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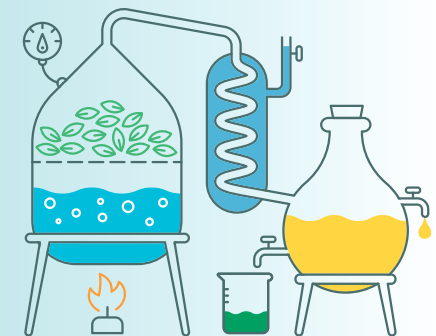
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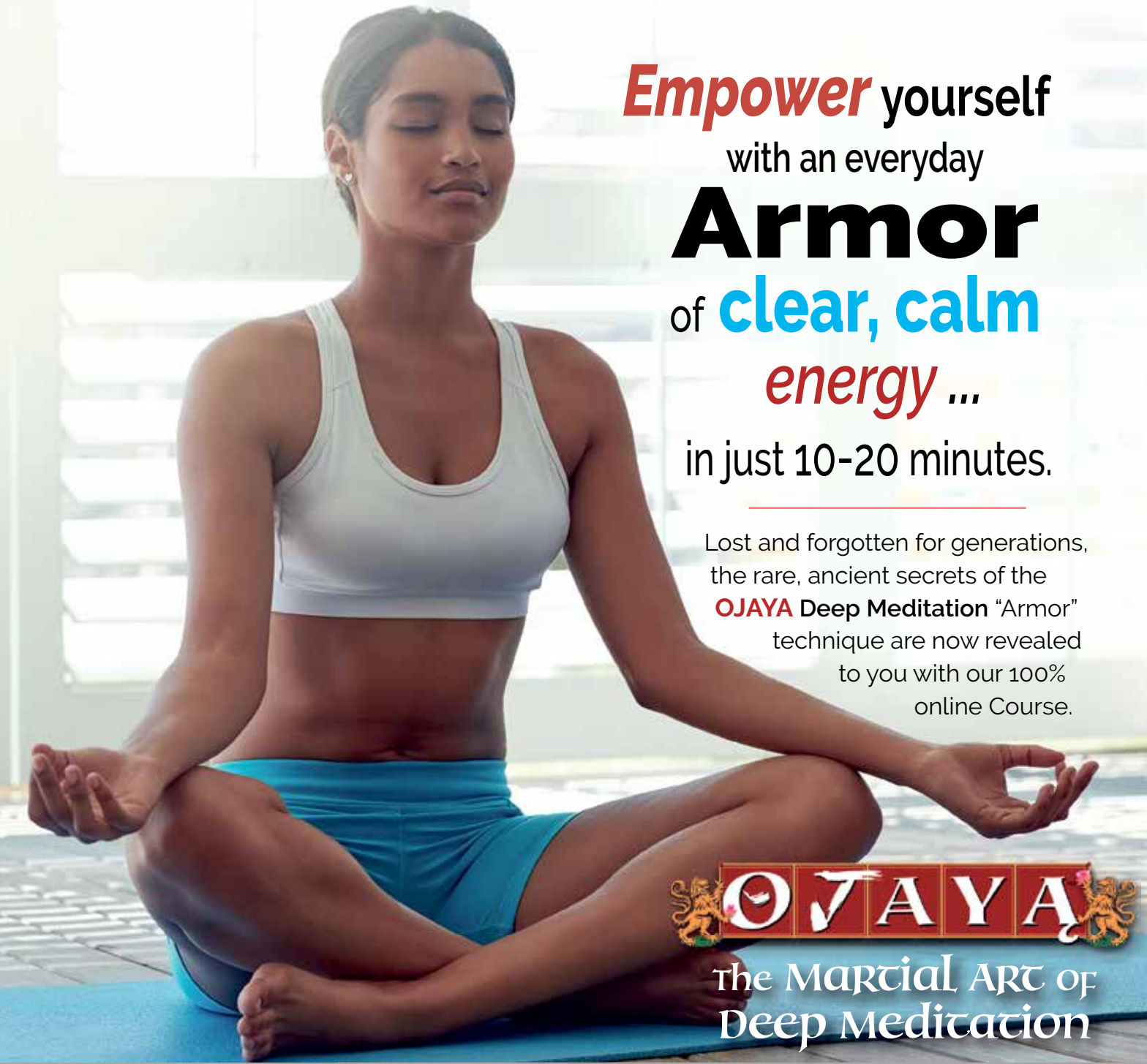


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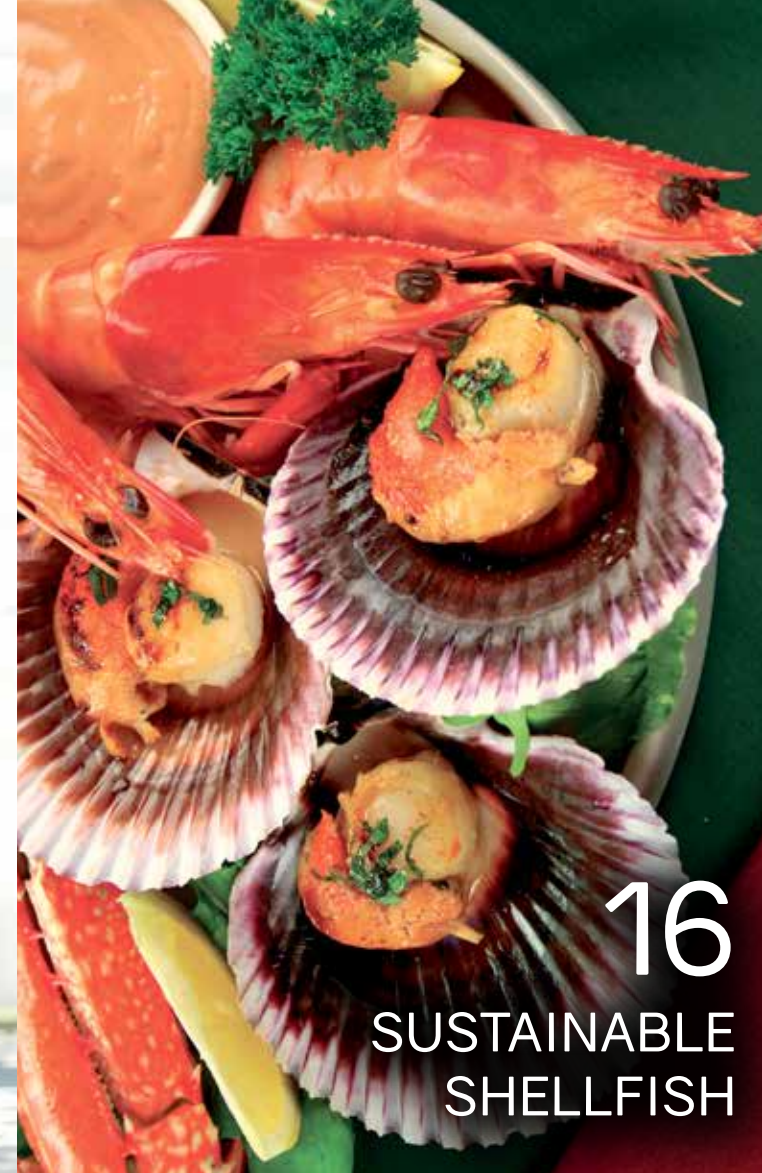
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August '22

with Diane Martinez

Diane Martinez tackles two common questions. 1) It feels exhausting to be a woman. There are so many expectations of us—we're supposed to be sexy, successful, a great mom, supportive, all the while cooking nutritious meals and staying super fit! How can I be all that? And, 2) I went through a divorce several years ago and found my "new normal" fairly easily. But, breaking up from the first real relationship I've had since the divorce is more challenging to get over than the divorce! Help!

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REWIND: SUMMER 2021

Here's a few of our top articles from last summer.

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Fresh Perspectives on an Ancient Practice

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LETTER FROM THE PUBLISHER

TAKE A DAMN VACATION



I'm a new Formula 1 fan, courtesy of my #1 son. Like so many professional sports, the season, which includes more than 20 races, lasts nine months, from mid-March to mid-November. But unlike every American professional sport, Formula 1—being born on the Continent—lets the teams take August off. Four weeks separate the Hungarian and Belgium Grand Prixes.

Alas, it is no secret that Americans suck at vacation. It's also no secret that we persist with this bad vacation behavior despite knowing that vacations offer a bounty of benefits.

In an article on AllinaHealth.org, Kathryn Isham notes seven benefits of taking vacation: improved physical health, improved mental health, greater well-being, increased motivation, improved family relationships, decreased burnout and boosted happiness.

In addition, a University of Helsinki study found that “individuals who took three weeks or more vacation in a year had lower rates of death compared to those who took shorter vacations.” And Bryce Hruska, in a study out of Syracuse University, says, “We are actually seeing a reduction in the risk for cardiovascular disease the more vacationing a person does.”

Just a few years ago, many stories appeared that were based on research that had been done in 2012. A sample of headlines include: “Here’s Exactly How Long Your Vacation Should Be, According to Science,” “Science Says This Is the Ideal Vacation Length,” and “8 Days Is the Perfect Vacation Length.”

Sadly, they all got it wrong. Most periodicals do a terrible job reporting research; the actual 2012 report drew no such conclusion. Writers focused on this finding in the de Bloom, Geurts and Kompier study wrote: “Health and well-being increased quickly during vacation, peaked on the eighth vacation day and had rapidly returned to baseline level within the first week of work resumption.”

Determining an ideal vacation length wasn't even a goal of the study! And the conclusion de Bloom et al drew were not the fabrications the articles reported—which goes well beyond mere bad reporting. Indeed, not one of the articles I read mentioned that the average vacation taken among those studied was 23 days—consecutive, not over the course of a year.

But here's the thing: a 2018 survey by OnePoll and Apple Vacations found that, on average, Americans take four days of vacation before they stop thinking about work. And a 2014 CBS News article stated, without attribution, that the average number of days a vacation lasts for Americans is... four days!

In other words, many, if not most, Americans *never* forget work on vacation, much less ever reach peak health and well-being. And the news only gets worse.

From the same OnePoll/Apple Vacations study:

- 37 percent of Americans feel guilty about unfinished work at the office, the #1 reason for not taking vacation

- 43 percent find it difficult not to communicate with their office while on vacation
- 73 percent have had their boss contact them on vacation

Perhaps the findings above factor into the findings below, although the Glassdoor survey from which the findings come was conducted years earlier:

- 61 percent of vacationers work during their vacation
- On average, Americans use 50 percent of their available vacation time
 - Only 25 percent take all their vacation time
 - 15 percent take no vacation at all

I reflect upon this now as I look forward to a long weekend away. Sadly, as a small business owner without the wherewithal of a large staff, I will work a couple of hours. Indeed, since buying this magazine in 2017, I have had but one vacation lasting at least seven days, and I worked at least four hours each day. It's been decades since I took my most relaxing vacation—two weeks at the beach. It was the only time I've spent two weeks away, and sure enough, I distinctly remember the lesson of that vacation: It took a week to completely unwind, and it was only in the days that followed that I fully relaxed.

After concluding that “employee well-being improves during but not after vacation,” the de Bloom report did suggest that “instead of skipping vacations or taking only one long vacation in years, it seems much more reasonable to schedule several shorter vacations across a work year in order to maintain high levels of health and well-being.”

To that I say, “Hear, hear!” and wish every one of you at least one full week of blissful summer rest. But really, we all should be F1 drivers. 🏎️



Publisher of Natural Awakenings Atlanta since 2017, Paul Chen's professional background includes strategic planning, marketing management and qualitative research. He practices Mahayana Buddhism and kriya yoga.

Nature's Virus Killer

Copper can stop a virus 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 that cause illness.

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



New research: Copper kills viruses in seconds.

Hundreds of studies confirm copper kills viruses and bacteria almost instantly just by touch.

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

"The antimicrobial activity of copper is well established." National Institutes of Health.

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

The EPA recommended hospitals use 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. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60

seconds.

"It worked!" he exclaimed. "The cold never happened. I used to get 2-3 bad colds every year. Now I use my

device whenever I feel a sign I am about to get sick."

He hasn't had a cold in 10 years.

Users say:

"It works! I love it!"

"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids all got sick, but not me."

"I am shocked! My sinus cleared, no more headache, no more congestion."

"Best sleep I've had in years!"

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat.

Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Customers report using copper against:

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- Virus variants**
- Sinus trouble**
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- Canker sores**
- Strep**
- Night stuffiness**
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- Skin infections**
- Infected sores**
- Infected wounds**
- Styes**
- Ringworm**
- Other microbial threats**

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 works just as well when tarnished.

Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

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Natural Body Introduces Oxygen Facials

Natural Body Spa & Shop recently introduced Intraceuticals Oxygen Facial treatments at four of its eight Atlanta-area stores.

"An oxygen facial is the perfect treatment to receive immediately before a significant social event, wedding or photo shoot," says Caitlin Benedick, a marketing manager with Natural Body Spa & Shop. The process utilizes oxygen under pressure and hyaluronic acid to deliver hydrating and anti-aging serums. And, Benedick says, "There is no downtime."

Oxygen facials are appropriate for all skin types, says Benedick, and the results are "instant" and "dramatic" as one's skin is smoothed, plumped and fine lines are filled in.

The treatments are available at the chain's Brookhaven, Decatur, Morningside and Smyrna locations, and they range from \$175 to \$195 for a one-hour facial, depending on the client's needs. A 15-minute consultation is included.

Natural Body Spa & Shop is planning a September event they're calling Skincare Show & Tell, to educate guests about oxygen facials, hydrafacials and SkinMedica peels. There will be a raffle and discount offers, and RSVPs will be required.

For more information, visit NaturalBody.com.



Photos: Courtesy of Intraceuticals



TWIN HEARTS MEDITATION Goes Live Once Again

The Tuesday night Twin Hearts Meditation hosted by Dr. Ursula Lentine has returned to a live setting in a new home, the Spiritual Living Center of Atlanta.

The meditation "to bless the earth with loving kindness, peace and good will" was created by Grand Master Choa Kok Sui, the founder of Pranic Healing and Arhatic Yoga. Lentine has hosted a Tuesday night meditation since 2008. The pandemic forced the practice to go virtual, and the virtual gathering will continue along with the live event.

The foundation of the meditation is the Prayer of St. Francis, aka the Peace Prayer. It works on the heart and crown chakras—the "twin hearts"—"enabling you to draw down a great amount of high-quality divine energy," says Lentine. When practiced in a group setting, she says, "the blessings are magnified many times more" than when an individual practices the meditation alone.

"As you develop, the people around you also develop," said Choa, who died in 2007. "As you progress, the world progresses with you to a certain degree. Spirituality is a way of life."

Lentine suggests a donation of \$5 to \$20 for attending the meditation. The live Twin Hearts meditation now takes place every Tuesday at 7 p.m. at the Spiritual Living Center of Atlanta, 3107 Clairmont Road, Unit A, just off of I-85.

For more information, visit UrsulaLentine.com/twin-hearts-meditation.



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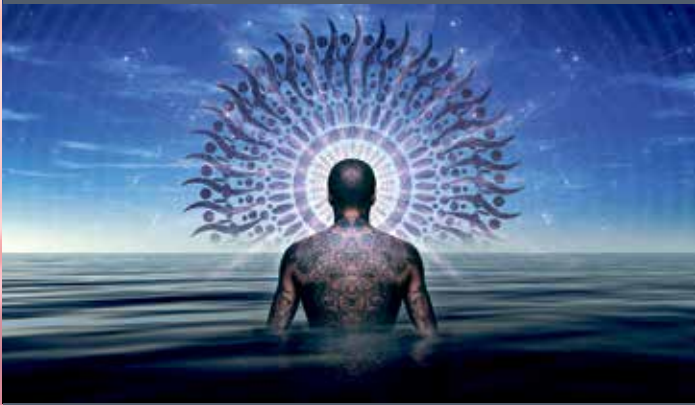
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The YTT COLLECTIVE

Yoga Studios Team Up to Offer Greater Reach and More Choices

by Diane Eaton

In 2006, Kim Saunders, one of the Atlanta area's most well-respected yoga teacher trainers, spoke briefly with Deepak Chopra at a wellness retreat she was attending and told him about her vision to combine a yoga and counseling center in one. "You're going to do it!" he told her. She was blown away by his unflinching vote of confidence.

Since then, Saunders has earned advanced yoga certificates, founded and ran the successful Lift Yoga studio for many years, created yoga programs

for the cities of Milton, Alpharetta, Newtown Park and Johns Creek, and has taught scores of students in her yoga teacher training courses over the last 20 years.

She Had a Dream

In late May, just a few short weeks ago, Saunders woke up from a dream about yoga studios collaborating for the greater good. "I literally had a dream about bringing together multiple studios—where both the studios and the yoga students benefit from the diversity of their choices," says Saunders. She jumped into action and reached out to several well-established studios and instructors in the area. "When I contacted

them, they were super excited to be part of this kind of collective, this collaborative effort." At a pace that surprised everyone, the YTT Collective was born.

Eight studios and 13 instructors have agreed to partner with Saunders and



Kim Saunders [Photo: Allen Cooley Photography]



Tracy Jennings-Hill [Photo: J King Images]

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combine their YTT offerings into one large program, including Crossroads Yoga, LiveURYoga, Oya Yoga Studio, Gruvn-YOGA Soul Center, A Mindful Movement Wellness & Yoga, Alpharetta Wellness Collective and Plum Tree Yoga. More are expected to join in the future.

Instructors will present modules that draw from their experience and expertise. For example, Gina Minyard, E-RYT 500 and YACEP, will teach a Yoga History and Philosophy module; Tracy Jennings-Hill will teach Sanskrit and Himalayan Kriyas; Terri O'Connor, E-RYT 500 and YACEP, will offer a module on Chakras and Energy Balancing; and Leila Taylor, E-RYT 500 and YACEP, will guide students through Yoga Sculpt, which is yoga for building strength. The Collective now offers 200-hour certifications and is planning to offer 300-hour certification in 2023.

The first 11-weekend YTT Collective program begins September 23. "Students will be able to learn to teach in a variety of studios, and they'll get unlimited membership at all partnering studios during their training," says Saunders. The diversity gives them more choice about what hours to participate, what teachers to work with and what classes to attend than in a single YTT studio. It also gives them the opportunity to experience the unique cultures of several studios around the Atlanta area.

Like other YTT programs, the YTT Collective is founded on the traditional eight limbs of yoga, which include poses, or *asanas*, breathwork, or *pranayama*, chanting, mantra and meditation. Special focus

is also given to anatomy, yogic philosophy, teaching styles, hands-on assists and the business aspects of teaching yoga.

Studios Win, Too

The co-op model of the YTT Collective can be advantageous to studios as well as offer benefits to its students. "It's a fantastic model. From a business perspective, it's very smart," says Heather Peace, owner of gruvnYOGA Soul Center, a boutique studio in Marietta. gruvnYOGA won Cobb Life Magazine's 2022 Best of Cobb reader-vote award in the Yoga/Pilates/Barr Studios category.

"I'm just a small business in the community, so I don't have the support of a huge franchise behind me," says Peace. Studios share income from student memberships in the YTT Collective, so all can thrive. "The YTT Collective is a great fit for me, then. Plus, I feel honored to be included among many of Atlanta's well-established studios."

Another partner in the YTT Collective, Tracy Jennings-Hill, owner of LiveURYoga



Heather Peace (Photo: Gaki Media)

in Roswell, has taught YTT for YogaFit for 15 years and is now transitioning to offer her own YTT program. She's happy that her contract with the collective allows her to teach YTT through other channels without conflict. Jennings-Hill believes the YTT Collective makes it easy for students to discover the environments and teachers that resonate with them. "There's goodness in the variety," she says. "It comes across very authentic when you're teaching people on their yogic path."

Not Just for Teacher Wannabes

Saunders feels strongly about offering and allowing diversity in the YTT Collective. Students don't need to want to teach after they're certified; they can focus on embodying the lifestyle of yoga and allowing that to transform them from within. Some students might choose to come for spiritual growth and exploration, and others might want to learn the skills of yoga. "Some people go through teacher training just to deepen their yoga practice," says Peace. That is reason enough.

Saunders elaborates. "This training isn't just for people who want to learn how to accurately teach the poses and sequence classes; it's much more for people who want to dive deep. It's for people that want to evolve. If they come in with an open mind, they'll leave with an open heart."

"In YTT, people come away with a much deeper sense of self," says Peace. "They learn so much as they're learning yoga philosophies and learning how to guide others. It's an awakening."

Saunders is a trauma-informed counselor, trauma-informed yoga teacher, and licensed professional counselor, as well as a 500-hour registered yoga teacher (RYT) and an 800-hour certified Yoga Therapist. She's made a career of creating both safety and community in her groups. And true to the vision she shared with Chopra, she now maintains a private practice, Kim Saunders Yoga + Counseling, where she combines yoga sessions, yoga classes and private counseling.

For more information about the YTT Collective, visit YTTCollective.com.

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Sustainable Shellfish

SUPERFOOD OF THE SEA

by April Thompson



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The perfect food may not be underfoot, but rather, underwater. It's delicious, fast-growing, nutritionally dense, sustainably produced, locally available from coast to coast and comes in nature's own sturdy packaging. "Shellfish is the most sustainable protein on the planet. There are no antibiotics, no pesticides, no fertilizer and no feed needed to raise shellfish," says Bob Rheault, executive director of the East Coast Shellfish Growers Association, which represents 1,500 shellfish farmers from Maine to Florida.

Shellfish is a nutritional powerhouse, providing proteins, essential amino acids, long-chain polyunsaturated fats, vitamins

and carotenoids. The drastically shorter life cycle of shellfish compared to other farmed seafood also means shellfish producers can generate more food more quickly.

Shellfish also offer many ecological benefits; they filter the water, remove excess nutrients and create habitat for juvenile fish, Rheault says. A single oyster can filter up to 50 gallons of water per day, according to the Oyster Recovery Partnership, an organization that restores reefs in conjunction with a shell recycling network of restaurants and public drop sites across the mid-Atlantic region.

Ray Hilborn, a biologist and professor at the University of Washington School of Aquatic and Fishery Sciences, in Seattle, has compared the relative environmental costs of different food sources, including grains, poultry and imitation, plant-based meats. He has found that farmed shellfish, specifically mollusks like oysters, clams and mussels, provide the lowest impact protein of them all. "Shellfish has a very low carbon footprint and enormous yield per area," he says. "Mussel farms, for example, are pretty much just ropes hung from rafts, with no changes to the ecosystem or loss of biodiversity, as compared to agriculture."

Bivalve shellfish like clams and oysters are mainly sourced from farms because wild stocks are largely depleted due to overharvesting, habitat loss and other contributing factors. "Somewhere around 90 percent of mussels and oysters on the market are farmed," Rheault says. "If you see perfect-looking oysters at the raw bar, you know they are farmed. Out of the wild, they can look gnarly."

Restorative aquaculture, which produces seafood using scientific principles that enhance coastal environments, may be one of the best opportunities to restore ecosystems while feeding the Earth's growing population, according to a report from The Nature Conservancy. However, Hilborn points to "the impact of food, not just how it's grown, but how it got to you." Processed shellfish has a bigger carbon footprint, so it's ecologically desirable to look for fresh, local options whenever possible.

Local production has a culinary benefit, too. "Every waterway has its own unique 'merroir', or flavor, that comes from the local environment. The differing levels of salinity and minerality, among other things, can lead to a very different flavor," adds Rheault. While there is only one dominant species of oyster on the East Coast, there are three varieties found on the West Coast and dozens more around the world, each with different flavor profiles, according to Rheault; oysters also have differing flavors throughout the year. "Fall oysters have a rich, full flavor; they can be skinny in the spring. I like them in winter best of all."

Perry Raso, owner of the Matunuck Oyster Bar and Farm, in Wakefield, Rhode Island, and a leader in the growing shellfish farming industry, grew up digging littleneck clams as a youngster. He earned a graduate degree in aquaculture before launching and growing a multifaceted business, including a restaurant,

"Shellfish has a very low carbon footprint and enormous yield per area."
~Ray Hilborn

a seven-acre oyster farm and an organic vegetable farm. He raises and sells more than 1 million mature oysters a year and also supplies 5 million seed oysters to other aqua farmers.

Voted one of the top 20 seafood restaurants in the country by *Time Out*, Matunuck Oyster Bar serves several shellfish delicacies, including a classic oyster stew made with rosemary broth, scallop cevi-

che, quinoa crab salad and oysters on the half shell with a cucumber passionfruit gazpacho. The menu also features "vegan scallops" made from seared king oyster mushrooms.

Rheault's favorite way to eat an oyster, though, is simply with two drops of lime. "The lime knocks out your salt receptors and allows you to really taste the other flavors," he says. "Grilling is another great way to introduce people to oysters. You don't even need to shuck them; the grilling firms up the meat." 🍷

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

VEGAN SHELLFISH ALTERNATIVES

Vegans or people with shellfish allergies can still enjoy the rich umami flavor of an oyster or clam with a little creativity. Here are a few suggested alternatives.

King oyster mushrooms: This mushroom is a misnomer perhaps, as its meaty stem, sliced in one-inch sections and sautéed or broiled, looks and tastes more like a scallop than an oyster. In general, mushrooms have a similar mouthfeel to shellfish: The chitin found in the shells of crustaceans are also a key compound in fungi. They can be added to many dishes as a satisfying substitute for seafood and other animal proteins. However, shellfish and mushroom allergies can overlap as a result of chitin sensitivities, so allergy sufferers should proceed with caution.



Seaweed: Kelp, dulse and other edible algae can also add a touch of that salty, sea-kissed flavor of shellfish, as well as important trace minerals and antioxidants, to dishes like chowders and stews without adding empty calories.



Heart of palm: The tender chewy texture of hearts of palm, flavored well, can serve as a surprising proxy for shellfish and seafood, particularly for rich dishes like fried calamari, lobster rolls or crab salad.



For those seeking a plant-based diet for ethical or other reasons, it's worth noting that a subset of vegans believe that consuming oysters and mussels does not contradict their commitment to a compassionate diet, given that bivalves lack a central nervous system. This somewhat controversial offshoot of veganism even has its own name—ostroveganism, from the Latin word *ostrea*, meaning oyster.

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CIOPPINO

This seafood soup, popularized by Italian immigrants in San Francisco, offers up an appealing assortment of fish and shellfish in a tomato-based broth.

YIELD: 4 TO 6 SERVINGS

¼ cup vegetable oil

2 large onions, chopped fine

Salt and pepper

¼ cup water

4 garlic cloves, minced

2 bay leaves

1 tsp dried oregano

½ to ¼ tsp red pepper flakes

1, 28-oz can whole peeled tomatoes, drained with juice reserved, chopped coarse

1, 8-oz bottle clam juice

1½ lb skinless halibut fillet,

¾-to 1-inch-thick, cut into

6 pieces

1 lb littleneck clams, scrubbed

1¼ cups dry white wine

4 Tbsp unsalted butter

1 lb mussels, scrubbed and

debearded

¼ cup chopped fresh parsley

Extra-virgin olive oil

Any firm-fleshed, ¾-to 1-inch-thick whitefish (such as cod or sea bass) can be substituted for halibut. Discard clams or mussels with unpleasant odors, cracked shells, or shells that won't close. If littlenecks are not available, substitute Manila or mahogany clams, or use 2 pounds of mussels. If using only mussels, cook them all at once with the butter and wine for 3 to 5 minutes. Serve with sourdough or rustic bread.

Heat vegetable oil in Dutch oven over medium-high heat until shimmering. Add onions, ½ teaspoon salt and ½ teaspoon pepper; cook, stirring frequently, until onions begin to brown, 7 to 9 minutes. Add water and cook, stirring frequently, until onions are soft, 2 to 4 minutes. Stir in garlic, bay leaves, oregano and pepper flakes, and cook for 1 minute. Stir in tomatoes and reserved juice and clam juice, and bring to simmer. Reduce heat to low, cover and simmer for 5 minutes.



photo courtesy of America's Test Kitchen

Submerge halibut in broth, cover and gently simmer until fish is cooked through, 12 to 15 minutes. Remove pot from heat and, using slotted spoon, transfer halibut to a plate, cover with aluminum foil and set aside.

Bring clams, wine and butter to boil in a covered 12-inch skillet over high heat. Steam until clams just open, 5 to 8 minutes, transferring them to pot with tomato broth as they open.

Once all clams have been transferred to a pot, add mussels to skillet, cover, and cook over high heat until mussels have opened, 2 to 4 minutes, transferring them to pot with tomato broth as they open. Pour cooking liquid from skillet into pot, being careful not to pour any grit from skillet into pot. Return broth to simmer.

Stir parsley into broth and season with salt and pepper to taste. Divide halibut among serving bowls. Ladle broth over halibut, making sure each portion contains both clams and mussels. Drizzle with olive oil and serve immediately.

Source: *America's Test Kitchen*



See the web version of this article for more delicious shellfish recipes.

RAISING A WELL-ROUNDED CHILD

PRACTICAL WAYS TO BUILD LASTING LIFE SKILLS

by Marlaina Donato



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Childhood is a time of magical discovery and a training ground for adult life. Yet today's world introduces unprecedented problems that can challenge a child's bedrock: escalating violence including mass shootings, bullying, social media pressure, environmental crises and cultural conflict, not to mention the COVID-19 lockdowns.

For kids to develop the solid foundation they will need in these trying times, a powerful approach is a full-spectrum one that rounds out their experiences and skills, while instilling confidence and resilience. It includes a broad-based education, artistic and cultural exploration, experiences of diverse cultures, training

in mind-body tools, healthy eating habits and connecting with nature. These facets enable children to cope, adapt and thrive in a changing world. It gives them the necessary building blocks for the rest of their lives, which has an invaluable return for all of us now and for future generations.

The Parental Toolbox

Boston-based Casey O'Brien Martin, an expressive arts therapist and author of *Skills for Big Feelings: A Guide for Teaching Kids Relaxation, Regulation, and Coping Techniques*, defines a well-rounded child as "one who is balanced in the many different



areas of their life: socially with friends and by having their own interests and hobbies; physically by being active and eating nourishing foods; emotionally by accepting and acknowledging their feelings and using coping skills to deal with uncomfortable or stressful situations.”

Encouraging kids to try new things—and allowing them to experience failure—affects how they respond to life. “Well-rounded children are flexible in their thinking toward changes in schedule or environment, have been exposed to boundaries and as they mature, can apply their different experiences to their understanding of safety, social skills, fundamental learning and communication,” says April Christopherson, an occupational therapist and owner of Exploration Kids Therapy, in Gunnison, Colorado.

Kids keenly observe and try on adult behavior, and in this practice lies tremendous potential. “One of the very best things parents, caregivers and educators can do is to model healthy coping skills. Just telling kids what to do is not enough. We need to walk the talk, too,” Martin says. Attaining family balance is key to avoid overscheduling and feeling overwhelmed, especially if prompting kids to follow their bliss. Integrating mindfulness techniques like meditation, yoga and sensory engagement into a household’s everyday routines can help to fortify emotional stability when kids experience rough waters.

“When kids learn to focus on their breathing, it helps to bring their attention to the present moment. By practicing mindfulness daily, these practices become second nature, and kids are able to tap into them whenever they need to. By teaching children these tools at a young age, we are planting seeds that they will be able to grow and cultivate throughout their lives,” says Maura Bradley, founder of Bee You Yoga and Mindfulness, in Manasquan, New Jersey. The author of *Mindfulness For Kids In 10 Minutes A Day* emphasizes that mindfulness can be a formal or informal practice, can involve the entire family and does not require a lot of time. It can be as simple as taking a moment each morning to connect with each other, notice the

weather or play an “eye spy” game on the way to school.

Christopherson concurs: “I suggest a child practice meditation, breathwork and mindfulness, first together with a parent or caregiver to get familiar with the practices, and then practice the techniques during non-stressful times.”

The Colors of Learning

Focusing on grades with a one-size-fits-all educational model poses many problems, and changing times demand a broader, more vibrant paradigm. COVID-19 lockdowns brought radical changes to the classroom, and more than ever, parents are opting for a more holistic approach with various methods of homeschooling or whole-child curriculums like those offered at Waldorf, Sudbury and Montessori schools. Alternative learning presents the world as a laboratory, goes beyond math, reading and science, and endorses character-building immersion in community, compassion and culture.

“Montessori learning stresses the beauty of nature,” says Ruth Tencati, a Montessori teacher in Charlotte, North Carolina. “Geography, music, art and practical life skills are taught. Ideally, each child is given lessons that balance learning in all areas and at the right time for each child’s level of skill and curiosity.” Students are given peace education, “where they are encouraged to think of others, as well as themselves, and to see themselves as part of a community of learners,” she says. Tencati views technology as an ally when it is used to deepen students’ understanding of lessons, but believes it should never be used as a pacifier.

Familiarity with the arts is key to a well-rounded view of life, but the number of school-based arts programs has been declining since 1980 due to a heavy focus on standardized testing. To assess the impact of art on children, Rice University researchers ran a randomized controlled trial in 2019 with 10,548 students enrolled in 42 schools in the Houston area. They found that students that participated in the arts at elementary and middle school levels improved their writing skills, increased

their compassion for others and were less likely to misbehave in class.

In lieu of school-based art programs, kids can learn from virtual tours designed specifically for them by the Louvre, the Van Gogh Museum and other outstanding art museums. For a fun dive into history, the British Museum, Boston Children’s Museum and the Smithsonian National Museum of Natural History bring the past to life with online “field trips” just for kids.

When kids learn about other cultures, religions, languages and belief systems, it increases their capacity for empathy and the ability to see different perspectives, a trait often found in successful adults. To introduce kids to an expanded worldview, families can enjoy a weekly ethnic meal, go to local heritage festivals and celebrate the holidays of different countries.

Food for Life

Giving a child lifelong tools includes instilling a healthy respect for good health. Positive eating habits have been shown to boost academic performance and lessen the potential for speech and language acquisition delays. Research on laboratory animals by the University of Georgia in 2021 published in *Translational Psychiatry* showed that sugar consumption in adolescence diminished learning capacity even into adulthood, possibly due to imbalances in gut bacteria.

“Hundreds of studies identify nutrition as one of the most critical factors in the development of robust brains,” says Lorie Eber, a holistic nutritionist in Orange County, California. “Consumption of whole foods such as eggs (choline), oily fish (omega-3 fatty acids), vegetables (folate and antioxidants), beans (zinc) and Greek yogurt (gut health) are vital for the healthy development of children’s brains in the first years of life.”

Nutrition has a measurable impact on psychological health, she says. “Diets high in refined sugars and saturated fats increase the risk of kids developing hyperactivity and ADHD. Children who skip breakfast have difficulty concentrating and low moods, which detract from learning.”

Eber encourages children’s participation in meal planning and food preparation, as well as weekly excursions to farmers markets,

to experience the colors and tastes of local produce. “All of these things will lay the foundation for your children to develop a healthy relationship with food. That is a rare gift in today’s food-centric society.”

Natural Instincts

Connecting to nature is not only good for growing bodies, but also for self-image. A 2018 systematic review of 35 studies published in the *Journal of Epidemiology and Community Health* shows time spent outdoors positively impacts young people’s mental health.

Research conducted by the Institute of Education at University College London drives it home even further: Primary school children that connected with nature in brief Wildlife Trust programs felt better about themselves and experienced more positive relationships with their teachers and classmates. Adding to Mother Nature’s feel-good benefits, exercise during childhood and adolescence, according to the

U.S. Centers for Disease Control and Prevention, lowers the risk of depression, improves academic performance and reduces the risk for chronic diseases later in life.

In the end, parenting is about doing our best for our children while being human. “Being a parent is hard. One of my mantras for myself is ‘grace, gratitude and grit,’” muses Martin. “Giving grace to myself by forgiving myself for my parenting mistakes, being grateful for my family and having grit to keep persevering and working hard to build a good life for my family.”

Each parent’s formula might be different, but the basics never get old. “Let a child experience life! Give them opportunities to get into nature, play with non-toy items, interact with animals and support their curiosity,” advises Christopherson. “Be safe, but let your kids be kids.” 🌱

Marlaina Donato is an author, painter and visionary composer. Connect at [Wildflower Lady.com](http://WildflowerLady.com).

TAKEAWAYS FROM CHILDHOOD EXPERTS SOME SOUND STRATEGIES FOR CHILD-RAISING

- Expose kids to different cultures and countries to broaden their horizons and instill compassion and tolerance.
- Encourage unstructured playtime, spontaneity and social interaction, while allowing kids to also value solitude and the enjoyment of their own company.
- Foster creativity with such strategies as simple arts and crafts, keeping a nature journal, taking up a performing art, taking virtual museum tours or learning about the history of an art form.
- Schedule time in nature for fresh air and plenty of physical activity.
- Don’t overthink parenting. Like children, parents learn as they go, and it’s a collaboration.
- Cheer effort more than ability. Instill their striving for personal excellence without adding any expectation or pressure.
- Practice self-care and be an example of what living a healthy, joyful life looks like.
- Provide a predictable, low-stress routine; encourage participation in household chores and enforce boundaries.
- Teach children a sense of gratitude.
- Provide kids with tools to manage everyday emotions with simple mindfulness practices, calm breathing and engaging the senses.
- Encourage children to express themselves and communicate their feelings and needs.
- Teach kids that good health is wealth.

Take a Silent Hike

TIPS FOR WALKING MINDFULLY IN NATURE

by Sheila Julson



Silent hikes offer an opportunity to be immersed in nature and quiet the internal chatter that too often consumes our daily routine. Wesley Trimble, communications and creative director of the American Hiking Society, has observed a growing interest in ecotherapies such as silent hikes that meld solitude and mindfulness with outdoor recreation. “Just getting out into nature, no matter where you are, is a great way to enjoy its beauty and focus on the experience,” he says.

When heading out on a silent hike or walk, in a group or alone, in a park or around the neighborhood, Trimble recommends taking long, deep, deliberate breaths. This allows the body to relax and focus on moving through space while being aware of sensory experiences.

Acoustic ecologist Gordon Hempton takes a quiet hike every day. The author of *One Square Inch of Silence* has traveled the globe for four decades in search of quiet, natural spaces in which to record ecological soundscapes such as crashing ocean waves or the snowy crickets of Washington State. “Opening up in a naturally quiet place in nature or the wilderness lets you become physically healthier, mentally clearer and more in touch with what you really want,” he says.

Hempton suggests that a silent hike begin with listening, which for mammals is a primary way to gather information: “Any event creates a sound, and that sound carries information about that event.” When heading into a natural area, he recommends listening for the furthest sounds and focusing on the faintest ones. “Then listen to the whole place and notice what you feel. There’s nothing you need to say, but everything you need to hear.”

According to Hempton, it takes less time to enjoy the benefits of a silent hike than people might imagine. “Even five minutes can produce huge relief,” he says. “Don’t make it a stressful thing. Recognize how much time you have, give it that and notice how you feel.”

Advice for silent wilderness experiences can be found at the website of Quiet Parks International (QuietParks.org), a nonprofit that Hempton co-founded which is dedicated to preserving quiet in the wilderness.

Exercises to Quiet the Mind on a Silent Hike

Author and nature educator Joseph Bharat Cornell affirms that silent hikes help instill a sense of vibrant calmness. He created an outdoor learning strategy named Flow Learning, which is highly recommended by the U.S. National Park Service. It incorporates playful experiences into wellness walks to lessen internal dialogue and sharpen intuitive perception.

His book, *Sharing Nature: Nature Awareness Activities for All Ages*, includes activities like the Silent Sharing Walk. “Teams of three people walk along and don’t say anything, but look and enjoy together,” he explains. “When you see something intriguing, gently tap the others on the shoulder, point and look together, and then quietly move on.”

The Trail of Beauty exercise encourages hikers to consider quotations like George Washington Carver’s “If you love it enough, anything will talk with you.” Participants explore trails to find something captivating that relates to the noteworthy words. Cornell advises to not use quotes that are too philosophical, because that can lead to internal dialogue that takes focus away from nature.

Group hikers can use the Nature In Me exercise to develop points of awareness. After finding a captivating spot outdoors, participants sit down and rest their hands palms-down on their thighs, allowing awareness to flow from one observation to the next. Lightly press a finger on the leg for each noticeable observation—a passing cloud, chirping birds or the splash of a river otter. Cornell advises against slipping into passivity, because then the mind tends to wander.

The Sound Map activity encourages hikers to take paper and pencil on a silent hike. “Close your eyes and cup your hands around both ears and listen for a sound,” Cornell explains. “Mark an X at the center of your paper to represent where you are. Then make a simple symbol to represent your sound and its location. This encourages people to listen and focus.” Trimble cautions that silent hikes can increase the chances of an animal encounter, so it’s important to remain aware of surroundings at all times. Silent hikes can also help wildlife. “One of the components of ‘leave no trace’ is the respect of wildlife,” he says. “Many studies show the impact of noise pollution on different types of ecosystems. Silent hikes let us enjoy nature without disturbing wildlife.” 🐾

Sheila Julson is a freelance writer and regular contributor to Natural Awakenings magazines throughout the country.

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YOGA

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for Emotional Competence

by Mila Burgess



Emotional competence is a set of personal and social skills that helps us recognize, understand, interpret and respond appropriately to emotions in ourselves and others. It is the capacity to feel our emotions fully, express them effectively, assert our needs, and honor our emotional boundaries as well as those of others.

People with emotional competence can distinguish between reacting to present situations and being triggered by past events. They are aware that acknowledging and satisfying emotional needs, rather than stifling them, leads to enhanced well-being.

Being emotionally competent can also be good for our health. It minimizes stress that results from having suppressed emotions. Emotional competence fosters the free expression of feelings, which leads to improved relationships. Studies show that strong relationships are linked to numerous health benefits, such as lower rates of depression and anxiety, improved immune system, shortened healing time, increased mental and physical resilience and increased life longevity.

Emotional intelligence—sometimes referred to as EQ— is the foundation of emotional competence. EQ has to do with knowing oneself and understanding the impact of thoughts and feelings on behavior. *Emotional competence* is the ability to use that knowledge and apply it to actions. Another difference? Emotional intelligence focuses on *controlling* emotions while emotional competence is the ability to *express* emotions appropriately and effectively.

In his book, *When the Body Says No: The Cost of Hidden Stress*, Dr. Gabor Maté describes how suppressed emotions ultimately manifest as physical ailments. He believes that people need to develop emotional competence in order to protect themselves from the dangerous effects of stress and to bolster mental, physical, emotional and spiritual health.

Yoga is For More than Stress Reduction

Yoga is recognized for its stress-reduction benefits, and it is increasingly being used to address stress-related illnesses and concerns in clinical settings. In fact, several stress-reducing techniques, including exercise, breath control and mindfulness are integral to many forms of yoga. Less obvious is the fact that yoga also helps practitioners develop their emotional competence.

Yoga is a practice of presence; connecting breath to movement keeps students in the moment. It is also a practice of awareness: From the very first moment on the mat, yogis notice how they feel physically, energetically, mentally and emotionally. They listen to their bodies and bring awareness to their physical sensations to make choices about alignment, modifications and progressions.

B.K.S. Iyengar, founder of Iyengar yoga, is famously quoted as saying, “The pose begins when you want to leave it.” The practice of *asana*, or yoga poses, creates opportunities for yoga students to lean into physical sensation. Whether moving through a strength-based practice that requires challenging muscular engagement or a surrendered practice that works to deeply stretch areas of tension in the body, yoga teaches practitioners to notice what’s happening—without trying to immediately change it or flee from it.

When faced with these edges on the mat, yogis don’t just learn to be aware of what they are feeling, they learn how to stay present and use the breath to soften around the edges. As such, yoga helps cultivate equanimity—even when faced with challenging life circumstances.

Emotions Start with the Physical

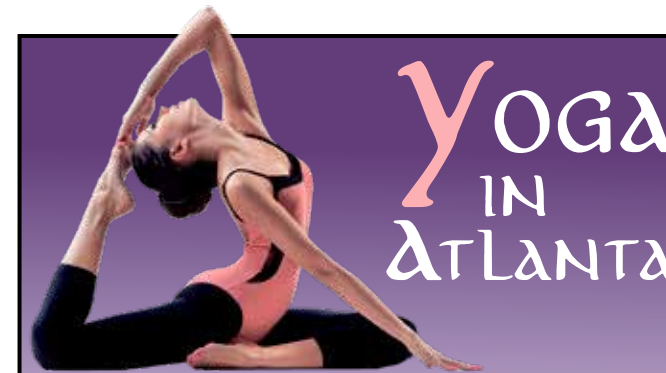
Every emotion begins as a physical sensation. For example, you might identify the feeling of nervousness only after those tell-tale butterflies begin to flutter. Anger is readily identified by a change in heart rate, temperature and perhaps redness in the chest or face. It might take the brain a split second to identify an emotion, but it only happens after the physical response begins.

Yoga provides fertile ground for developing emotional competence by giving students opportunities to identify, acknowledge and fully feel their physical sensations without trying to squelch them and to make mindful and intentional decisions based upon the body’s feedback.

According to neurologists, the physiological lifespan of an emotion is 60 to 90 seconds. The lingering effect of emotion is fueled by the mind, living in the mental narrative of what could or should have happened, what could or should have been done, or what someone or something should be.

Mindfulness on the mat allows students to become aware of the thought patterns they create around those sensations in addition to the physiological sensations they experience. It helps students see things as they truly are, such as how emotions are expressing themselves, while creating space around the experience— separating physical feelings from the thoughts about and reactions to them.

Anicca refers to the concept that nothing is permanent except impermanence. Yoga emphasizes the transitory nature of bodily



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YOGA CALENDAR

SUNDAYS

Sunday Evening Yoga in the Park – 6-7pm. 2nd Sun. Enjoy a weekend wind down by moving your body in the great outdoors and set intentions for the new week. With Dr. Krystal Fannin. Free. Blackburn Park, 3493 Ashford Dunwoody Rd, Atlanta. Register: Tinyurl.com/yaz3phza.

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/2wkew9t.

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.

THURSDAYS
Yoga at The Avenue West Cobb – 6-7pm. An all-levels beginner friendly practice with Mia Yakei. Free. The Avenue West Cobb, 3625 Dallas Highway, Ste 470, Marietta. Register: Tinyurl.com/yck6ap26.

Hip-Hop Yoga – 6-7pm. With Jaimee Ratliff. Free. The Home Depot Backyard, 1 Backyard Way NW, Atlanta. Tinyurl.com/2s3eb4n3.

SATURDAYS
Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. UnityNorth, 4255 Sandy Plains Rd, Marietta. UnityNorth.org.

WEDNESDAYS

Atlanta Laughter Yoga Club – 12-12:30pm. 1st Wed. With Celeste Greene. Come as you are. Free. Trolley Barn, 963 Edgewood Ave NE, Atlanta. CelesteGreeneLaughs.com.

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.

sensations, which mirrors the transitory nature of emotions. The idea of anicca, therefore, is used to encourage students to stay steady and nonreactive while they're in a pose because it, and the edginess associated with the physical and/or mental challenge of the pose, will not last forever.

The Seven A's of Healing

In his book, Maté discusses the seven "A's" of healing—seven steps that help rid the body of stress and its associated illnesses—and suggests that people can cultivate greater emotional competence by following these steps. Not surprisingly, several of the "A's" are naturally woven into the fabric of yoga.

1. ACCEPTANCE. The first step to achieving emotional competence is to accept oneself. Yoga is a practice of self-acceptance. The initial check-in time on the mat is intended to encourage practitioners to let go of judgments and expectations and accept themselves as they are in that moment.

2. AWARENESS. Awareness of the body's messaging is the crux of a yoga practice. Practitioners learn to listen to the body empathetically to cultivate greater self-awareness and make decisions based on the body's feedback.

3. ANGER. Maté says that allowing oneself to experience anger when it bubbles up is beneficial; trying to imprison it within the body will ultimately manifest itself physically in one way or another. While yogis don't specifically work towards cultivating anger on the mat, there are certainly confronting moments that students experience internally as they face challenges and ob-

stacles. Yogis learn to fully allow, experience and acknowledge those feelings and then assuage them with breath and mindfulness.

4. AUTONOMY. Maté believes that cultivating autonomy of thoughts and actions gives people the ability to create and maintain healthy boundaries, thus leading them to a place of greater healing from stress. On the yoga mat, teachers nurture student autonomy by encouraging them to make the practice their own—as needed or desired—in order to choose how to best honor themselves and their personal practice.

5. ATTACHMENT. While the practice of nonattachment is frequently referenced in yogic endeavors, Maté's reference is specifically about human connection, relationships and unconditional love for others. Yoga nurtures and improves relationships. It begins as a relationship between the mind and body, but ultimately, as students turn progressively inward, they develop a deeper and more meaningful relationship with their true selves. This radiates outward, and many practitioners find that their relationships with others are bolstered by living their yoga off the mat.

6. ASSERTION. Assertion is a statement of being—the ability for people to say, "I am who I am, as I am." Maté says that assertion is a positive valuation of oneself. As people gain confidence in who they are, they become more confident in saying "no" to what no longer serves them. What yogis practice on the mat, they carry with them out into the world. The yogic idea of aparigraha, nonattachment, teaches students to take

and keep only what serves them. Additionally, yoga helps practitioners build self-acceptance, determination and grit, which empowers them to assert that they are who they are, as they are.

7. AFFIRMATION. Maté says, "When we affirm, we make a positive statement; we move toward something of value." He suggests there are two basic values people must attend to that support the healing process. The first is the creative self. Everyone has a desire to create that should be honored. Yoga nurtures creativity by enabling practitioners to move and breathe organically, to create the choreography of breath, movement and flow. The second is a connection to the universe, a reminder that one is never truly alone. Connection helps dissipate feelings of loneliness and isolation and is an important part of reducing stress. Not only does yoga connect practitioners to a ready-made community of like-minded people, it reminds practitioners that they are a part of something much bigger.

The practice of yoga provides students with a variety of stress-reducing techniques to implement on the mat. And, off the mat, it fosters the development of emotional competence, which boosts overall health and well-being. 🧘



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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The Greening of Packaging

CLEANING AND PERSONAL CARE PRODUCTS GO ECO

by Sheryl DeVore



Health-conscious consumers have been purchasing home cleaning and personal care products with nontoxic ingredients for years. Now they're demanding these products come in environmentally friendly packaging that reduces waste and plastic use. "It's green movement 2.0," says Tim Murphy, CEO of *BranchBasics.com*, a Minneapolis company that sells nontoxic cleaners. "First there was the green movement 1.0 to eliminate the toxins from the conventional products like bleach. Now green 2.0 is about the removal

of plastic and waste reduction."

Today, consumers can find refillable, concentrated cleaning products; eco-laundry sheets; reusable cleansing face pads; eco-toothbrushes made of bamboo; zero-waste toothpaste bits; plastic-free, refillable deodorant; and refillable lipstick. These and a host of other innovative products designed to be healthy and eco-friendly are available online via manufacturers' websites or *Amazon.com*, and can also be purchased at certain big-box stores like Target.

Consumer Demand

A December 2020 Mintel Trends survey showed nearly all of the internet users 18 and older that shop for household items say brands should consider the environment when creating packaging. Many respondents said they wanted products that had easy-to-recycle packaging and were refillable to reduce waste.

"There's a clear preference for lightweight packaging, plastic-free packaging, refillable and reusable products," says Danielle Jezenicki, director of sustainabil-

"There's a clear preference for lightweight packaging, plastic-free packaging, refillable and reusable products."

~Danielle Jezenicki

ity for San Francisco-based Grove Collaborative, an online retailer of eco-products. "It makes sense, because 90 percent of the weight of most cleaning and personal care products you buy consists of water and packaging. The formulated ingredients are a small fraction. It saves money. There's growing awareness of this."

Shipping Water

"It's really expensive to be shipping water all over the country," Murphy says. "It's just extra bulk and extra weight, and the carbon footprint is much higher. If you take that water out, it's lighter and smaller, so it's better for the environment." His company, *BranchBasics.com*, sells a concentrate that can be used as a laundry detergent, hand wash or bathroom cleaner by mixing it with water in a glass bottle at home. The concentrate comes in a recyclable plastic bottle and is shipped in cardboard, without plastic wrap or foam.

In the past few years, Grove Collaborative, which sells nontoxic personal care and home cleaning items, has changed its packaging to be even more environmentally friendly, according to Jezenicki. "The company has vowed to sell products with zero percent plastic packaging by 2025," she says. To that end, it has created a brand of hair, body, facial and hand care products that come in a concentrated bar with no plastic packaging. Its concentrated household cleaners, which can be used on floors, glass, tiles, tubs and other surfaces in the home, come in glass bottles, and consumers can use a glass spray bottle with a silicone sleeve to dilute the product with water.

Plastic-Free

"In 2020, we avoided shipping more than 1.1 million pounds of plastic with our concentrated cleaners alone," Jezenicki says. Grove sells products from other companies such as Seventh Generation if they are plastic-free, and has recently placed some of its products on the shelves at Target.

Consumer Denise Monson Haberkorn, of Skokie, Illinois, welcomes these changes and says her friends call her the "plastics police". She began ordering Tru Earth laundry detergent strips to replace the large plastic bottles of liquid detergent she was using, and she loves them so much, she's been giving them away for friends to try. "The detergent strips are about three times the thickness of a Band-Aid. You put the strip in where you used to put in your regular detergent, and they dissolve," Haberkorn explains, adding, "There's no plastic to get rid of. Some people don't think they can make a difference with their choices, but I think I can." 🐾

Sheryl DeVore is an award-winning author of six books on science, health and nature. Connect at SherylDevoreWriter@gmail.com.

WHAT'S NEW IN ECO-MANUFACTURING AND PACKAGING

REFILLABLE LIPSTICK: One billion lipsticks are discarded worldwide annually. Now consumers can purchase refillable lipstick containers made with biodegradable bamboo and recyclable aluminum, among other eco-friendly materials. Refillable containers are meant for the same shade, so users will need a different case for each color.



TOOTHPASTE BITS AND TABLETS: Americans throw away more than 400 million empty toothpaste tubes annually. Now consumers can purchase bits and tablets of formulated toothpaste that go right in the mouth—simply bite down and start brushing with an eco-toothbrush made of bamboo. There's also mouthwash and whitening bits, all packaged in glass bottles with compostable applicators.



DEODORANT: Deodorant tubes are not easy to recycle because they're often made of several types of plastic. Now consumers can buy a reusable deodorant case made of stainless steel or other eco-friendly materials and purchase refills, as needed. Companies are also making paperboard push-up deodorant containers that easily biodegrade, as well as organic deodorant cream refills.



REUSABLE WIPES: Reusable wipes are becoming more common than disposable types. For babies, they're often made of muslin and terrycloth, and can be tossed in the laundry. Reusable makeup wipes made of microfiber are also available.



DOGGY POOP BAG: Even Fido is going green when it comes to packaging. Instead of using plastic bags to pick up dog waste while on a walk, consumers can purchase biodegradable poop bags made of corn, vegetable oils and other compostable materials.





Ask a Coach



by Terri Kozlowski

“I feel pretty burned out from dealing with all the stress in my life. What can I do about it?”

In our ASK A COACH column you can ask one of our three consulting coaches just about anything! A new column appears every month on our website and once a quarter in our print magazine. To submit a question, go to bit.ly/naa-ask-a-coach.

Most people think burnout is about feeling physically and emotionally exhausted, primarily due to stress. But two additional components to burnout can also play a role: cynicism and blame.

If you are looking at life through a negative lens of pessimism, you are undoubtedly turning disapproval inward as well. You allow the egoic voice to overtake the soul's whispers, and you feel unworthy. You believe you aren't good enough because you're not keeping up with your to-do list. As a result, your harsh self-judgment gets projected onto the world.

Destructive attitudes create a negative filter through which we perceive our environment. But when we look through a hazy lens, we miss out on the joys in our lives. We don't see the love that surrounds us because we're focused on the darkness. We perceive the world as “us versus them.”

This inner turbulence then leads to blaming ourselves for not handling all we think we need to deal with in our lives. So we lose interest in doing our best, and we only do what we feel we have to do so we can get by. As this cycle continues, burnout occurs. What's worse is it permeates all areas of our lives, including our health.

There are warning signs of being overly stressed. You might find it difficult to concentrate, have less pride in your accomplishments, or have a hard time seeing your goals. You might also get frustrated with those around you because you are tired and have tense muscles. Do you have any of these warning signs of burnout?

The Road to Recovery

Like burnout, recovery is a gradual process. It begins when you realize you're stressed and you are willing to heed the warning signs. Start the reversal process by looking for ways to manage the stress. Then rebuild your resilience by taking care of yourself.

Seek authentic connections and support within your tribe. Asking for help is a sign of strength, and those who love you will want to see you move past the stress in your

life. Let them help in whatever way they can. Reconnecting with others can also help you become more aware of what's going on in your life. It also gives you a more positive and helpful perspective as you reframe the story you tell yourself about your circumstances.

Once you have the clarity, you can reevaluate your priorities and set some boundaries to help build and maintain a more relaxed lifestyle. Being able to tell others that you cannot take on any more responsibility is key to helping you deal with current obligations. People, even co-workers, recognize that one person can only do so much. So be open and honest with those in your life about not taking on more.

Self-Care

Finally, to build up your resilience so you don't burn out in the future, you need to add some self-care practices to your routine. Self-care is everything you consciously do to tend to your mental, emotional and physical health. While it's a simple notion, it's something frequently

overlooked. Basic self-care is vital to improving mood and reducing stress. Here are some practical tips for making the most of your self-care:

Plan your self-care activities. Yes, plan them! Put them on your calendar like an appointment you have to keep. Self-care isn't a one-and-done activity; it needs to happen consistently. It's best to make it a priority in your life so your resilience builds up and you can support your emotional and physical health.

Ground yourself. On a day-to-day basis, learn to ground yourself each morning through meditation, prayer, gratitude or journaling. These are great ways to set your intention for the day ahead.

Choose your focus. Get clarity about what you plan to focus on for the day. First, create a to-do list and prioritize the items on it. Then, move items that can be done on another day into specific dates on your calendar. Once you've pared down your to-do list, take on the first item and stay focused on it for 40

minutes. Then take a five-minute break. This work schedule allows your brain to remain attentive without distractions for peak productivity.

Unpack. Each evening, remember to unpack any mental clutter you might have picked up during the day. Remember, you aren't the roles you play or the tasks you complete. Releasing the day's baggage allows you to restore balance and reset your mind, enabling you to get a better rest at night.

Burnout can feel overwhelming, but it's not insurmountable. When you understand the causes and implement these strategies, you can recover and learn ways to prevent burnout from occurring in the future. 🌱

Native American Terri Kozlowski is a certified life coach and author of *Raven Transcending Fear*. She hosts the podcast “Soul Solutions,” which is available on many platforms. Contact her at TerriKozlowski.com.

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

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— Maitreya

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Mark Mincolla on the Healing Power of Our Superconsciousness

WISE WORDS

by Sandra Yeyati

For 40 years, nutritional therapist and quantum energy healer Mark Mincolla, Ph.D., has integrated ancient Chinese energy healing techniques with emerging nutritional science in what he calls Electromagnetic Muscle Testing, an approach that zeros in on each individual's unique dietary needs. He has authored seven books, including *The Wu Way*, *The Tao of Ch'i* and *Whole Health*. In his most recent work, *The Way of Miracles: Accessing Your Superconsciousness*—and an accompanying documentary film of the same title—he shares his experiences, documented research and exercises to cultivate our natural ability to heal and create miracles.



ais/djiveurkjaslku

How can we develop and tap into our superconsciousness?

My book has exercises at the end of each chapter. One of my favorites is looking into the pupils of your eyes in the mirror for 10 minutes straight, uninterrupted. In doing that, you will feel the essence of your presence. That is your superconsciousness.

Do we cause our own illnesses?

I think we play a role in that process. Many people are cultivating ease and healing themselves. A lot of people are unconsciously cultivating “dis-ease”. Your choices are to be consciously proactive, which is healing, or unconsciously reactive, which is disease-producing. There are two possibilities related to the energy of consciousness: flow or resistance. When we're in resistance, we can spend so much time in negative, reactive situations. The more negatively reactive we are, the less flow and the more resistance we encounter and produce. The more consciousness that we proactively cultivate through deeper, more intentional meditation, the higher the consciousness we internalize and

manifest. It boils down to what you're doing. Are you spending your time producing illness or producing wellness?

How did you cure yourself from Lyme disease?

It started the night I had a bad fall and was paralyzed on the bathroom floor for 14 hours. My spirit became really challenged and really elevated and engaged. It was time to take inventory and to confront myself about my quality of life. During that horrible process, that trauma, I made an unconditional commitment to write this book, make this film and do whatever I had to do to get my messages out there, which is the reason I was put on this planet. From there, I tapped into natural medicines and foods to help me recover. I've helped 60,000 people over the last 40 years, so I can help myself, you know? And I did.

What should more people realize about themselves?

That they have far greater power and far greater access to remarkable outcomes than they are aware of. You're born in this culture, automatically surrendering to the establishment. You surrender to the medical and pharmaceutical establishments. As a little kid, you get a sore throat, and your mom takes you to the doctor for antibiotics. There's a lot of doctoring and not enough healing in the world. As I say in the film, compassion is the key. My patients come to me and they're really heartbroken, sick and broken down, diseased. They've been so bottled up—so much depression, so much pain, so much suffering. The doctor makes it worse—doesn't help anything. So I feel like we're working at a very different, compassionate level for the patient to be whole, soulful, spiritual, emotionally tapped in. We strive to be concerned, to be loved and to both diagnose and treat at a high frequency. 🙏

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

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 and paid listings to ads@naAtlanta.com.

TUESDAY, AUGUST 2

Remote Healing: Clearing Third Eye Chakra to Boost Psychic Energy – 12pm. Jamie will work with your guides, reiki healing, and crystalline frequencies to clear any congestion from your third eye chakra. \$15. Register: JamieButlerMedium.com.

Crystal Cave Guided Meditation – 1pm. Lexie will facilitate energy movement and healing throughout the session to release blockages, bring clarity and healing. \$15. To register: WithLoveAndLight.com.

THURSDAY, AUGUST 4

Introduction to Essential Oils – 7-8pm. Venetta Stathis will introduce you to essential oils, their individual properties, uses in healing and everyday use. Love offering. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

SUNDAY, AUGUST 7

Breakfast with Butterflies – 10am-12pm. A family-friendly morning with exclusive access to CNC's Butterfly Encounter, where you can enjoy a light breakfast, experience several species of butterflies, and explore the grounds prior to opening. Ages 4+. \$25/general, \$15/CNC Members. CNC, 9135 Willeo Rd, Roswell. Registration required: ChattNatureCenter.org.

WEDNESDAY, AUGUST 10

Online Sacred Sound Series: A Sound Meditation – 7-8pm. Join sound healer Gabriel Nelson Sears to explore the mysteries of sacred sound. Love offering. Visit the calendar listing for Zoom link: UnityAtl.org.

THURSDAY, AUGUST 11

Online: Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Eventbrite. Info: 770-302-2208 or Info-SE@Share-International.us. Register: Tinyurl.com/mw8ah9hu.

SATURDAY, AUGUST 13

The Atlanta International Night Market – 2-10pm. Includes amazing performances, delicious food, and lots of shopping. Free admission. East Roswell Park, 9000 Fouts Rd, Roswell. AtINightMarket.org.

Family Night Hike – 8-10pm. Explore the sounds and sights of the forest. Includes an animal encounter and a relaxing campfire

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FRIDAY, AUGUST 12

Astral Projection Workshop – 6:30-8pm. Join Spiritual Medium Darren Bucare for a hands-on exploration into the World of Astral Projection. He will share different techniques for protecting ourselves on the Astral Plane. While protected we can work through different exercises for leaving our bodies. \$30.

TUESDAY, AUGUST 16

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.

SATURDAY, AUGUST 20

Goat Yoga – 12-1pm. 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.

where you can roast a marshmallow. Limited space is available. All ages. \$12/general public, \$10/members. CNC, 9135 Willeo Rd, Roswell. Register by Aug 11: ChattNatureCenter.org.

TUESDAY, AUGUST 16

Crystals & Astrology: Crystals for Virgo – 1pm. Join Lexie for an interactive class where she'll cover Virgo characteristics, which crystals can best support this sign, the benefits of the crystals, and how to use them for healing and balance. \$10. To register: WithLoveAndLight.com.

WEDNESDAY, AUGUST 17

Virtual Green Reads Book Club – 6:30-8pm. Delve into essential reads related to land conservation and protection, sustainable growth and stewardship among other environmentally focused subjects. Book: *Let Us Now Praise Famous Gullies: Providence Canyon and the Soils of the South* by Paul S. Sutter.

Register, Liza Mueller: GreenReadsBook-Club@yahoo.com. GeorgiaConservancy.org.

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 together for healing, empowerment and more. Love offering. Visit the calendar listing for Zoom link: UnityAtl.org.

SATURDAY, AUGUST 20

Summer Birding – 8-10am. Join Master Birder Rose Guerra as she guides you through the Nature Center trails and help you to identify the birds present at this time of year. Free/member, \$10/nonmember. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

TUESDAY, AUGUST 23

Crystal Healing – 1pm. Join Lexie for an interactive class where she'll break down 3 layers of interactions, supportive crystals, and techniques to soften the edges around contentious encounters, and heal emotional distress. \$15. To register: WithLoveAndLight.com.

THURSDAY, AUGUST 25

The Nature Club Dine and Discover – 7-9pm. In-person or online. \$10/general, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SATURDAY, AUGUST 27

Carnivorous Plant Sale – 1-5pm. A large selection of carnivorous plants from around the SE, all propagated right here at our facilities. Hundreds of pitcher plants will be in their prime and ready to find a new home. Sundews, Venus Fly Traps, and some butterworts available as well. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SUNDAY, AUGUST 28

Habitat Restoration – 8:30am-12pm. Help restore the woodlands or wetlands at the Chattahoochee Nature Center. Will be working to remove invasive English Ivy, Privet, and other non-natives to encourage native habitat restoration. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

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.

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.

Online: NWUUC – 10am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or nwuuc.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.

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.

Second Sunday Sober Bike Ride – 10:30am. 2nd Sun. Brings together people from all walks of sober living who are seeking fun and active ways to connect with likeminded people. BTA Bicycle Tours of Atlanta will provide a bike at no charge if needed. Bicycle Tours of Atlanta, 659 Auburn Ave NE, Atlanta. Register: Tinyurl.com/yjzutjf4.

One World Spiritual Center Sunday Service – 11am. To watch: OneWorldSpiritualCenter.net.

Unity Atlanta Sunday Services – 11am. Attend in-person or watch via live stream. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Online: UUCA Service – 11am. Unitarian Universalist Congregation of Atlanta: uuca.org/live.

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.

Sunday Morning Talks and Discussion – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: VedantaAtlanta.org.

Unity North Online & In-Person Sunday Service – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Meditation Classes – 4-5pm, Level I; 5-6pm, Level II. All religions, all ages and all people. Learn how to meditate for spiritual enlightenment. \$15. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea: 404-557-4306.

MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Mondays

Online: Monday Night Meditation – 7-8pm. A live, instructor-led meditation and discussion. Develop a meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Register: TheOpenMindCenter.com.

Tuesdays

Online Meditation Open House – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

Twin Hearts Meditation – 7-8:30pm. A short, guided meditation blessing the Earth with loving kindness, peace and good will. Donation. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Unit A, Atlanta. 404-417-0008. Meetup.com/Twin-Hearts-Meditation.

Metro Atlanta Sierra Club Meeting – 7:30pm. 2nd Tues. More info: SierraClub.org/georgia/atlanta.

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.

Zoom Check-In: Wellness Wednesdays – 10am. Check in with your community during COVID-19 crisis. 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.

Decatur Farmers Market – Thru Nov 16. 4-7pm. Local farmers, artisanal food makers and crafts. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. cfmatl.org/Decatur.

Unity North Online Wednesday Evening Experience – 7pm. To watch: 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.

Practitioner Peer to Peer – 7-9pm. 2nd Wed. Join Adela Raffa and Becky Arrington for this intimate networking and support group tailored specifically to practitioners. Connect with a special community in the healing arts and share the joys and frustrations of your

business. \$20. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

Thursdays

Tai Chi & Qigong – 9:30am. For beginners. \$7/at door. Meets in The Jefferson Parks and Recreation Dept, 2495 Old Pendergrass Rd, Jefferson. 678-510-9573. CarolOsborne.org.
The First Georgia Dowzers – 6pm. 1st Thurs. Discuss all things dowsing. Host guest speakers each month teaching new and exciting developments within the dowsing community. \$5/nonmember, free/member. Heart Soul and Art, 1470 Roswell Rd, Marietta. Pre-registration required: Heart-Soul-And-Art.square.site.

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.

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.

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.

Sacred Beats Drumming – 7-8:30pm. 3rd Thurs. Join in our drumming circle led by master healer Debbie Loshbaugh as we clear away blocks, release emotions and gain greater clarity. Free. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.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.

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. MeditationWellnessClub.com.

Drum Circle – 7-9pm. 2nd Fri. With Rhythm Healer Eric Olson. No experience necessary. \$10. Unity North, 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.



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.

Morningside Farmers Market – 8-11:30am. Year-round. Offers organic produce, bread, pastries, grains, meat, honey, along with chef pop-ups, prepared foods, coffee, in-season fruits, and locally produced crafts. Morning-side Presbyterian, 1411 N Morningside Dr NE, Atlanta. MorningsideMarket.com.

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.

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.

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.

Earth Care Sangha Gathering – 10am-12pm. 1st Sat. Rain or shine. Meet in the back parking lot and then carpool to a nearby park for a meditative walk in nature. In case of inclement weather, meet in Holy Grounds Cafe. Unity North, 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Reiki Share Group – 3:30-5:30pm. Last Sat. 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/2rykarft.

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ENJOYING New Little Things

by Denise Natasha Brewley
(Chef Beee), PhD, MBA, HHC



Enjoy the little things in life, for one day you may look back and realize they were the big things.

-Robert Brault

I often forget that I don't need to take big trips abroad in order to have unique experiences right here in my own country's backyard. It is so easy to get wrapped up in the hustle and bustle of life and not venture out. There is so much beauty all around if we choose to discover it for ourselves.

I recently took a road trip from the Southeast to the Midwest with my family to spend time with an old friend, and what an amazing trip it was. I have to admit, I had never ventured out to the Midwest before. Traveling through the states by car, in my opinion, is one of the best ways to see how glorious this part of the country's landscape truly is. So much is offered to your senses. New things to see, touch, taste, smell and feel. The trip reminded me that I have to make more time to get away, enjoy new little things as often as I can and share in those new experiences with loved ones.

As we travelled, the landscape started to shift and became more and more majestic, and the shift made me pay more attention to the little things around me. For instance, I observed the textures of the rock sediment forming on the base of the Tennessee mountains, the massive evergreen trees sitting on top of them and the pop in my ears as our elevation increased, winding through hilltops on the highway.

As we crossed the Tennessee River, an incredible sense of peace and tranquility washed over me. As I said a quick prayer to my ancestors who might have passed through those places before me, I was reminded that I was creating new little memories with my children every time we departed from our comfort zone. While they might not

find as much value spending time outside their normal time at home with video games, moments like these—in the real world—can become a reference point for them later—a conversation, a life lesson or even an opportunity for reflection.

I let myself take it all in. It was almost as if I were tapping into nature. I slowed down and stayed still. I just enjoyed the little things—like the late-night summer sunsets over the Joseph River in Indiana and the massive acreage prairie farmlands with cows that you drive by on your way into town.

I felt how uniquely different each place is as we travelled from state to state—from high, winding roads and lush green mountains in Tennessee to wide open flat lands in Indiana. The road trip was a wonderful opportunity for me to introduce my children to new places and enjoy small moments of discovery with them along the way.

Studies show that experiencing new things is an important part of wellness. According to psychiatrist Robert Cloninger, novelty seekers possess traits that keep them healthy and happy and help them to develop their personality as they age. Other studies look at how fulfilled and happy people are in their lives when they explore novel experiences. I know it can make an impact in expanding one's larger perspective. So, there's something to being a little adventurous.

I am so grateful for this new awareness. It means a lot to know that every time I try something new or go somewhere new, it is helping to foster new ideas and creativity in me. I have a deeper appreciation for the whole process of discovery now. I am also grateful to my old friend for creating an opportunity to go and be somewhere different—so that my family could enjoy the "little things" with each other. 🌱



Photo: Maurice Evans

Dr. Natasha Brewley, better known as Chef Beee, is a lifestyle medicine health coach, a raw and plant-based chef educator and author of the cookbook, Let Plants Nourish

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