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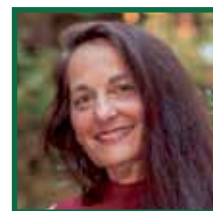


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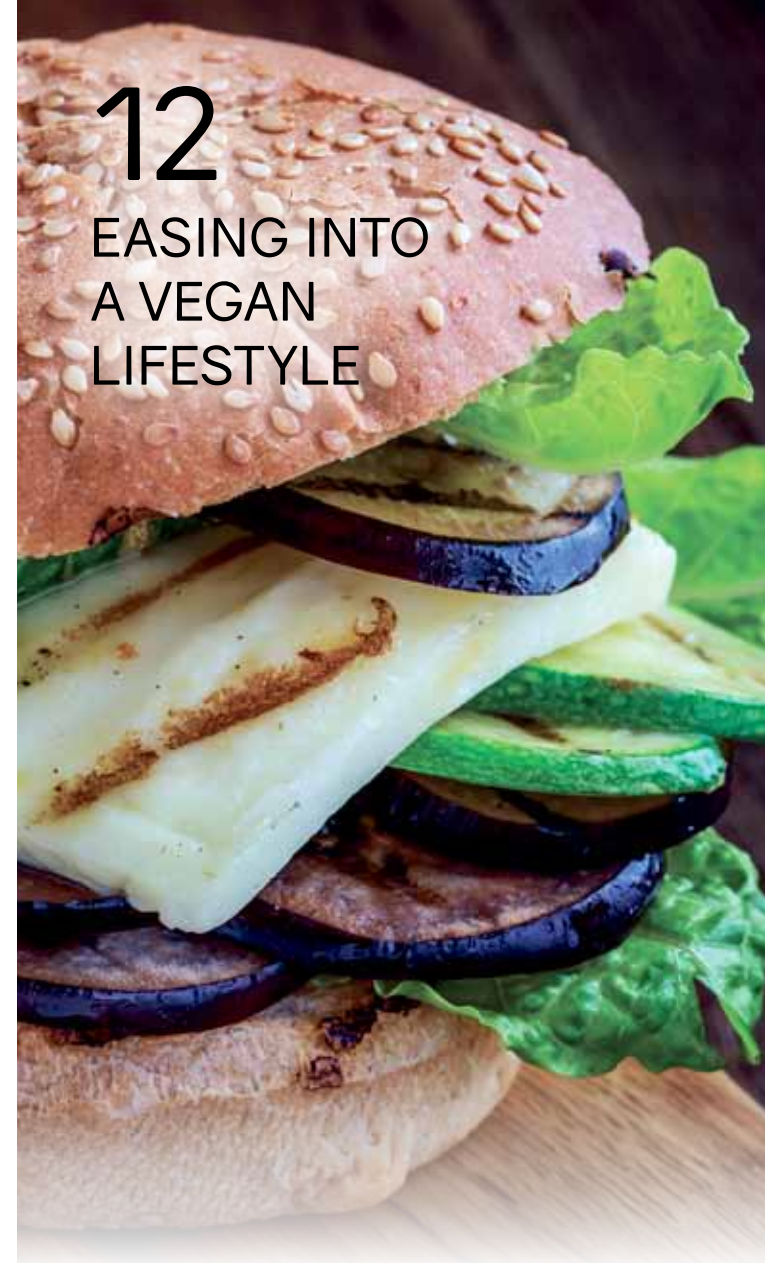
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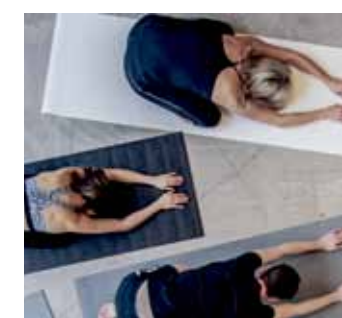
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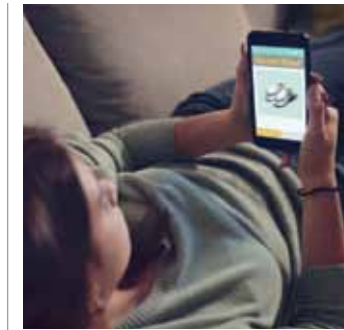
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## Ask a Coach

with Terri Kozlowski

Read our newest column online!

Ask a Coach is an opportunity for readers to ask Atlanta's expert life coaches about, well, life!

This month's question: "I feel pretty burned out from dealing with all the stress in my life. What can I do about it?" To read, go to [bit.ly/naa-aac-0322](http://bit.ly/naa-aac-0322)

The coach answering this month is Terri Kozlowski at [terrikozlowski.com](http://terrikozlowski.com).

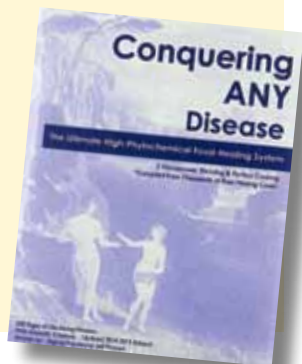
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## LETTER FROM THE PUBLISHER

# Can we all please do more *Being*?

We have two articles in this month's issue—"Burnout Recovery" and "The Power of the Pause"—that speak to the exhausting nature of our culture and ways to address it. And this month's edition of our web-only "Ask a Coach" answers the question: I feel pretty burned out from dealing with all the stress in my life. What can I do about it?

From the first article comes this factoid: "Among American employees, 52 percent reported feeling burned out in a March 2021 study, with two-thirds saying it had worsened during the pandemic." Over half the U.S. working population. What an alarming number. What does extreme and widespread stress do to a population? We Americans aren't just experiencing a viral pandemic; we're experiencing a pandemic of exhaustion and fatigue, a pandemic of frayed nerves and degraded empathy, a pandemic of heightened aggression and increased violence.

COVID-19 is not the sole cause of any of this, but it is an accelerant. The real cause lies in the values that are deeply embedded in our common culture: placing individual freedoms over the commonweal, prizing material goods over doing good, winning at any and all costs, focusing on growing the economy instead of sustaining our shared "home," engaging in contempt rather than love.

While "Burnout Recovery" offers solid advice about how to address burnout—access joy, find points of control (sleep, exercise, diet), take micro-breaks and practice gratitude—"The Power of the Pause," written by yoga editor Mila Burgess, suggests a way of being that elevates us. It invites us to take a pause... to develop "equanimity, that is nonreactivity, evenness of temper, composure and mental calmness." Who doesn't want to be calm and composed most, if not all, of the time?

We introduced the yoga department over four years ago *not* because yoga represents a lucrative industry to which we can sell, but because yoga has the potential to dramatically change lives for the better. We always put readers first, and when I say that, I mean we publish content that helps improve lives—content that points to methodologies and practices that help us navigate the

vicissitudes of life and highlights ideas and concepts that help us become better human beings—better versions of ourselves.

While all of the above recommendations to address burnout are wise and effective, the overarching goal of developing equanimity is the take-away we might want from this issue. To the degree that yoga helps us get there, I say, "Yay for yoga!" As written in "The Power of the Pause," the reward is freedom—but not the ego-driven kind of freedom that's sought after by those who want to do whatever they want, regardless of consequences to others. No, it is the opposite of that—freedom from the ego that enslaves us with never-ending desires and demands.

Kurt Vonnegut said: "I am a human being, not a human doing." In working on equanimity, we progress towards that ideal. Burnout is an affliction of doing; peace and joy are the results of being. Be more. Do less. Wish I could *do* that, LOL! 🙏

## Heartfelt Thanks

My writing about my mother's passing prompted several letters from readers, notes of condolences and prayers, plus two poems. These were unexpected gifts to me!

In this day and time, it is easy to become discouraged over the state of the world and its inhabitants, so occasions like this sharing of love and concern with a complete stranger—me—are precious and appreciated. While we may be horribly divided over race and politics, what binds us remains greater than what separates us. We are all human; we all experience loss; we all die. Thank you to all who reached out. In your doing, you are "being."



*Paul Chen has been owner/publisher of Natural Awakenings Atlanta franchise since January 2017. He is a practicing Buddhist and a founding member of East Lake Commons, a cohousing community.*

## Raheem's New Book: "PAUSE, REST, BE"



Octavia Raheem

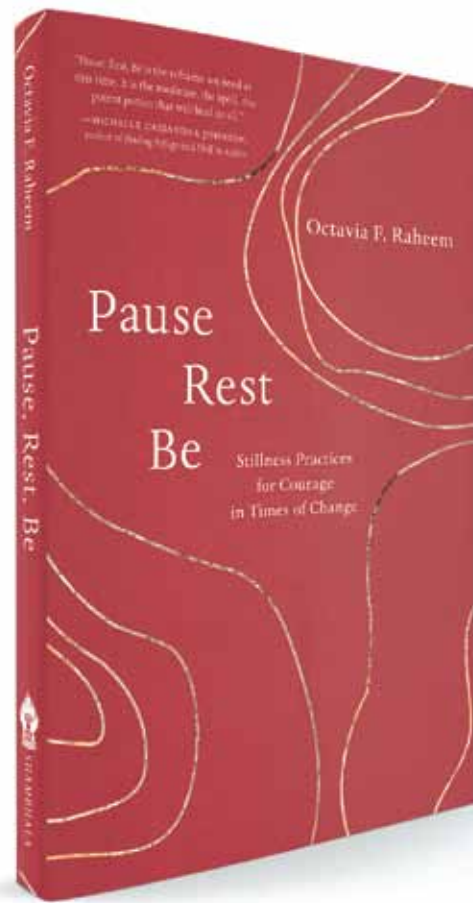
The latest book by Atlanta author, mentor, yoga teacher and activist Octavia Raheem, *Pause, Rest, Be: Stillness Practices for Courage During Times of Change*, offers readers motivation and guidance to navigate change with grace and ease.

Drawing wisdom from yoga philosophy and Raheem's 25 years of teaching experience, *Pause, Rest, Be* offers simple restorative yoga poses and short teachings, reflections and practices that help people through difficult times, whether they be endings, beginnings or transitions. The book demonstrates how slowing down, stillness and deeper connection to one's transitions can empower and build presence and courage.

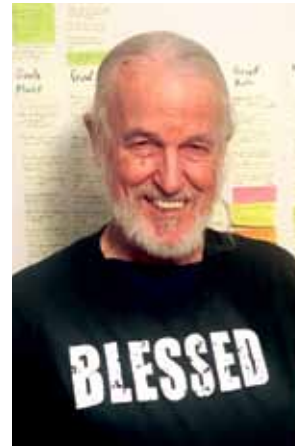
Octavia Raheem has been teaching yoga since 2007, and her work has been featured on CNN and in *Yoga Journal*, *Mantra*, *Well+Good*, *Atlanta Magazine* and

*Natural Awakenings of Atlanta*. She also founded Starshine & Clay, an online and retreat space for Black, Indigenous, and Women of Color to rest and restore. Her first book, *Gather*, is a collection of soulful sayings, poetry and insights by the author.

The book is available through online and in-store retailers, and it can also be sampled and purchased at [OctaviaRaheem.com](http://OctaviaRaheem.com) and [PauseRestBe.com](http://PauseRestBe.com).



## Local Author Releases Blessing Book Series



Fred Stevens [Photo: Paul Chen]

Atlantan Fred Stevens recently released his seven-part e-book series, *Bless Yourself for a Blessed Life*.

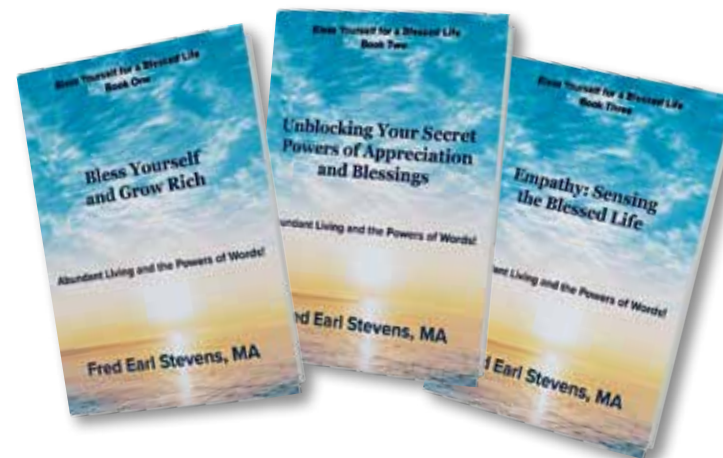
The series looks at blessing oneself as a vehicle for self-improvement and personal growth, says Stevens. "Blessing represents a largely forgotten practice for overcoming life's obstacles," he explains. "The practice of blessing has recovered in these troubled times; blessing yourself jumpstarts you out of living in the past into taking command of your self-designed future. Bless your

way to the abundances of life and successes at love."

The Blessings series is his first publishing endeavor, although he has been working on the project for years. Titles in the series include *Bless Yourself and Grow Rich*; *Appreciation, Empathy, and Freedom: The Eight Abundances*; and *Breathing for Abundance: Including Fred's Easy-Peasy Guide to Meditation*.

Stevens, who has a background in family psychology and counseling, feels that his superpower is self-reflection. "My inner world absorbs me in deep and emotionally rewarding ways," he says. "The quest for meaning in life remains a chief vocation." That, coupled with a desire to "help people to help themselves" served as the motivation behind writing his books.

The seven e-books of Stevens' series are available on Amazon. For more information, go to [FredEarlStevens.com](http://FredEarlStevens.com).



## Smoothie Bar/Wellness Spa Opens in West End



Helen Hailemariam  
[All photos: Tyani Marie]

The Zen Bar recently opened in the West End. Offering made-to-order smoothies, juices and protein shakes, the new store also offers a host of services including massage, Reiki, ionic foot detox, reflexology, yoni steam and wellness consultations. It includes a small retail space with sage, soaps, candles, etc., and an area for events such as yoga classes.

Zen Bar was founded in 2020 by Helen Hailemariam, a life coach also known as Sacred Secrett. Hailemariam, an Er-

itrean, wants to "support and foster the sense of healthy living, mental empowerment, mindfulness, strength and peace in the surrounding community." The pop-up business moved into its first brick-and-mortar location this past autumn at 553 Joseph E. Lowery Boulevard, Southwest, in Atlanta.

Hailemariam also expresses her commitment to her community by founding the nonprofit Healthy Healing, which Zen Bar actively supports. "We are constantly creating ways to give back to the community, such as our annual Thanksgiving food drive and the winter clothing drive for the homeless Atlanta community," she says. "Once a year, we pick an international location to host a retreat to volunteer and connect with orphanages, refugee camps and schools."

For more information, visit [ZenBar.org](http://ZenBar.org) and [TravelWithAPurposeRetreats.com](http://TravelWithAPurposeRetreats.com).



# Advertising Can Work for You, Too!



"Having opened our business this past March (2019), getting results quickly has been a blessing. Thrilled to report new clients coming each month. In our first month of advertising, 10 new clients experienced the Harmonic Egg sound healing chamber and expressed their gratitude for having discovered it in *Natural Awakenings of Atlanta*. Paul is amazing to work with, and we appreciate the wisdom he has shared in our promotion process."

- Korrine Holt  
Founder, Vibrology Center  
Atlanta, GA

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natural awakenings

# Easing into a Vegan Lifestyle

## CLEVER MEAT SUBSTITUTES THAT PLEASE THE PALATE

by Sheila Julson



**T**oday's wide availability of vegan meat substitutes in the grocer's freezer helps break the ice for people that want to experiment with plant-based foods. The taste, convenience and quality of these products has improved greatly over the past decade, but like many convenience foods, some packaged faux meat products can be high in sodium or fillers. While packaged, meat-alternative products are ideal for a tasty occasional treat, there's a whole world of options beyond the freezer aisle for those that want to expand their vegan palates.

Arielle and Brandon Hawthorne, co-owners of Twisted Plants, a popular, plant-based restaurant in the Milwaukee area, make their vegan food approachable by creating plant-based foods that mimic everyday, non-plant-based options. "I think that motivates people to try it because they feel they can still have the same flavor and taste they're used to, but in a healthier version," Arielle says. They use items like jackfruit, a species of tree in the fig family, which takes on the taste and consistency of pulled pork when shredded and marinated in sauces or spices.

Going plant-based does not mean going without. Del Sroufe, a vegan chef based in Columbus, Ohio, culinary specialist at the T. Colin Campbell Center for Nutritional Studies and author of the *Forks Over Knives* companion cookbook, recommends that people craft satisfying, plant-based entrées at home by starting with recipes they like, and then looking for plant-based versions of those. "If you like pizza, you can still have pizza. If you like Italian cuisine, there are plenty of Italian recipes," he says.

Priyanka Naik, a self-taught Indian vegan chef, Food Network champion and

author of the new vegan cookbook *The Modern Tiffin*, advises to gradually start a plant-based diet with one meat-free day per week and then increase. She adds that when eating out, opt for vegetarian or vegan options to be sure a plant-based lifestyle is sustainable outside of the home kitchen.

### Substitutes at Home

The concept of protein at the center of every dinner plate has been ingrained in American culture. Dismantling that perspective opens up a whole new world and encourages thinking about vegetarian and vegan food in a new light, Naik says.

Sroufe adds that we often believe we won't get enough protein from plant-based foods. "There's been a lot of science to refute that. The World Health Organization has identified people that exist healthfully on less than 6 percent protein in their diets."

Fruits, vegetables and grains are often more economical than packaged convenience foods, especially when purchased from local farmers markets. Pasta, rice and beans, which can be purchased in bulk, are budget-friendly. Naik cooks with the objective of putting vegetables at the forefront, using her Indian ancestry and global influences to make veggies the star of the show.

Cauliflower and eggplant can be prepared in "steak" form as a main course or stand in as healthier versions of pub-food appetizers like buffalo chicken wings. For those craving meatier flavors, chickpea flour becomes crumbly when water is added, effecting a good substitute for ground beef. Adding chipotle, cumin and other seasonings emulates taco meat. "Chickpea flour is high in protein and is used in a lot of Indian cuisine," Naik says. "You can buy the flour or grind dry chickpeas to make the flour."

Jackfruit adapts easily to myriad recipe styles. Sroufe notes it can be used in dumplings and tacos. Hawthorne also uses it to make vegan ribs and in beef-style stews.

Don't toss that banana peel—Naik says using clean, organic banana peels after the flesh has been removed is a zero-waste approach to plant-based eating. Cooks can shred the peel with a fork and sauté it with soy sauce and other spices to mimic pulled meat.

Tofu gets a bad rap, Sroufe says, noting that many people worldwide eat soy products without experiencing digestive issues. He often uses tofu for a number of presentations. "Silken tofu can be used to make pudding. Crumbled tofu can be substituted for ricotta in lasagna, or you can marinate tofu to make bacon for sandwiches. It's a good, filling food."

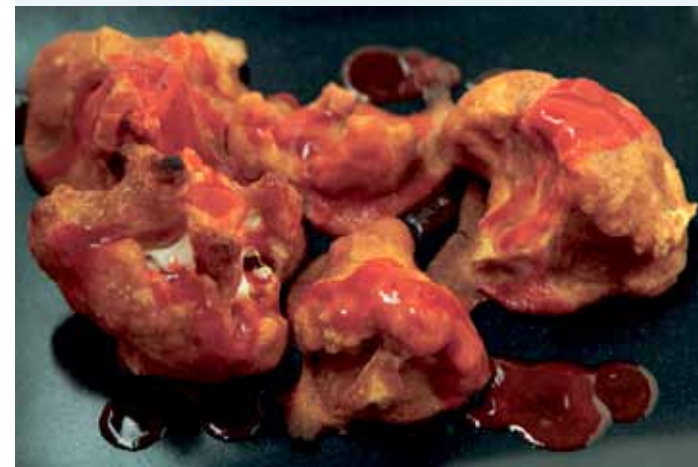
Sroufe also uses millet as a base for meatloaf, meatballs and sloppy joes. Several mushroom varieties have meaty textures, and when battered and fried, they emulate fried chicken. Hawthorne also uses mushrooms as a meat replacement in Philly cheese steak sandwiches. Seitan, made with a vital wheat gluten base, can be used for meatballs.

By experimenting with an array of vegetables, grains, nuts and seeds to create balanced textures and flavors, even the choosiest omnivores won't miss the meat. 🌱

Sheila Julson is a Milwaukee-based freelance writer and contributor to *Natural Awakenings* magazines throughout the country.

## Plant-Based Options

### BUFFALO CAULIFLOWER BITES



This healthier version of buffalo wings is meat-free and baked instead of fried, but full of flavor and spice. It can be eaten plain or, as Sroufe recommends, as a Buffalo Po' Boy sandwich, served on a whole-grain hoagie or sandwich buns with cabbage and peanut slaw.

*½ cup water*  
*¼ cup almond butter*  
*½ cup red hot sauce, plus extra for tossing with the cooked bites*  
*¾ cup whole-wheat pastry flour*  
*¼ cup nutritional yeast*  
*1 ½ Tbsp granulated garlic*  
*1 large-head cauliflower, cut into 1-inch florets (about 6 cups)*

Preheat the oven to 375° F. Combine everything except the cauliflower in a large bowl.

Mix well. Add the cauliflower florets and toss until thoroughly coated.

Place the coated florets on a nonstick baking sheet in a single layer. Bake for 25 minutes or until golden brown. Toss with extra red hot sauce if desired.

*Recipe and photo courtesy of Del Sroufe.*



## ONE-PAN SKILLET EGGPLANT PARMIGIANA

Inspired by the Italian restaurants of her Staten Island neighborhood while growing up, Naik has created a vegan version of this Italian favorite.



photo courtesy of Priyanka Naik

1 Tbsp neutral oil (such as canola or vegetable oil)  
1 medium-sized Italian eggplant, split in half lengthwise  
2 tsp olive oil  
1 tsp Calabrian chili oil  
2 cloves garlic, roughly chopped  
1 sprig of fresh oregano  
1 cup of jarred marinara sauce

1 sprig of fresh basil (extra for garnishing)  
3-4 Tbsp water  
1 Tbsp sugar  
1 Tbsp tomato paste  
1 tsp red pepper flakes  
4 slices vegan mozzarella  
½ cup plain breadcrumbs  
Kosher salt and freshly ground black pepper to taste

Pour about 1 Tbsp neutral oil into a medium or large nonstick skillet. Heat over medium-high flame. Meanwhile, score the meat of the eggplant in crosshatches. Do not to cut all the way through the skin.

Place eggplant slices meat side down into the hot skillet and cover with a lid. After 3 to 4 minutes, check the eggplant to be sure it's turning golden brown; if it looks charred, lower the heat. Cover with lid and continue cooking for another 5 minutes. Flip eggplant slices

(meat side should be tender and able to pierce with a fork).

Sprinkle with a bit of kosher salt, cover with the lid and cook another 4 to 5 minutes. Eggplant should be very soft, fork tender and cooked, but not falling apart. Remove from pan.

Lower heat slightly and pour in olive oil and Calabrian chili oil. Once hot, add garlic, sautéing until slightly golden. Add the sprig of oregano.

Once super-fragrant, pour in the jar of sauce and a sprig of basil and water. Lower the heat to medium-low. Add sugar, tomato paste, salt, black pepper and chili flakes. Mix until incorporated and smooth. Once the sauce starts bubbling, add eggplants meat side-up.

Cover the lid and simmer for 2 to 3 minutes. Put cheese slices on top of the eggplant and close with the lid. While the cheese is melting, toast breadcrumbs in a separate pan. Sprinkle in salt and freshly ground black pepper to taste. Toast until golden brown and crispy. Turn off heat.

Remove lid from eggplant and once cheese is fully melted, top with breadcrumbs and fresh basil, and remove from heat. Serve with Italian crusty bread.

Recipe and photo courtesy of Priyanka Naik.

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# Plant-Based Foods Go Mainstream

## Healthy Eating Gets Easier with Innovations

by Carrie Jackson



Plant-based eating has seen an explosion in the past few years as consumers become increasingly aware of how their food choices impact their health and the environment and align with their ethics. According to market research firm SPINS, plant-based eating is now a \$7 billion market in the U.S., with \$1.4 billion represented by plant-

based meat. Consumers can now expect to see veggie burgers at the ballpark, vegan dairy at the cafe, tuna substitutes in every grocery store and a plant-based entrée at Michelin-starred restaurants.

Whether vegetarian, vegan or flexitarian, almost 40 percent of Americans are shifting to a plant-based diet, according to a 2018 Nielsen report. While a plant-

based diet supplies essential nutrients and reduces the risk for some cancers, consumers now rank the health of the planet as their number one concern, overtaking personal health, which has been the top priority in recent years, according to market researcher Innova Market Insights. Such an eating regimen can lead to a more sustainable use

of resources, combat climate change and help preserve biodiversity. According to a University of Illinois study published in the journal *Nature Food*, animal agriculture is responsible for 57 percent of global greenhouse gas emissions from food production, which accounts for 35 percent of all greenhouse gas emissions.

### Plant-Based Companies Align with Values

Elysabeth Alfano, the founder of Plant Powered Consulting, sees a plant-based diet becoming a lifestyle as consumers demand a broader range of options. "It's becoming increasingly normal to find plant-based foods and meat alternatives in every grocery store. Oat yogurt, seafood alternatives and vegan honey are now mainstream. People are seeing how inefficient and harmful meat production is and are making the connection between saving the environment and their lifestyle choices," she says.

Alfano is also the co-founder and

CEO of VegTech Invest, an investment management firm that is the first global exchange-traded fund of plant-based companies; it launched January 4 on the New York Stock Exchange, comprising 37 publicly traded companies actively innovating with plants and plant-derived ingredients, and producing products that are animal-free. "We believe that today's investors want a more resource-efficient, climate-friendly and cruelty-free food and materials supply system, and want to invest their dollars in the same," says Alfano.

### Dairy and Seafood Alternatives Abound

In the grocery store, it's never been easier to shop for plant-based options. Companies are getting creative and optimizing products that stand on their own merits, instead of just mimicking meat, fish and dairy. With alternatives such as oat, almond and even potato milk touting sustainable credentials, as well

as a creamy texture, plant-based dairy is having a surge.

Sales in the plant-based seafood sector grew 23 percent from 2019 to 2020 according to market data from The Good Food Institute. Nestlé recently launched Vuna, a vegan tuna alternative made of pea protein, wheat gluten, rapeseed oil, salt and a flavor blend, and other companies are jumping on board as consumers are becoming more aware of the seafood industry's environmental problems, particularly overfishing. While a handful are specializing in proteins derived from fermentation and others are developing lab-grown seafood, most are focusing on plant-based products. Due to their fibrous consistency, jackfruit and yam root are ideal fish alternatives for fillets and sticks. Vegan fish stock, as well as plant-based scampi and king prawns, can be found in vegan grocery stores and such online shops as *ShopVeji.com* and *GTFOLsVegan.com*.

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## Mushrooms Become a Plant-Based Superfood

Mushrooms are having a heyday due to their versatility, and companies are harnessing them as a source of fiber, protein and antioxidants. *Meati.com* is a Boulder-based start-up that uses mycelium, the root structure of mushrooms, to create a whole-cut product that offers the protein of animal meat with the nutrients of fungi. “We believe that systemic change can start with people replacing animal meat even a couple of times a week. Eating Meati chicken or steak shouldn’t feel like a huge departure from animal products, and the nutrition offered is superior to any food out there,” says Christina Ra, vice president of marketing and communications. “People can enjoy eating Meati and feel great about how they’re nourishing their bodies.”

With \$50 million in recent venture capital funding, the company is building an 80,000-square-foot production facility and plans to start selling its substitute chicken and beef in national markets later this year.



photo courtesy of VegNews/Plantable.com

Meati has drawn on ancient, natural processes to grow clean, sustainable sources of nutrition. “Mycelium is an infinite, self-replenishing food source. Made from a closed-loop system, Meati uses less than 1 percent of the water and land needed for animal meat production,” says Ra. The company grows and harvests the mycelium indoors in stainless steel fermentation tanks using only water, sugar and nutrients. Unlike the animal agriculture industry, no antibiotics, growth hormones or pesticides are used.

## Vegan Coaching and Delivery Make It Easy

For people that aren’t ready to experiment with plant-based cooking themselves, vegan and vegetarian meal-delivery services are popping up. One such program is *Plantable.com*, founded by Nadja Pinnavaia and designed to give clients the tools to transition

into a plant-based lifestyle. Customers sign up online for either a seven- or 28-day program that includes daily shipped meals, one-on-one counseling through phone calls and texts, and lifestyle recommendations to form new habits. “Our goal is to make plant-based eating so tasty and effortless that it becomes a way of life,” Pinnavaia explains.

She says the idea behind Plantable, which is based in New York, but will ship anywhere in the country, is to make plant-based eating less of a barrier for people. “Most of our clients are either looking to kickstart a new lifestyle and don’t know how to begin, or they are busy and want the ease of prepared meals made from scratch with real, clean ingredients. Our menu is a whole-food, plant-based way of eating that is filled with fiber and packed with nutrients. We focus on legumes, tofu and nuts as sources of protein,” she says.

Pinnavaia, who holds a Ph.D. in quantum chemistry, became interested in food and nutrition after having too many family members diagnosed with cancers. Since launching Plantable in 2016, she has observed more clients coming in on their doctor’s recommendation. “We’re seeing a shift towards more consumer-driven health care, where doctors are understanding that meal planning and nutrition are critical to overall health. The community in general is also taking more ownership of their own health and gaining more knowledge of the benefits of a plant-based diet,” she says.

## Eating Out Gets Healthier

For people dining out, there is no shortage of plant-based options, and that goes beyond a salad and fries. Eleven Madison Park, in New York City, is the first vegan restaurant to receive a Michelin star. Even fast-food chains are getting on board, with McDonald’s introducing the McPlant burger and KFC debuting a Beyond Chicken made of soy and wheat.

Joe Hehl, the founder of Dragged Through the Garden, a Chicago-based company that consults with restaurants and breweries looking to expand vegan options, has seen an uptick in interest.

“Adding a plant-based option or two on the menu can absolutely set some new eyes on a restaurant’s operation. Now this place will show up in searches for ‘restaurants with vegan options’ and appeal to an audience who potentially wouldn’t have eaten there otherwise. Plus, it’s not super-costly on the bottom line,” he explains.

He adds that the availability of meat substitutes on a menu, such as an Impossible Burger, makes it easy for people trying to cut down on their meat intake. “Mainstream substitutes are a little more accessible than something like a bowl of quinoa to someone who is not vegan. This new era of plant-based burgers offers an alternative for those who want to wind down their meat intake, but are unsure how to start,” he says.

Hehl also offers clients recipes and guides for recreating vegan versions of traditional fast food and kitsch menus. Past recipes have included a Vegan Philly Cheesesteak and the Vegan Chorizo Slop-py Joe, for which he offers step-by-step instructions and encourages followers to have fun and experiment with ingredients such as oat milk. “I grew up in a very meat-and-potatoes household and had no knowledge of cooking whatsoever. As I learned about some of the benefits of a plant-based diet, I decided to embrace it as a challenge to myself,” he says. “My favorite plant-based ingredients to use are garlic powder and smoked paprika! Some people are eating plant-based ingredients without even realizing it.”

Consumers have no shortage of options as plant-based eating and lifestyle choices continue to go mainstream. Companies are meeting the demand with creative, sustainable products and services that are better for the planet, healthier for the body and allow people to align their values with their purchases. As the interest increases, new innovations are likely to explode on the scene and the plant-based followers are ready. 🌱

*Carrie Jackson is an Evanston, IL-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.*

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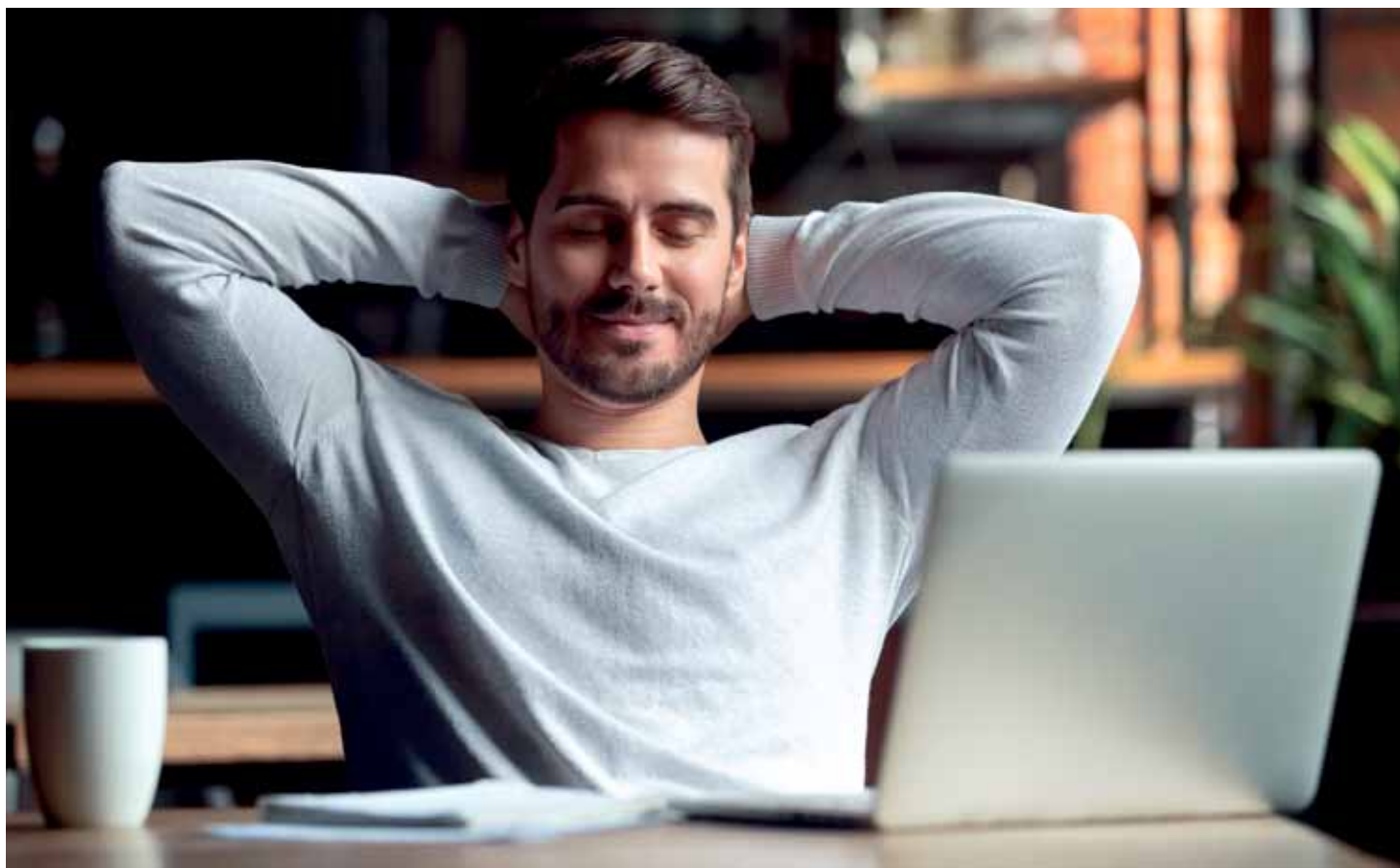
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# Burnout Recovery

## Ways to Reset and Find Balance

by Ronica O'Hara



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“I’ll sleep when I die,” Kristina Shea used to joke about her three hours of nightly shut-eye. In retrospect, she says ruefully, “It almost became a reality.” Her hectic life as a single, widowed mother juggling her child’s needs, a high-powered career, university classes, fitness teaching and a two-hour work commute came to an abrupt stop eight years ago when she got off an escalator in the Toronto business district and collapsed. “It was burnout which manifested into physical symptoms such as extreme high blood pressure, red rashes, eczema and even a brain cyst,” she recalls. “I was emotionally and physically drained, with little joy left for life.”

Determined to reset, she switched jobs, prioritized sleep, practiced yoga, meditated and took long nature walks. When COVID-19 shutdowns hit and she was laid off, she was at a loss, but rebounded, and inspired by her own healing process, started a

CBD-enhanced natural skincare product line. “Still to this day, it is an active healing process,” she says. “It is very easy to go back to old patterns of behavior.”

Burnout, once primarily a workplace concern, is turning into a societal norm. During the long slog of the pandemic, its telltale symptoms have become commonplace: fatigue, cynicism, apathy and feeling ineffective and disconnected. Among American employees, 52 percent reported feeling burned out in a March 2021 study, with two-thirds saying it had worsened during the pandemic. Belgian researchers found parental burnout in the U.S. to be among the highest in the world—even before COVID-19 closed schools. Record numbers of healthcare workers, caregivers and therapists report feeling physically, mentally and emotionally exhausted, with grave implications for those they are helping. Over time, burnout can bring on such health consequences as de-

“Until we stop and literally look at what we are doing, we remain on the hamster wheel.”

– Eileen McDargh

pression, insomnia, cardiovascular disease and immune disorders.

Turning around burnout requires a simple first step. We must admit what’s going on, says Eileen McDargh, author of *Burnout to Breakthrough* and an executive coach in Dana Point, California. “Until we stop and literally look at what we are doing, we remain on the hamster wheel,” she says. “And then, we must listen to what our head is saying to us, and perhaps even more important, what our heart—our intuition—is telling us. The heart knows the truth.”

From this self-assessment, other steps can follow, she says, such as asking, “What can I change about this? What can I avoid? What can I amend? And what—at least for the short term—can I accept?” A stressful situation can also be proactively reframed by viewing it as a challenge, a learning opportunity, a way to help others or as having a higher purpose. Other helpful strategies include:

**ACCESS POINTS OF JOY.** By asking ourselves what three specific activities or things truly make us feel alive, engaged and happy, we can figure out how to work them into our days and restructure our life. In one study, physicians that spent about 20 percent of their time—roughly one day a week—on the activity they found the most meaningful had half the rate of burnout as those spending less time on those pursuits.

**FIND POINTS OF CONTROL.** Feeling helpless is a trademark of burnout, “but there is always something we have control over. Our physical body is a great place to start: sleep, exercise, diet...” says McDargh. Even little steps matter, such as putting greens into smoothies, turning off digital devices a half-hour before sleeping or dancing to a short tune.

**TAKE MICRO-BREAKS.** “You don’t have to wait for the next vacation to recharge,” says Michelle Risser, a licensed clinical social worker and burnout expert in Worthington, Ohio. “Some examples: stand up and stretch between meetings. Feel your feet on the ground and take a nice, slow breath. Breathe in on a count of five, out on a count of seven. Listen closely to a piece of music.” As few as 10 minutes sitting or walking in nature improves mood, focus, blood pressure and heart rate, report Cornell researchers.

**ENHANCE GRATITUDE.** Studies among firefighters and professional athletes have found gratitude to be significantly protective against burnout—in part because it causes us to pause and savor an uplifting feeling. Developing the habit is as simple as writing down a few specific reasons to be grateful before bedtime several days a week. “Gratitude is a powerful energy enhancer,” says McDargh.

Shea concurs, “When we take the time to just be, feel gratitude, the sun on our face, this helps rewire the way we think—and we can then begin to heal our bodies.”

Health writer Ronica O’Hara can be contacted at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

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# SOUND THERAPY BEGINS TO RESONATE IN CORPORATE AMERICA

by Sandra Bolan

As music washes over the body, the mind is transported into a state of deep relaxation, where pent-up tension can be released and the mind, body and spirit re-align.

People are constantly searching for ways to bring calm to a chaotic world. As the pandemic rages on, the use of sound vibrations, an ancient, noninvasive healing method, is drawing increasingly more attention and making waves in rehabilitation clinics, in the corporate world, and within the general population.

Sound therapy, also known as sound healing or sound vibrational therapy, is defined as “sound, music and special instruments played in therapeutic ways, combined with deep self-reflection techniques to improve health and well-being,” according to the British Academy of Sound Therapy.

Sound vibration therapy practitioners utilize singing bowls, gongs, tuning forks and/or drums to create specific rhythms and frequencies, enabling a person’s brainwaves to shift. During a session, a person’s state of mind can move from waking consciousness to relaxed consciousness, to a meditative state and, potentially, to sleep. When a person is in their deepest state of relaxation, the body’s natural healing process is activated.

For example, osteophonic tuning forks can stimulate the release of nitric oxide, which relaxes the blood vessels’ inner muscles, enabling them to widen, which in turn leads to increased circulation. The use of crystal bowls, too, can affect the body’s seven chakras, and the sound generated by a gong is said to stimulate the body’s nervous and glandular systems.

Sound therapy facilitators offer sessions for sleep disorders, anxiety, depression, stress, PTSD and fibromyalgia as well as for pain management and digestive issues. The practice can also improve mobility and reduce muscle pain and stiffness.

The age-old healing technique has been utilized by ancient Greeks, Native Americans and Aboriginal Australians, who have used a didgeridoo as a healing tool for more than 40,000 years. The human body is comprised of 75 percent water, making it an optimal sound conductor, so sound vibrations can easily move through the body, increasing circulation and energy flow. Many people describe sound therapy as “trippy” or hallucinogenic. Some have even reported having visions and experiencing the release of deep-seated traumatic experiences.

Companies that provide staff with sound therapy sessions have a higher rate of productivity, increased retention rates as well as reduced employee burnout, according to Gabriel Nelson Sears, an Atlanta-based, certified vibration sound healing touch therapist and founder of Gabriel of the Light. Apple, Casper Bedding, Chick-fil-A, Coca-Cola, Google, Kiehl’s, Lululemon, Microsoft, Nike and Reebok are just a few corporate entities that offer sound therapy to their employees.

Some companies provide sound therapy opportunities to employees through special events, which is a “fad” that sound vibration therapist Danielle Hall would like to see disappear. Hall is the founder of Atlanta-based SoundEmbrace, a sound healing certification program.

“With any type of therapy, it’s cumulative. So many of these places are missing the mark,” she says, adding that, as with any therapeutic treatment, if a person doesn’t get to the root cause of the issue they want to solve, nothing will change.

The number of sessions needed to reap rewards depends on the person and their issue. For example, says Hall, if a person has sleep issues, the client will feel a bit more rested after one session. At the conclusion of a second or third session, the person will notice increased sleep quality. Following six treatments, they typically can expect to sleep through the night.

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Danielle Hall [Paul D. McPherson, Jr.]

While sound therapy has been proven beneficial for a wide range of people and a wide range of ailments, high-strung endurance athletes don't seem to gain much from it. "Their systems are wound so tight," says Sears. As soon as the sound vibration therapy session ends, they'll pop right up and run headfirst into the rest of their day. "They're hardwired to do, not be," he says.

### Addiction Rehabilitation

Addiction lives in a person's mind, body and spirit, while its coinciding toxic energy parks itself in joints and muscles, inhibiting recovery, according to New Jersey-based addiction treatment center Enlightened Solutions, which utilizes sound therapy in its program. When addicts go into withdrawal, it takes a toll on their body and emotions, which can be overwhelming. But when sound therapy is introduced, it helps neutralize the brain, facilitating the healing process. According to Enlightened Solutions, prolonged sound therapy treatments can also help a patient understand the impact their substance abuse has had on them, their friends and family.

A treatment center for children that Hall worked with was seeking ways to include noninvasive, nonchemical therapeutic treatments in their program, so Hall introduced sound treatments. With her help, the children were able to work out some of their complex emotions and have more in-depth conversations with their therapists, accelerating their progress in treatment.



Gabriel Nelson Sears [Photo: JKing Images]

### During the Pandemic

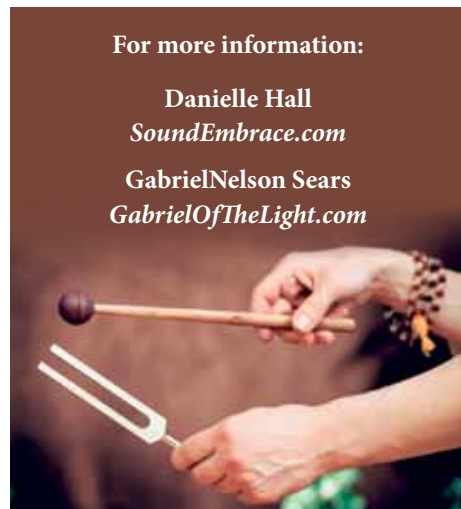
Like so many other entrepreneurs, sound vibration therapists have been affected by the COVID-19 pandemic. Many facilitators have shifted to offer treatments remotely, which has served to broaden their client base. But according to Hall, remote sessions aren't the same because the environment isn't as controlled and the sound isn't as good as when it's provided in person. On the other hand, if it's the only option, it's better than nothing.

"The superpower of sound therapy sessions is that we are creating a sound environment that envelops the whole body to induce the relaxation response," says Hall. "Our nervous system can only take in so much information at a time. When someone is listening to it through headphones, we can't change the signals coming into the physical body. But in an in-person sound bath, we can change the input of the environment." 🦋

For more information:

Danielle Hall  
SoundEmbrace.com

Gabriel Nelson Sears  
GabrielOfTheLight.com



ADVERTORIAL

# Nature's Virus Killer

## Copper can stop a cold before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria in the nose and on the skin.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The

cold never got going. That was September 2012. I use copper in the nose every time and I have not had a single cold since then."



New device puts copper right where you need it.

the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, "I can't believe how good my nose feels."

"What a wonderful thing!" exclaimed Physician's Assistant Julie. Another customer asked, "Is it supposed to work that fast?"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Frequent flier Karen Gauci had been suffering after crowded flights. Though skeptical, she tried copper on travel days for 2 months. "Sixteen flights and

"We can't make product health claims," he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported



Dr. Bill Keevil: Copper quickly kills cold viruses.

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper still works even when tarnished.

CopperZap is made in the U.S. of pure

copper. It has a 90-day full money back guarantee. It is available for \$79.95. Get \$10 off each CopperZap with code NATA27.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.

Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.

not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people around her show signs of cold or flu, she uses copper morning and night. "It saved me last holidays," she said. "The kids had crud going round and round, but not me."

Attorney Donna Blight tried copper for her sinus. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

A man with trouble breathing through his nose at night tried copper just before bed. "Best sleep I've had in years!" he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found surviving soon after.

Dr. Bill Keevil led one of the teams confirming the research. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

Some people press copper on a lip right away if a warning tingle suggests unwanted germs gathering there.



# THE POWER OF THE PAUSE

by Mila Burgess

**Q**uerencia is a metaphysical concept in Spanish that, loosely translated, refers to “home base,” the place from which one draws strength and where one feels safe and able to connect with one’s authentic self. The concept is most often used in reference to bullfighting. A bull will find a location in the ring that he uses to reset. Any time he returns to that place, he pauses and gets still. In that momentary pause in his querencia, the bull feels safe and gathers his strength.

It is the matador’s job to identify the location of the bull’s querencia and try to keep it out of that spot. Matadors won’t approach a bull in his querencia because that’s where the bull is most dangerous; there, he collects, calms and readies himself. But the effectiveness of the bull’s querencia does not stem from the spot he chooses. Rather, it lies in the pause he takes there.

In many ways, the practice of yoga is about embracing the power of the pause in order to create a sense of querencia on the mat. Whether pausing in stillness, pausing between sequences or pausing to hold a pose, the ability to create an intentional moment to reset, reconnect and go deeper within oneself is an effective practice.

Yoga classes typically begin with the creation of a sacred, personal space on the mat.

Students settle into stillness, turn inward and check in from head to toe. It is a time to let go of judgment and expectation and acknowledge how they have arrived on the mat physically, energetically and emotionally. It is a pause that encourages presence and mindfulness and serves as an invitation to connect with the authentic self. The pause creates querencia.

## Pause with the Breath

*Pranayama*, a yogic technique that focuses on the breath, is an integral part of a yoga practice. Considered to be one of the most important breathing techniques in yoga, *kumbhaka*, breath retention, is the practice of creating longer pauses either at the top of the breath or at the bottom of it. Ancient yogic wisdom teaches that the practice of intentionally pausing the breath clears and cleans the lungs, optimizes the organs, improves concentration, encourages a sense of calm and, ultimately, prepares one for meditation. The pause created by *kumbhaka* sets the stage for students to create space both physically and mentally to connect more deeply with their practice and themselves.

Pausing is naturally and inextricably woven throughout an *asana*, or yoga pose, practice. Students pause to notice the flow of breath that moves through their bodies. They pause in poses to feel the sensations created by each shape. They pause to make subtle adjustments in their alignment, and they even pause to create extra layers of challenge to any given pose.

## Pause to Reset or Be Present

In many styles of yoga, there are opportunities to reset that appear as pauses in flows or sequences. For example, when flowing through a Sun Salutation, there is a pause in Downward Facing Dog before moving forward to begin again. Students are often guided into Child’s Pose for a few breaths of rest before beginning a new series of shapes. After easing out of a long-held yin posture, teachers cue students to pause, allowing the body to rebound from the pose before inviting back some movement.

Yoga practitioners are also encouraged to go deeper by using pauses to heighten somatic and mental challenges. In some styles of yoga, poses that demand a lot of muscular engagement are held for a long time, offering students not only the edginess created by the physical strength the pose requires but the mental challenge of remaining calm and steady throughout its duration. Similarly, when practicing yin yoga, students work to cultivate a strong determination to stay still both physically and mentally. Throughout the length of each three- to five-minute pose, students might have a desire to come out of the shape, but they are encouraged to pause before moving, to stay present, to reconnect with the breath and to reset. The power of the pause sometimes comes in the juxtaposition between moving quickly through a vigorous portion of a practice to a state of complete stillness.

No matter where the pause is placed in yoga, it provides practitioners with a return to home base—to querencia.

## Pause to Nourish Equanimity

Yoga is a fertile training ground for cultivating equanimity, that is, nonreactivity, evenness of temper, composure and mental calmness. When faced with a difficult moment on the mat, students learn to accept what is happening, breathe through it and begin again as needed, creating a safe space that allows them to be as they are and connect more readily with their true selves. Rather than fleeing from those moments, they pause in them to respond to the challenge with a calm mind.

In the Yoga Sutras, Patanjali described yoga as the cessation of the fluctuations of the mind (Yoga Sutra 1.2). Ultimately, the goal is for yoga students to use the practice as a tool to suspend mental chatter. Quieting the mind allows practitioners to be more mindful and fully present and to create deeper connections to themselves.

Viktor E. Frankl, the internationally renowned Austrian author, psychologist, psychotherapist and Holocaust survivor, wrote, “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” The power to choose a response from wisdom and intuition rather than raw emotion lies in the pause we take between what happens and our response to it. The concept of querencia suggests that it is in this space that one can be one’s truest self. The ability to use this space for growth and freedom is the true off-the-mat manifestation and expression of the equanimity cultivated on the mat.

Yoga encourages students to embrace the pause in many ways and for a variety of purposes. It brings about a sense of querencia and welcomes students back to their home base to move, breathe and connect. 🌸



*Mila Burgess, E-RYT 500, YACEP, teaches at LifePower Yoga in Sandy Springs. She is the owner of Metta Yoga, offering workshops, private lessons, virtual classes, teacher trainings and retreats. Contact her at Mila@MettaYoga.studio.*



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## YOGA CALENDAR

### MONDAYS

**Yoga with Angie** – 6pm. Whether you’re a beginner or intermediate yogi, we welcome you. Free. Neva Lomason Memorial Library, 710 Rome St, Carrollton. [Tinyurl.com/2p9x5pn6](http://Tinyurl.com/2p9x5pn6).

### WEDNESDAYS

**Yoga with Amador** – 5-6pm. Also Sat, 10-11am. Free yoga and meditation. Bring own mat. The Interlock, 1115 Howell Mill Rd NW, Atlanta. [Tinyurl.com/2wkewr9t](http://Tinyurl.com/2wkewr9t).

### THURSDAYS

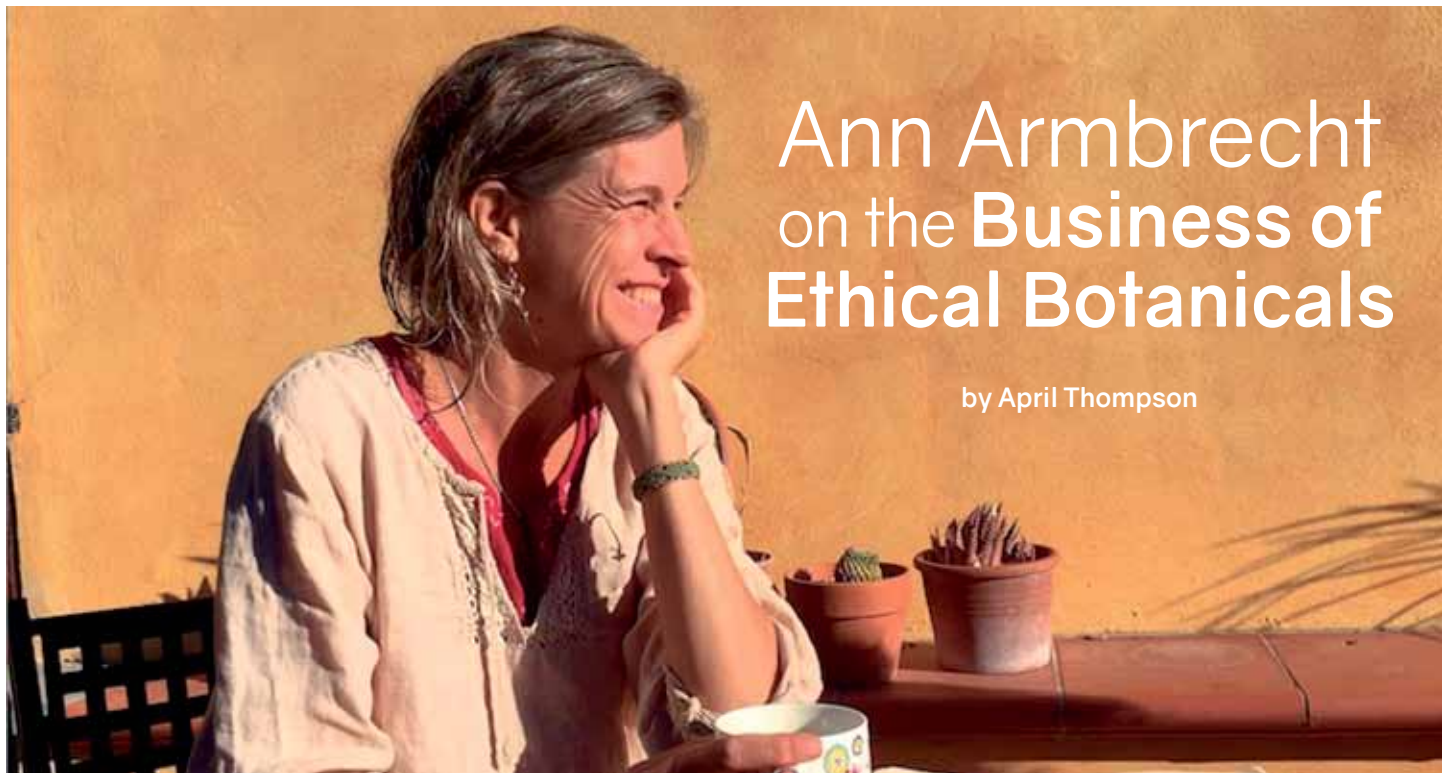
**Yoga at The Avenue West Cobb** – 6-7pm. An all-levels beginner friendly practice with Mia Yakel. Free. The Avenue

West Cobb, 3625 Dallas Highway, Ste 470, Marietta. Register: [Tinyurl.com/yck6ap26](http://Tinyurl.com/yck6ap26).

### SATURDAYS

**Sunrise Yoga Meditation** – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Unity North, 4255 Sandy Plains Rd, Marietta. [UnityNorth.org](http://UnityNorth.org).

**Zen Sound Bath** – 11:30am-1pm. 3rd Sat. With Gabriel Nelson Sears featuring crystal and Himalayan singing bowls, gongs, bells, flutes, drums and chimes. \$16. Trinity Center for Spiritual Living, 1095 Zonolite Rd, Atlanta. Registration required: [TrinityCenterAtlanta.org](http://TrinityCenterAtlanta.org).



# Ann Armbrecht on the Business of Ethical Botanicals

by April Thompson

photo courtesy of Bryce Youk

Writer and anthropologist Ann Armbrecht explores the relationship between humans and the planet, notably through her work with plants and plant medicine. Her book *The Business of Botanicals: Exploring the Healing Promise of Plant Medicines in a Global Industry* tells the stories of the people and places behind the global industry of herbal products which are largely invisible to the consumers that spend \$9 billion annually on them. Armbrecht is the director of the American Botanical Council Sustainable Herbs Program and is co-producer of the documentary film *Numen: The Nature of Plants*, inspired by her experience studying herbal medicine with herbalist Rosemary Gladstar. Although her current work focuses on the herb industry, she is interested in broader questions about how the purchasing choices everyday citizens make impact the world. Armbrecht is also the author of the memoir *Thin Places: A Pilgrimage Home*, based on her time conducting ethnographic research in Nepal and her continued questioning of culture and community back home in the U.S.

## What surprised you the most in your journey around the world tracking the herbal supply chain?

I was surprised by the level of mechanization and scale, and the careless way plants were often handled—sometimes stored in open sacks and huge piles, with one type of plant spilling into another without controls for moisture and rodents. But I was also surprised to discover my own naiveté about the supply chain. These were both important realizations to help me come to a more nuanced, realistic assessment of the challenges the different stakeholders face in bringing herbs to market.

## What should consumers consider when purchasing herbal products?

Alternative medicine and health care frame wellness as a personal choice, focused on the individual's health, yet we have a responsibility back to the plants that heal us and the people who care for them. We can't be well unless the planet is well. By purchasing an herbal product that has been produced in ways that care for the Earth and local communities, we can start to heal the planet and address social inequities.

Purchasing Organic Certified products is a start. Someone I met at Organic India said every time you have a cup of herbal tea that isn't certified organic, it's like steeping a cup of pesticides. It doesn't make any sense to consume something for its medicinal properties that has been made with pesticides or chemical fertilizers.

Certified Organic is not a perfect system—no certification is—but it operates as a stand-in for relationships and trust. These herbs change hands up to 15 times to get to a consumer, so there has to be a way to keep a paper trail and ensure product integrity. When consumers ask for Certified Organic, it signals to the marketplace that sustainability matters and helps drive change in the industry.



Seeking out fair trade products is also great when possible. The FairWild certification, for example, works toward ecological, social and economic sustainability in the supply chain of wild-collected products.

## What key trends are you seeing in the herbal industry?

There is a trend toward regenerative farming, which focuses on issues like how cultivating plants affects soil and biodiversity. There is also a new focus on social equity for people growing and collecting herbs, as many of them are living on the fringes of society in precarious situations. We are doing case studies to look at details like how the structure of contracts and timing of payments affect smallholder herb farmers so we can make appropriate recommendations and hold companies accountable.

## What gives you the most hope about the herbal industry right now?

The people I got to know in my travels are working really hard to take care of the plants and of the communities to bring a sense of ethics, equity and transparency into the system. A lot of money is made at the very end of the value chain and not at the source. Individuals and companies in the industry are working to address these imbalances.

More consumers are asking questions and becoming empowered citizens, and that also gives me hope. When I studied herbal medicine, what was most powerful for me was learning simple ways to take care of myself and my then-1-year-old daughter. Learning to make these simple remedies was deeply empowering. Without that knowledge, it's easy to be overwhelmed walking through the supplement aisle of the drugstore, not knowing where to begin other than to read labels and try to compare one marketing claim to another. Taking steps to learn more about herbs and where they come from helps people make a shift from consumer to citizen. That level of engagement also brings more meaning and connection, which people are hungering for. 🌱

Connect with Washington, D.C., freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).

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Shannon Gowland

# Herbs, Teas & Tinctures

## ARE THEY DOING YOU MORE HARM THAN GOOD?

by Diane Eaton

These days, many of us insist on monitoring the quality of what we consume by reading labels in the grocery store and choosing organics as often as possible. But when it comes to making sure our favorite herbs, teas, tinctures and other botanicals are potent and not tainted with toxins, most of us are unaware of what to look for. I spoke with Shannon Gowland, an Atlanta-area herbalist and owner of Roswell Farmers Market and Seeds of Wellness, to get the inside scoop on how to reduce the risk that our botanicals are actually doing us harm. She recommends we get answers to a few very important questions.

## Where were they grown?

Do you know where the *botanicals* you consume—those herbs, teas and other plants that you use for their curative properties, flavor or scent—come from? Their origin is just one of many things that will be valuable for you to know if you want to make sure you're consuming the highest quality products you can get.

Knowing where botanicals are grown can tell us a lot about the conditions in which they were likely cultivated and the purity and quality of the product, says Gowland. Unfortunately, under current labeling laws, it's easy for a brand or private practitioner to purchase botanicals in bulk from anywhere in the world, ship them to their location, package or bottle them and then slap on a label that gives the impression they're grown locally. It's



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perfectly legal and often quite profitable for them to “private label” their products, that is, to get a license to put their logo on products that were made by other manufacturers. Unfortunately, many also use the practice to mislead consumers and hide key facts about their botanicals, including where in the world they originated.

Like most of the foods we consume, the air and soil of the place where botanicals are cultivated make a huge difference to their quality, too. If something is grown in certain countries in Asia, for example, “the soil quality probably won’t be pristine,” says Gowland. “They will probably be filled with heavy metals. So if you’re working on detoxing your liver and you’re taking something like dandelion root that was grown in a toxic field somewhere, you’re just putting all that in your body and absorbing it all.” Plus, dandelion root “is one of those herbs used to clean up toxic areas, like around railroads, or where there’ve been spills or container leaks. If it’s done any of that, it is no longer usable [for humans].”

But poor soil quality doesn’t only exist halfway around the globe. It can be found in any country, in any city, even close to home, Gowland points out. In the meantime, many product brands come up with deceptive marketing slogans that misrepresent their adherence to quality standards. They might proclaim: “High quality is our highest priority” in their

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promotional materials, but they don’t have to prove it. That’s why it’s so important to do the research and find out as much as we can about where our botanicals are grown and whether they are handled in ways that ensure potency and purity. Only then can we avoid consuming hidden toxins and products that have lost their potency.

### How were they processed?

The methods that manufacturers use to transform a botanical into a consumable form can have a big impact on the product’s quality. Tinctures, for example, require an extraction process to pull out the beneficial phytochemicals from the plant. “This can be done slowly using alcohol and [requiring up to] 30 days to end up with a good strong tincture before it’s ready to actually be bottled,” says Gowland. “But that can be a long time for those that want to mass-produce something and get it out there on the retail market. So they might use other methods—ones that use heat or other solvents to extract it and bottle it.” Those methods can diminish the potency of the product.

If alcohol is used in the process, it should be organic, says Gowland. If it’s not, it might contain GMOs as well as pesticides or fungicides that were applied to the corn or grain used to make the alcohol. Even if the tincture is water-based, if the water isn’t pure, the toxins can prevent the plant’s valuable phytochemicals from getting infused in the water. And the quality will be compromised.

### What’s really in there?

When it comes to purchasing botanicals in capsule form, it’s imperative to read labels and look for what additives and fillers you’re getting. “I get my products directly from the lab that is processing it, and I’ve vetted the lab, so I know it’s a quality product. I know there’s no lead in their machinery and that I’m getting pure powders.” Gowland recommends people do their research, learn about the manufacturers they want to buy from and ask important questions. Are the capsules themselves vegan or GMO- and toxin-free? When it comes to tablets, does the heat they use to compress them into tablet form reduce the potency of the product? Have they had their machinery tested

for lead? There are many factors that can degrade or contaminate the herbs.

### Where did they travel to before they got to you?

Since our botanicals so often originate in far-off places, the way they are transported and the time it takes them to get to us can radically reduce their potency and effectiveness. These days, botanical products usually change hands multiple times—a typical trip goes from the manufacturer to the packaging facility to the wholesale distributor to the retail distributor to the consumer or retail store—and each step increases the risk of exposure to unsuitable conditions and damage to the product. For example, if probiotics, which are live microorganisms, sit in temperatures of 110 degrees or more, they die. “So if you’ve got a shipment of probiotics sitting out in the hot sun in Texas during the middle of summer, and even though you’re buying them from the

refrigerator at a grocery store, they won’t do you any good—because they’re dead,” says Gowland.

Packaged teas are also affected by their journey to the consumer. Before they’re put into tea bags and packaged in boxes, brand-name teas often sit in big barrels in warehouses or production houses for a long time, where they can be susceptible to all sorts of problems, including mold and rodents. Ideally, we should grow our own herbs and teas in our backyards, so we have total control over quality, freshness and purity, says Gowland. But for many of us, that’s not feasible. In that case, she says, the safest way to consume tea is to buy loose-leaf varieties.

Gowland has investigated several brands of botanicals so she could stand behind the ones she recommends to her clients. Among “mainstream” brands, she gives her stamp of approval to Gaia Herbs, Red Moon Herbs, Herb Pharm, Hawaii Pharm, and Traditional Medicinals. 🌱

### Checklist for Purchasing High-Quality Botanicals

- Read labels to find out where the product was grown, not just where it was packaged or bottled.
- To maximize benefits and reduce the risk of ingesting harmful ingredients, choose liquid or powdered forms of medicinal or therapeutic botanicals over capsules.
- If purchasing capsules, check for fillers in the product.
- Research your sources—retailers, manufacturers, practitioners—to find out if they are ensuring quality standards throughout the production and transportation process.
- Don’t trust brand marketing slogans. Do the research to determine how much they really do to ensure purity and potency.
- If possible, grow your own fresh herbs and make your own teas. Or purchase directly from farms or growers you’ve vetted.

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The problems of mankind are real but solvable.

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Take your brother’s need as the measure for your action and solve the problems of the world.

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Mankind today faces a dilemma of Truth – to march with Me into the new future or forever to despair.

Place yourselves behind Me in My Task and allow Me to take you on the Lighted Way.

— Maitreya

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# CALENDAR OF EVENTS

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$20 to attend — to list for free. Otherwise, basic listings are \$35 and enhanced listings are \$75.

Submit free listings to [calendar@naAtlanta.com](mailto:calendar@naAtlanta.com) and paid listings to [ads@naAtlanta.com](mailto:ads@naAtlanta.com).

## SATURDAY, MARCH 5

**Free First Saturday: DNC Rocks** – 1-2pm. Sure to rock your socks. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: [DunwoodyNature.org](http://DunwoodyNature.org).

## SUNDAY, MARCH 6

**Hunger Walk Run** – 2-4pm. Benefits Atlanta Community Food Bank. The Home Depot Backyard, 1 Backyard Way NW, Atlanta. [TheHomeDepotBackyard.com](http://TheHomeDepotBackyard.com).

## WEDNESDAY, MARCH 9

**Online Sacred Sound Series: A Sound Meditation** – 7-8pm. Join sound healer Gabriel-Nelson Sears on the 2nd Wed of the month to explore the mysteries of sacred sound. Love offering. Visit the calendar listing for Zoom link: [UnityAtl.org](http://UnityAtl.org).

## THURSDAY, MARCH 10

**Meat Out: Vegan Meetup** – 6-6:45pm. Enjoy good vegan food, amazing juices and outstanding conversation. For every meal purchase, they feed a homeless person on the street. Followed by a night of sound meditation. GoVinda's Cafe, 1146 Euclid Ave NE, Atlanta. [Tinyurl.com/2ahbs8af](http://Tinyurl.com/2ahbs8af).

## FRIDAY, MARCH 11

**Friday Night Hike** – 8-9pm. Join us for a fun and educational hike through the woods at night. \$5. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: [DunwoodyNature.org](http://DunwoodyNature.org).

## SATURDAY, MARCH 12

**Editor's Choice** **Melanated Chakras: 6th Annual Yoga & Wellness Conference 2022** – 9am-7pm. Get ready for yoga classes, wellness workshops, wellness room and wellness market. All plant-based/vegan food vendors. All levels welcome. Free. 953 Ralph David Abernathy Blvd SW, Atlanta. [Tinyurl.com/4mzy3xxh](http://Tinyurl.com/4mzy3xxh).

## SUNDAY, MARCH 13

**Family Fun Day: Flying into the Future** – 12-4pm. Learn about flying animals and test your tinkering skills with our STEM-themed partners and activities. Included in general admission. CNC, 9135 Willeo Rd, Roswell. Registration required: [ChattNatureCenter.org](http://ChattNatureCenter.org).

## WEDNESDAY, MARCH 16

**Online: How to Talk to Your Body** – 7-8pm. Join Licensed Unity Teacher, Larry Bergmann, for this powerful healing service. Learn techniques for connecting your mind and body

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## TUESDAY, MARCH 15

**Channeling Practice Group** – 7-9pm. With Vicki Evans. Meet monthly (3rd Tues) and have a chance to share where we are in our channeling and celebrate any breakthroughs you may have had. Then will go into various channeling exercises. \$20/drop-in.

## SATURDAY, MARCH 19

**Goat Yoga** – 11am-12pm. With GGA Dwarf Goat Yoga. Perform breathing exercises and various yoga positions. While doing so, dwarf goats can hop around you, climb your back, sit on top of you, even nap on you or your yoga mats while you let go of all your stress. \$35.

## SUNDAY, MARCH 20

**Remembering The Divine Feminine** – 12-2pm. 3rd Sun. With Annika Ford. Remembering the Divine Feminine is a journey through the 13 archetypes of the Great Mother. Receive tools, resources and other juicy gifts to support your journey in remembering the Divine Feminine. \$20.

together for healing, empowerment and more. Love offering. Visit the calendar listing for Zoom link: [UnityAtl.org](http://UnityAtl.org).

## THURSDAY, MARCH 17

**Online: Transmission Meditation** – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Eventbrite. Info: 404-680-7423 or Info-SE@Share-International.us. Register: [Tinyurl.com/y4rtpj4w](http://Tinyurl.com/y4rtpj4w).

## FRIDAY, MARCH 18

**Full Moon Gong Bath Meditation** – 6:30-8pm. Eve Smith guides a sound meditation to help harness the energies of the full moon. \$25. Decatur Healing Arts, 619-B E College Ave, Decatur. [DecaturHealingArts.net](http://DecaturHealingArts.net).

## SATURDAY, MARCH 19

**Editor's Choice** **The Love & Light Lounge** – 11am-12pm. An online gathering place where students and educators from all over the globe can connect and share. Each month the discussion fo-

cuses on a different topic. A Q&A session with the educators in attendance rounds out the discussion. Free. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).



**Battle of the Bands** – 11am-5pm. Join us for a concert in the park this spring, fun for the whole family. A few local bands will be battling it out for a chance to perform at Lemonade Days 2022. \$8/adults, \$5/ages 3-12, free/kids under 3. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Tickets: [DunwoodyNature.org](http://DunwoodyNature.org).

## TUESDAY, MARCH 22

**Oh My Wondering** – 12pm. The questioning mind wants to know. Even to the point that it becomes more focused on asking the question than hearing the answer. Retraining the mind to hear the answer instead of asking the question will increase the aha moments and open your world to new possibilities. \$10. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

## THURSDAY, MARCH 24

**Online: The Nature Club Dine and Discover** – 7-9pm. Creating a Backyard Wildlife Sanctuary with Alex LoCastro. \$10/general, \$5/CNC Members. Via Zoom. Registration required: 770-992-2055 or [ChattNatureCenter.org](http://ChattNatureCenter.org).

## FRIDAY, MARCH 25

**Editor's Choice** **Spring Native Plant Sale** – Mar 25-26 & Apr 1-2. Over 100 species of plants are available, and horticulturists and knowledgeable volunteers will be on-site to help you plant the garden of your dreams. Herbs and veggies for the edible garden also available. Free admission to the garden area. CNC, 9135 Willeo Rd, Roswell. [ChattNatureCenter.org](http://ChattNatureCenter.org).

**Friday Night Hike** – 8-9pm. Join us for a fun and educational hike through the woods at night. \$5. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: [DunwoodyNature.org](http://DunwoodyNature.org).

## SUNDAY, MARCH 27

**Letting Go** – 6am. Last year was particularly tough for just about everyone. Let us join together and release all of the emotional baggage we may still be carrying with us. \$15. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

**Sound Bath and Guided Meditation** – 10:30-11:30am. Free. Fabletics Perimeter Mall, 4400 Ashford Dunwoody Rd, Space 2580, Atlanta. [Tinyurl.com/4hfnbjvm](http://Tinyurl.com/4hfnbjvm).

# ONGOING

## Sundays

**Online & In-Person Sunday Experience** – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: [slc-atlanta.org](http://slc-atlanta.org).

**Red Clay Sangha Sunday Morning Service** – 9am, meditation; 10:30-11:30am, service & dharma discussion. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: [RedClaySangha.org](http://RedClaySangha.org).

**SRF Atlanta Meditation Service** – 10-10:45am. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. [srfatlanta.org](http://srfatlanta.org).

**Meditation Open House** – 10-11:30am. Discussion at 11:30am and tea at 12pm. Meditation instruction available from 10-11am for those new to the practice. Atlanta Shambhala Center, 1447 Church St, Decatur. More info: [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

**Unity Atlanta Sunday Services** – 11am. Attend in-person or watch via live stream. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

**SRF Atlanta Reading and Inspirational Service** – 11am-12pm. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. [srfatlanta.org](http://srfatlanta.org).

**Sunday Morning Talks and Discussion** – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: [VedantaAtlanta.org](http://VedantaAtlanta.org).

**Unity North Online & In-Person Sunday Service** – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: [UnityNorth.org](http://UnityNorth.org).

**Last Sunday Social** – 12:12-3:33pm. Last Sun with Kosmic Brew. Join us and our community of vendors as we share a healing space, engage in meaningful dialogues and create lasting memories. For location: [Hi@KosmicBrew.com](http://Hi@KosmicBrew.com) or [Linktr.ee/KosmicBrew](http://Linktr.ee/KosmicBrew).

**Spiritual Meditation Class, Level 1** – 4-5pm. Learn how to meditate for spiritual enlightenment. All religions, ages and peoples welcome. Free. 5161 Brook Hollow Parkway, Ste. 220/225, Norcross. Call to reserve space. Andrea: 404-557-4306. [MeditationWellnessClub@gmail.com](mailto:MeditationWellnessClub@gmail.com).

**Spiritual Meditation Class, Level II: Self Healing** – 5-6pm. Learn how to heal yourself through meditation. All religions, ages and peoples welcome. \$15. 5161 Brook Hollow Parkway, Ste. 220/225, Norcross. Call to reserve space. Andrea: 404-557-4306. [MeditationWellnessClub@gmail.com](mailto:MeditationWellnessClub@gmail.com).

## Mondays

**The {SAMA} Class: Virtual** – 9am. Also held Thurs & Fri. Incorporates 25 mins of yoga, 10 mins of breathwork, finishing off with 10 mins of meditation. Each teacher will bring their own spin to the class based on their particular lineage of training. More info: [SamaFoodForBalance.com](http://SamaFoodForBalance.com).

## Tuesdays

**Online Meditation Open House** – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

## Wednesdays

**30-Minute Guided Meditation** – 8am. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Zoom Check-In: Wellness Wednesdays** – 10am. Check in with your community during COVID-19 crisis. [slc-atlanta.org](http://slc-atlanta.org).

**Online: Joy of Breathing Class** – 1-1:30pm. Learn the Joy of Breathing technique, practice a deep Pranayama session and enjoy the benefits. Free. Register: [Tinyurl.com/muwwanm9](http://Tinyurl.com/muwwanm9).

**Angel Message Circle** – 6:30-8:30pm. Sharon Ragan works with the energy of thousands of Angels and guides you in your next steps. \$20. Heart Soul and Art, 1470 Roswell Rd, Marietta. Pre-registration required: [Heart-Soul-And-Art.square.site](http://Heart-Soul-And-Art.square.site).

**Unity North Online Wednesday Evening Experience** – 7pm. To watch: [UnityNorth.org](http://UnityNorth.org).

**Weekly Wednesday Meditation Class** – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro of the Georgia Meditation Center via Zoom. To register: [MeditationCircle.org](http://MeditationCircle.org).

## Thursdays

**Dunwoody Beekeeping Club** – 6:30-7:30pm. 1st Thurs. Meeting features a program, followed by a question and answer session with the ability to meet and learn from other local beekeepers. Free. 5343 Roberts Dr, Dunwoody. 770-394-3322. [DunwoodyNature.org](http://DunwoodyNature.org).

**Meditation Fundamentals** – 6:30-7:30pm. Suitable for complete beginners. Get a practical introduction to meditation and includes topics such as the benefits of meditation, mindfulness, good posture, types of meditation, and how to start a daily meditation practice. In-person & online. \$15. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Twin Hearts Meditation** – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranic Healing Center via Zoom. To watch: [AtlPranicHealing.com](http://AtlPranicHealing.com).

## Fridays

**Qigong Exercises & Meditations** – 12-12:45pm. 1st & 3rd. Led by Master Cheng, who has been teaching in Atlanta since 1976. Free/member, \$8/nonmember. Tai Chi Association, 3079 Midway Rd, Decatur. More info & registration: [Tai-Chi-Association.com](http://Tai-Chi-Association.com).

**Drumming Is the People's Medicine** – 4-7pm. There is liberation, experimentation, meditation and laughter at this supportive, donation-based gathering for beginners led by Daniel Ellis or Kim Hobbs. Santosha Studio, 896 Davis Dr, Atlanta. More info & to register: [Santosha-Studio.com](http://Santosha-Studio.com).

**Meditation Classes** – 6pm, Level I; 7pm, Level II. See Sun listing. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea: 404-557-4306. [MeditationWellnessClub@gmail.com](mailto:MeditationWellnessClub@gmail.com). [MeditationWellnessClub.com](http://MeditationWellnessClub.com).

## Saturdays

**Free Saturday Meditations** – 8-8:30am. A guided meditation to start your day with a positive state of mind and carry that inner light with you for the rest of the day. No prior meditation experience necessary; all welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Dunwoody Nature Center Saturday Volunteers** – 9am-12pm. 2nd Sat. For anyone in the community who wishes to volunteer. A wonderful way to start off your weekend in nature and service. To promote social distancing, sign-up is mandatory; limited to 24 people. 5343 Roberts Dr, Dunwoody. 770-394-3322. [DunwoodyNature.org](http://DunwoodyNature.org).

**Oakhurst Farmers' Market** – 9am-1pm. Year round. Fresh produce, meat, baked treats, and more. Additional offerings include live music and chef demonstrations featuring seasonal recipes. Masks required. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. [cfmatl.org/oakhurst](http://cfmatl.org/oakhurst).

**Free Online Guided Meditation for All** – 9:45-11am. Will go over basics and guided meditation. No prior experience is needed. Classes meant to come together and meditate and learn little by little. Via Zoom. Register: [Tinyurl.com/y3x5yy2s](http://Tinyurl.com/y3x5yy2s).

**Reiki Share Group** – 3:30-5:30pm. A gathering of like-minded reiki practitioners who participate in group healing treatments on each other. \$21. Healing Hands Reiki & Spiritual Development, Inc, 27 Waddell St, Ste A, Atlanta. [Tinyurl.com/2rykarff](http://Tinyurl.com/2rykarff).

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# Going with the Flow

by Cassie Gaub

It took a bit to acclimate to the cold water, but it didn't take long to feel at home in the ocean waves. After all, I am a strong swimmer. As a "newbie" to Southern California, I was anxious to spend as much time as possible at the beach and in the water. With a little time, I got more and more daring—I'd go out deeper and deeper, eventually trying out my brand-new boogie board.

Boogie boarding is essentially catching the crash or end part of a wave and riding it to the shore. It's like surfing except you don't have to stand up.

Over time, I began to feel more and more confident. I'd let a few waves pass by and wait for a better one. My timing for hitting the crash of a wave in order to zoom effortlessly to the shore on my board was getting nothing short of impeccable. But then one day, my timing was off. A bigger, stronger, faster wave was approaching, and I was too early.

It felt like I was being tossed around in a washing machine. Forgetting everything I knew about these kinds of situations—namely, "don't fight, you have to just relax"—I frantically tried to get out of the wave and to the top of the water. I made it just in time to be pummeled by the next wave. Out of air and panicking a bit, I tried to get to the surface again for a breath. I knew which way was up only because I had been smashed hard against the ground. I made it back to the top just in time—you guessed it—to be pummeled yet again by the next wave.

Instead of getting a breath, I had gotten a mouthful of salty ocean water. My limbs flailing, I was panicked. I didn't know which way was up or down anymore. It was ter-

rifying. Then, in a weird, indescribable split second, I felt a deep remembering or knowing.

"Stop wasting your energy," I heard within. "Relax. Go with the flow. You'll pop up eventually."

It's what I knew to be true. And, it's what I was taught when I was growing up in Montana next to a river with a strong undercurrent. Even as I knew it was my best bet in the moment, my internal reaction to it was: "Are you kidding me? Relax?!?" But it was my only option. I had no fight left. I was exhausted, out of air and had no idea which way was up. The only thing I could do was let go, stop fighting and trust.

As someone with a bit of a gypsy spirit, I have moved many times in my life. At last count, I had moved 14 times in the last 16 years. While some of the excitement of moving around has worn off as I've gotten older, there is something magical about the process and the lessons that come with each move and new location. And one of the biggest lessons came that day in the Pacific Ocean: Let Go. Stop Fighting. Trust.

After what felt like forever—but it could easily have been just a moment—I found myself tossed up to the shore, lying there like straggling seaweed, too exhausted to move. My friends quickly checked on me. One said, "Thank goodness you didn't try to fight that! You would have kept getting tossed around!"

Fighting is my natural instinct. It's my typical go-to. Like swimming, I'm pretty good at it. But in those moments in life when it starts to feel like I'm being pummeled, I remember those waves. I carry with me the deep knowing that reminds me that sometimes the best—and maybe the only—option is to just let go, relax and trust. 🌊



Photo: Dani Toscano

Cassie Gaub is an empowerment and mindset coach, energy worker, podcast host and speaker. Connect on social media @coachwithcassie and @bestuinstitute.

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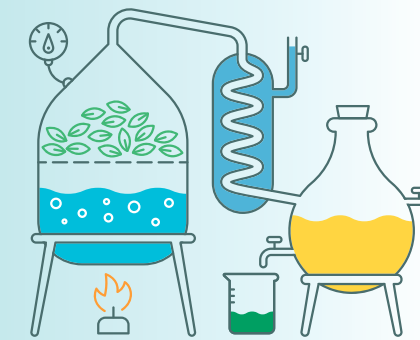
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*Our focus is the total health, comfort and well-being of our patients.*

### Atlanta Dental Wellness

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