of facilities are often between expensive produce or inexpensive junk food. Healthful food is not available or affordable for all.

Thomas believes gardening empowers people to take control of their diet and their health, not only physiologically, but psychologically and spiritually. “It doesn’t just stop at the garden,” she says. “How you treat your body and other people has a positive healthy impact, as well.”

Tips to Get Started

Follow local gardeners on social media to get ideas.

THINK LOW-MAINTENANCE, HIGH-YIELD. Cherry tomatoes, salad greens, cucumbers and beans are high-producing, low-cost staples.

FLOWERS CAN BE FOOD. Try violets, pansies, nasturtiums and chives to beautify the garden and the plate.



GROW ORGANIC. It’s cheaper and doesn’t harm anyone or anything. “I grow organic because I want to respect my space. I don’t want to control Mother Nature, I want to work with her,” says Thomas.

HERB IT UP. Mint, rosemary and basil taste great and can deter pests.

Overall, keep it simple. Set up for success with just enough to learn and enjoy a new lifestyle. It can be expanded upon year after year, providing a bounty of nutritious food security.



Laura Paisley Beck is a freelance writer and self-proclaimed foodie in Madison, Wisconsin. Reach her at LauraPaisleyBeck@gmail.com.

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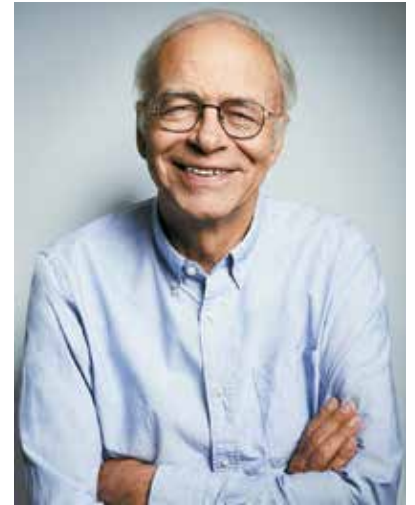
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wise words

Peter Singer on Ethical Eating

by Sandra Yeyati

Widely considered to be an influential philosopher in the animal rights movement after his book *Animal Liberation* was published in 1975, Peter Singer is the Ira W. DeCamp professor of bioethics at the University Center for Human Values at Princeton University. He has written, co-authored, edited or co-edited more than 50 books, including *Why Vegan?* and *The Way We Eat: Why Our Food Choices Matter*.



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Why is food an ethical issue?

There are several reasons for making food an ethical issue and changing what we're eating. One is that producing food has an enormous impact on the environment. About 25 percent of all human greenhouse gas emissions come from food production. It's also an enormous source of animal suffering. Over 70 billion animals are raised and killed each year worldwide, and the majority of them are in intensive factory farms. Their lives are miserable for most of the time. And finally, factory farms are breeding grounds for new viruses. We've had swine flu and avian flu coming out of factory farms. It's quite possible that the next pandemic will originate there.

Is it unethical to contribute to climate change?

It's impossible to live without contributing to climate change, but it's unethical to unnecessarily contribute to climate change when you can live in a way that has a lower greenhouse gas footprint. You could say luxury emissions are unethical while survival emissions are necessary, and so one can't regard them as unethical.

What are the most important food choices that we can make from an ethical standpoint?

Avoiding animal products is probably the first and most important ethical choice one can make. That's going to

dramatically lower your carbon footprint. You will no longer be complicit in the suffering of those tens of billions of factory-farmed animals, and you won't be contributing to the increasing risks of viruses being bred in factory farms.

Is eating animals all right if they are raised humanely and don't suffer when they are harvested?

If animals aren't suffering and have good lives, that's a big improvement from the point of view of the animals, but it doesn't overcome other problems. Grass-fed cattle may have good lives, but they continue to emit large quantities of greenhouse gases, methane in particular. Is painless killing of an animal that has led a good life acceptable? There's an argument that it is, that at least they had a life, otherwise they wouldn't have existed at all, so it's not wrong. People are going to accept or reject that. There isn't a clear-cut answer. It's a complicated issue, so that's why I tend to focus on the fact that large-scale commercial rearing of animals inevitably causes suffering for them and exploits them. Yes, they can come from very small farms where animals are looked after and cared for, but it won't likely happen on a large commercial scale.

Is there a hierarchy of animals that might be ethically okay to eat?

I'm not really concerned about all animals in the zoological sense. I'm concerned about sentient beings or animals capable of suffering or enjoying their lives, and I don't see that as necessarily coinciding with the boundary between plants and animals. So, oysters or clams or mussels, the simple bivalves, are clearly animals in zoological terms, but there's good reason to believe that they don't have a sufficiently complicated nervous system to feel pain, and if that's the case, then I don't think there's an objection to eating those animals as long as they are farmed or raised in a sustainable way that doesn't harm the environment.

Are you hopeful that more people will adopt ethical eating habits in the future?

The huge increase in the availability of vegan products pretty much around the world is a great sign of hope, because what we need to do is to reach a critical mass where these products are not only available, but are also comparative in cost with animal products. Once that day comes, I think we'll get far more people switching, where they really don't have to change their diet that much, they don't have to spend that much more and they can avoid all these negative ethical aspects and be healthier themselves.

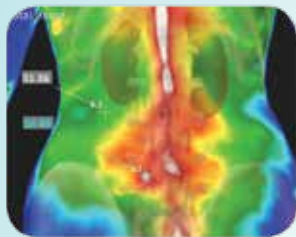
Sandra Yeyati, J.D., is a professional writer. Reach her at SandraYeyati@gmail.com.

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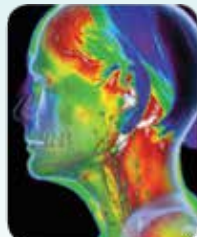
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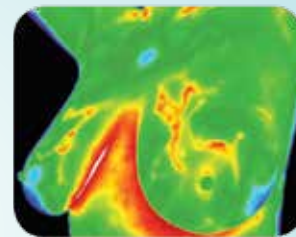
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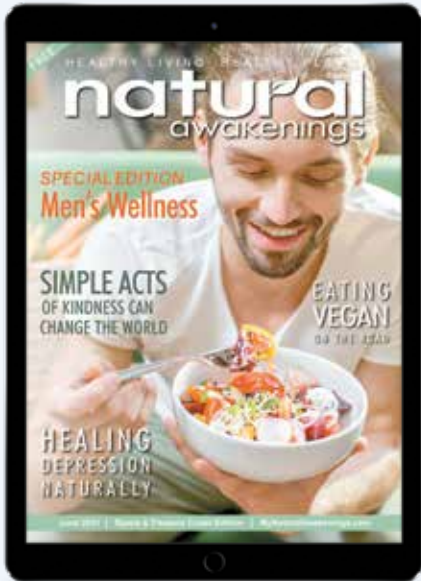
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calendar of events

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

SATURDAY, JULY 3

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. 7 CEU's for Yoga Alliance teachers. Maria Banas is a certified Reiki Master-Teacher. \$160. Register online at AquarianDreams.com/special-events/. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. \$160. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

MONDAY, JULY 5

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. Register online at AquarianDreams.com/special-events/. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. \$25. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

THURSDAY, JULY 8

Spiritual Intuitive Development and Healing Course – 7-8:30pm. The 8-week course teaches spiritual independences and helps build a strong foundation to prepare for the more advanced practices. Teachings include: Techniques for balancing the Chakras, Techniques for Reading the Aura, Spirit Guides, Past Life Regression technique, Intuitive Development and more. Cheri Hart is a professional clairvoyant, a Medical Intuitive, and a Certified Master-Healer. Bring a journal and pen. \$250. (includes handouts & mentoring). Register online AquarianDreams.com/special-events. \$250. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

FRIDAY, JULY 9

New Moon Guided Meditation – 5:30-7pm. During this meditation, you may lie on a mat, sit in a

chair, or sit on a cushion. Anthony Profeta takes us on this meditative journey of healing, relaxation, & connection. The Crystal & Himalayan Bowls will be played during the entire meditation. Suggested: Bring yoga mat or pillow. \$20. Register online at AquarianDreams.com/special-events/. \$20. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

SATURDAY, JULY 10

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

SATURDAY, JULY 10 & SUNDAY JULY 11

2021 Ancient Healings Conference – 11am. Saturday July 10- Sunday July 11 Find top experts, teachers, and guides from various fields or disciplines for you to rediscover the healing and empowering techniques of our ancestors which have long been protected, hidden or thought lost forever. The Ancient Healings Conference will be held at the Melbourne Auditorium. Currently accepting applications for speakers and exhibitors. Call for vendor information. Melbourne Auditorium, 625 E Hibiscus, Melbourne. AncientHealingsConference.com.

TUESDAY, JULY 13

Don't Let Adrenal Fatigue Impact Your Life – 7-8pm. Learn how to prevent and recover from this condition naturally so you can have more energy. Led by Dr. Brian Walsh. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

FRIDAY, JULY 16

Deeksha Healing: The Oneness Blessing with Crystal Bowl Meditation – 5:30-7pm. Includes powerful mantra and crystal bowl meditation and Deeksha Blessing, which is a transfer of energy to

initiate higher states of consciousness. Brings a shift in perception resulting in clarity and spontaneous feelings of love, joy, peace and inner silence, dissolving negative life patterns and releasing cellular and energetic level traumas facilitating healing with Maria Banas. \$20. Bring yoga mat or pillow., call or visit AquarianDreams.com/special-events to register. \$20. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495.

SATURDAY, JULY 17

Yoga Kids Play Date – 11am-12:15pm. (Ages 3-7) Dance, sing, drum, and “play” yoga! Mama Brooke creates an entertaining and engaging circle time for children with creative movement, yoga, breathing games and songs, mindfulness, and self-expression techniques. The children will be having so much fun they won’t realize they are learning skills to build empathy, help them focus, and regulate their emotions. . \$12 includes child plus one parent. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. aquariandreams.com/special-events.

Self-Healing and Energy Clearing Techniques Yoga Workshop – 3-6pm. An all-levels, full body yoga session first, then sit down and discuss the basics of energy healing and how you can learn self-healing techniques to use throughout your life. Together we learn about how energy likes to flow, how to know when there is resistance, and how you can alchemize any mood to one of peace and clarity. Leah DuBois will finish the evening off with a beautiful clearing session and guided meditation. . \$45. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. aquariandreams.com/special-events.

MONDAY, JULY 19

Past Life Healing with Reiki Meditation and Sound – 5:30-7pm. A Reiki journey technique is used with the intention to obtain spiritual and inner guidance, information, healing, and empowerment from higher sources of consciousness. Includes the River of Life healing experience to let go of what is not needed any longer and receive the gift of Empowerment with Maria Banas. Bring: yoga mat, pillow, blanket, and water. \$25. Register online www.aquariandreams.com/special-events/ or call 321-729-9495. \$25. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

FRIDAY, JULY 23

Full Moon Ocean Meditation – 7-8:30pm. Full moon meditation is powerful for releasing things from your life, old negative emotions and thinking, and transformation. Session begins with a Crystal and Tibetan bowl meditation and if weather permits will go across street to the ocean for silent meditation under the moon. Bring a mat or towel. \$25. To register online visit: www.AquarianDreams.com/special-events/. \$25. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

SATURDAY, JULY 24

Reiki 3 / Advanced Reiki Certification Course – 11am-6pm. The student receives the Master Reiki Symbol to be included with the three previous symbols received in Level II. This will increase the student’s connection with the Universal Life Force and open the doorway to work in different levels of spirit and karma. Topics: Reiki and Spirit release, Spiritual protection, World Peace and Crystal Grids and more. Instructor Maria Banas. Bring a yoga mat. \$235.. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. \$235. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. aquariandreams.com/special-events.

MONDAY, JULY 26

Yoga Philosophy Yoga Workshop – 5:30-7:30pm. This workshop is for the yoga student who loves their asana (yoga pose) practice, but also wants to learn more about the origins and spirit of yoga. After a gentle yoga practice, we’ll explore the roots of yoga, the limbs of yoga as taught by ancient masters, and the mental and spiritual aspects of yoga. \$30. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. aquariandreams.com/special-events.

FRIDAY, JULY 30

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. Call or visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. \$25. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events/.

classifieds

BUSINESS OPPORTUNITIES

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

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

BOOKS

THE GREAT COSMIC TEACHINGS of Jesus of Nazareth. This ancient knowledge, the law of the All-Highest, is again available to all people. www.Gabriele-Publishing-House.com Toll-Free: 844-576-0937.

COMMUNITY

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

HELP WANTED

Personal Assistant Wanted: Intelligent, nurturing, positive personality with a good sense of humor wanted for in-home help. An understanding of integrative, holistic medicine and healthy diets preferred. Responsibilities would include driving to appointments, scheduling and dealing with home repairs, light cleaning, cooking, etc. Nature lover preferred. Flexible hours, in Melbourne area. For more info email: backyarder1@earthlink.net.

PRODUCTS

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TREASURE COAST EVENTS

THURSDAY, JULY 1

Reiki Healing Circle – 6:30-8pm. Recharge yourself by joining our Reiki Healing Circle. During this Last quarter of the Moon, practice self-love and self-care with Reiki Energy Healing. Release all negativity and anxiety, de-clutter your mind from all that no longer serves you. Cost \$15. Facilitated by Divine Soul Wellness held at Your CBD Store PSL, 2818 SW Port St. Lucie Blvd. \$15 per person. Divine Soul Wellness, 2818 SW Port St Lucie Blvd, Port St Lucie. 954-646-4374. facebook.com/naturalhealingspa.

SATURDAY, JULY 3

Cancer New Moon Circle – 6:30-7:30pm. Hour long discussion and sharing circle. Importance and Astrological implications of this moon, journaling prompts, crystal suggestions, and rituals. \$15. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. dte-yoga.com.

WEDNESDAY, JULY 7

Candlelight Sound Bath Meditation – 6:30-8:30pm. Sound Meditation assists in bringing the body's 7 major energy centers (chakras) back into alignment and balance, by quieting mental chatter and allowing for peace and tranquility. Led by Anthony Profeta. Bring your own mat & blanket. Facilitated by Divine Soul Wellness held at Your CBD Store 2818 SW Port St Lucie Blvd. \$25. Divine Soul Wellness, 2818 SW Port St. Lucie Blvd, Port St. Lucie. 954-646-4374. DivineSoulWellness.com.

12 Power Centers – 7-8pm. Deepening spiritual understanding and practice of our 12 power centers. June 7 is Elimination; July 14 is Life. Class led by Rev Janice. Contact RevJan101@bellsouth.net for Zoom login ID. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. Free. UnityOfFortPierce.com.

SATURDAY, JULY 10

Flower Essence Guided Meditation – 10:30-11:15am. Treat yourself to the healing benefits of a Flower Essence Guided Meditation where you'll experience the subtle energies of flower essences as you are guided through a grounding and relaxing meditation. You'll leave feeling grounded, relaxed and refreshed. Free. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

Intro to Herbs – Noon-1pm. Curious about herbalism? Come discover what herbal medicine is, how herbs are used, and ways to select helpful herbs. You'll also discover how vibrational flower essences and earth-based practices fit into a holistic health model that aims to address the whole person. Free. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

Family Yoga – 2pm. All Ages welcome from infant to grandparent, up to four people per family group \$25 per family, \$5 each additional person. Led by Margot Williams. Weather dependent we will hold family yoga either at Kiwanis Park or in Studio. Please Contact Gina for more information or questions at: DownToEarthYogaStudio@gmail.com . \$25 for up to 4 students; \$5 each additional

treasure coast save the date

WEDNESDAY, AUGUST 4

Candlelight Sound Bath Meditation – 6:30-8:30pm. Sound Meditation assists in bringing the body's 7 major energy centers (chakras) back into alignment and balance, by quieting mental chatter and allowing for peace and tranquility. Led by Anthony Profeta. Bring your own mat & blanket. Facilitated by Divine Soul Wellness held at Your CBD Store 2818 SW Port St Lucie Blvd. \$25. Divine Soul Wellness, 2818 SW Port St. Lucie Blvd, Port St. Lucie. 954-646-4374. DivineSoulWellness.com.

person. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. dte-yoga.com.

SUNDAY, JULY 11

Sound of Soul Event – 11am-noon. Please join us to Experience HU, the Sound of Soul Chanting the word HU can bring peace, calm, expanded awareness. After an inspirational quote, we chant the word HU for twenty minutes followed by a time of silent contemplation then a spiritual discussion. Free. The Zoom link/ dial-in information will be sent to those that RSVP either to 772-223-1188 or eck-Florida.org by July 10.

Second Sundays on Moore's Creek – 11am-6pm. This monthly event is in the heart of Lincoln Park in Ft. Pierce. Enjoy art, crafts, positivity, produce, music, food and most of all community. All welcome, bring a friend and make some new ones. Free. Lincoln Park, 431 N. 8th Street, Fort Pierce.

MONDAY, JULY 12

Customer Appreciation Day – 10am-6pm. Purchase \$60 or more of your favorite CBD products and receive your choice of a Free 100mg Bag of Gummies or a Free Bath Bomb. Free. Your CBD Store Port St. Lucie, 2818 SW Port Saint Lucie Blvd, Port Saint Lucie. 772-207-7302. cbdrx4u.com.

SUNDAY, JULY 18

Four Week Journeying Class – 1-3pm. Journeying is a shamanistic practice that allows you to travel to worlds beyond this one. Learn where your sacred space is and a spirit guide who works with you. Visit the Upper World, Middle World and Lower World - each has its own purpose and allows you to seek guidance on whatever you may be facing or just relax and commune with the inhabitants of each world. The cost is \$40 a class or \$150 if pre-paid for all four. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. dte-yoga.com.

Full Moon Vision Board Workshop – 6:30-8:30pm. Never look back-only forward as your future path is ahead and not behind. Manifest your dreams and visions for your life's journey by creating your unique Vision Board. After selecting your arts & crafts of choice (supplies included) we will begin with a short 10-minute guided affirmation chanting. Refreshments of (CBD* optional) Tea, Fruit Water or Fresh Juices will be provided. Group will close with words of gratitude for the upcoming Full Moon. Facilitated by Divine Soul Wellness held at Your CBD Store PSL, 2818 SW Port St. Lucie Blvd. \$25. 954-646-4374. DivineSoulWellness.com.

THURSDAY, JULY 22

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. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

FRIDAY, JULY 23

Shamanic Drumming Circle – 6-7pm. Shamanic Drumming Circle with Trish. Bring a drum. (Love Offering) Drumming will be followed by Reiki Circle. (Outside). Love Offering. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. unityoffortpierce.com.

SATURDAY, JULY 24

Soul Retreat – 10am-4pm. A day of contemplative practices for Soul awareness and growth. Stations for reflections, Yoga, Chanting, Drumming. Cost \$25 includes materials, refreshments. Please bring a bag lunch. (In Sanctuary and outside (weather permitting)). \$25. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityOfFortPierce.com.

Intro to Flower Essences – Noon-1pm. At almost every occasion, we give flowers... ever wonder why? Flowers inherently know how to heal, celebrate and support us. Come explore the subtlety of Flower Essence healing, discover how they are made, and gain an understanding of their role in your health and wellness. \$35. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

SUNDAY, JULY 25

ECK Light and Sound Service – 4-5pm. Online a celebration of God's love for Soul. There is usually a HU chant, a guest speaker, uplifting music and discussions. It lasts about an hour and is designed to help individuals have their own experience with the creative spiritual life force, the Light and Sound of God. People of all backgrounds and beliefs are welcome. Free. RSVP by July 24th to receive link to attend. 772-223-1188 or at Eck-Florida.org.

THURSDAY, JULY 29

Culinary Herbs for Good Health – 1-2pm. Discover the herbal goodness that's right inside your own kitchen. Learn the medicinal benefits of herbs like rosemary, cinnamon, fennel plus tasty recipes and ideas that'll inspire you to eat more herbs! \$35. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

on going events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

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

sunday

SPACE COAST

Aerial Restorative – 11am-noon. Eden will be guiding you through 5 to 7 different postures that will restore the body and mind. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

TREASURE COAST

Unity of Ft. Pierce – 10am. Practical spiritual teachings that support people in cultivating and living from their spiritual awareness. In the sanctuary or the service can be viewed through VIRTUAL OPTION: Facebook Live Stream at facebook.com/unityfortpierce/. 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. Crown 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.

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.

The Mindful Hour: Meditation & Yoga – 12:30-1:30pm. Gentle yoga combined with breath work and mindful meditation. Perfect for beginners. Combines gentle supported postures with Mindfulness Meditation and a deeply relaxing shavasana with option to receive a brief reiki healing. Modifications to meet your needs. Led by Brooke Daratany Goldfarb. \$10 (or Yoga Membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Kids Aerial Yoga – 5:45-6:30pm. Kids ages 6-12 will love hanging in the air and swinging in this fun aerial for kids' class. Parents are welcome to stay and watch or support their child or leave and come back after the class. \$20. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

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.

Core Aerial Yoga – 7-8pm. In this class we will be working on our core, doing crunches, leg lifts and finally stretching. This will help anyone build the strength to have an amazing Aerial practice. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

TREASURE COAST

Chair Yoga – 10-11:15am. For seniors and those with limited mobility. Enjoy stretching for relaxation and ease of movement with Lana. Chair yoga is helpful

for those who find it difficult to get up and down off the floor. \$10 per class or purchase two classes and get the third one free (Good through September 2.) La Buona Vita Club House, 8601 US Hwy 1 (across from Savanna Club Blvd), Port St. Lucie. 845-489-7976.

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, 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.

Mindful Yoga Mondays – 6:30-8:30pm. This is a gentle class focusing on breathwork and stretching with an extra bonus of sound therapy and mantra work. From beginners to experienced, all are welcome. Please bring your own mat, blanket, props, \$10. Facilitated by Matt Swanner and Divine Soul Wellness held at Your CBD Store 2818 SW Port St Lucie Blvd. 954-646-4374.

A Course in Miracles Study Group – 7-8:15pm. Experience the miracle of a shift in perception. Everyone is invited, newcomers welcome. Bring your book or we have some to share. Held in our sanitized sanctuary. (Love-Offering appreciated). Facilitated by Kathryn Joy. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

tuesday

SPACE COAST

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 Leah Dubois. \$10 (or yoga membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Hatha Yoga – 5:30-6:30pm. Multi-level class for beginners and intermediates. Led by Ellen Cameron whose experience allows her to modify asana to



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

TREASURE COAST

Warm Flow Yoga – 6-7am. A gently heated room helps loosen muscles to help expand postures and work more deeply. This practice is a moving meditation to encourage focus on breath and proper alignment as we flow together. Led by Heidi Schneider. \$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. dte-yoga.com.

Yin Yoga at District 108 Yoga – 9am-10am. Yin Yoga is a quietly radical practice that welcomes all body types and sizes. Beginner's welcome. In Yin practice any idealized notions of how a pose 'should' look are relinquished, in favor of exploring our bodies' particular needs as individuals. Come to class with a willingness to unwind. Led by Nancy Clark. \$15 for Drop-ins, or class packages are available. District 108 Yoga 290 SE Florida Street, Stuart. District108Yoga.com

Tune-Up Tuesday at The Elliot Museum - 4-5pm. Certified Sound Therapist, Deena Rahill, facilitates this weekly Crystal Bowl Vibrational Healing experience. During this one-hour session, participants lie down on mats and are bathed head to toe in sound vibration. Sign up to enjoy this ethereal experience and leave with a feeling of peace and harmony. Please bring a yoga mat, (if you want a blanket and pillow) and wear comfortable clothes. Contact Deena for more information or to reserve your spot, 786-488-7782. \$25. Elliot Museum, 825 NE Ocean Blvd., Stuart.

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.

Warm Flow Yoga – 4:30-5:45pm. A gently heated room helps loosen muscles to help expand postures and work more deeply. This practice is a moving meditation to encourage focus on breath and proper alignment as we flow together. Led by Heidi Schneider. \$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. dte-yoga.com.

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.

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.

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wednesday

SPACE COAST

Chi Yoga & Meditation – 11am-Noon. A combination of Chi flowing movements as seen in Chi Gong, and yoga poses, to balance the body, let go of stress, and bring ourselves to a clear, relaxed mind state. Leah blends yoga poses, meditation, and mindful movement together for this physical, mood elevating class. \$10 (or yoga membership). To preregister visit: AquarianDreams.com/weekly-yoga-calendar. 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. 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. Please wear workout clothes no jewelry or zippers allowed in the hammocks. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741.

TREASURE COAST

Chair Yoga - 10-11am. For seniors and those with limited mobility. Enjoy stretching for relaxation and ease of movement with Lana. Chair yoga is helpful for those who find it difficult to get up and down off the floor. \$10 per class or purchase two classes and get the third one free (Good though September 2.) Unity of Port St Lucie, 8645 US Hwy 1, Port St. Lucie. 845-489-7976.

Insight Meditation on Zoom and in person– 11-11:30am. Holding meditations in our sanctuary or join via Zoom with meeting ID of 772-461-2272. Love Offerings appreciated. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFtPierce.com.

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

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

raise and expand your vibrational level through specific yoga movements and mantras. Teacher: Lorin Oneal. \$10 (or yoga membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. 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. 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.

Reiki Healing Circle – 8:30-9:30pm. Join us every Thursday as we reach out to each other while we reach within through meditation & Reiki healing on Zoom. For more information & link call Ann Marie 772-801-3044. \$10. AnnieisMyCoach.com.

thursday

SPACE COAST

Kundalini Yoga & Meditation – 12:30-1:30pm. Kundalini yoga is the yoga of awareness and will

friday

SPACE COAST

Yoga for Beginners – 11am-12pm. Support and instruction about foundation poses, proper alignment



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in the poses, breathing techniques and meditation. Provides 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. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Aerial for Autism – 11-11:45am. Bring your child 6-12 to relax and swing in an aerial hammock. They will learn basic moves and will have the freedom to create their own practice in a safe and fun environment. Only 7 spots available. \$20. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

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

Mindful Kids-Yoga & Meditation (ages 6-12) – 4-5pm. Sharing the transformational benefits of yoga, mindfulness practices, and meditation for school-aged children giving them tools to manage their physical and emotional responses to life. Teacher: Brooke Deratany Goldfarb. \$10 (or yoga membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TREASURE COAST

Tai Chi & Qi Gong – 10:30-11:30am. Yang simplified 24 form and various styles of Qi Gong. Led by Eric Ellegood. \$10/class or \$50 for 6. Email EllegoodEric@gmail.com or text at 772-985-9782. In Sanctuary. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272

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. Love offering. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-812-2895. 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, Aura photography. Walk-ins Welcome. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Reiki Healing Circle - 7pm. Open to all energy healers and all people. The circle offers a space to release all the stress and tension we hold inside while also letting in the universal energy with our highest good and healing as the focus. Led by Pat Monaghan, Level 2 Reiki Healer and Lightworker. \$15. DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

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BALANCE

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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 35.

UPPER CERVICAL HEALTH CENTER

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



[Upper Cervical Health Centers Of America](http://UpperCervicalHealthCentersOfAmerica.com) Drs. Renee Hahn and Amanda Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 7.

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Dr. Rob Brown
Dr. Haley Freymiller
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SDICFL.com

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 15.

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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 9.

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FARMERS MARKET GUIDE

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Hutchinson Island, 772-448-8061
PsychicTheGenie.com



Two convenient locations in downtown Stuart and Hutchinson Island offering a wide assortment of incense, candles, books, sage, crystals, salt lamps and more. Psychic Medium, Aura Photography available. Open 7 days a week. Monday-Saturday 10am-6pm. Sunday 10am-5pm.

SCENTED DRAGON

Port St. Lucie, 772-877-2102
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 21.

NATURAL MEDICINE

BEACHSIDE NATURAL MEDICINE CLINIC & APOTHECARY

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



Your local resource for Natural Family Health, Nature Cure, Ayurveda & Homeopathy specializing in Digestive Disorders/IBS, Food Intolerance Evaluation, Complex Chronic Diseases, Infertility & Natural Pediatrics. See ad, page 16.

NEUROPATHY

DR. STEVE CANUEL

Board Certification Nephropathy
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A long-term solution you can do at home! Our scientific, proven approach heals your nerves and reverses your symptoms. Relief without Surgery, Shots, Addictive Medications. See ad, page 16.

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VITALITY WELLNESS AND NUTRITION CENTER

Christi Buck, RDN, LD, CLT-Owner/Founder
772-218-0858
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Customize a natural and holistic plan to meet your wellness and nutrition goals. Can address gut issues, autoimmune issues, hormones, weight management, thyroid issues, and more.

PEDIATRICIANS: HOLISTIC

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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 sick and wellness guidance using holistic and plant-based therapies. Pediatric telemedicine consultations and in-home physicals.

PET SUPPLIES: NATURAL

NATURAL PET SPECIALTY SHOP

2255 N. Wickham Rd, Ste 103
Melbourne, 321-259-3005
NaturalPetSpecialtyShop.com



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

grooming products, natural flea & tick supplies and much more. See ad, page 35.

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, page 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.

TESS, THE TREASURE COAST MEDIUM

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Past Life Regressions
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TessTheHealer@gmail.com
TreasureCoastMedium.com



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

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DALY INTEGRATED MEDICAL GROUP, LLC

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



We are a leader in alternative therapies to avoid surgery and addictive pain medicine. For those suffering pain, we offer Prolozone, TPI, PRP, and stem-cell therapies. See ad, page 35.

REIKI

SPARK OF DIVINE LLC

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

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

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Melbourne, 321-831-2910
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Fort Pierce, 772-461-2272
UnityOfFortPierce.com



A positive, practical approach to living life on Purpose. Services 10 a.m. in our sanctuary (social distancing & masks). Facebook livestream at Facebook.com/Unity.FortPierce. See ad, page 29.

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.

THERMOGRAPHY

STUART THERMOGRAPHY

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



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 41.

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 14.

WELLNESS CENTER

OHANA TREE MASSAGE AND YOGA

1044 NE Jensen Beach Blvd
Jensen Beach, 888-229-7255
OhanaTreeMassageandYoga.com



Specializing in Deep Tissue and Trigger Point Therapeutic Massage. Individual and group Yoga sessions. Serving Jensen Beach and surrounding cities for over 10 years.

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