



HEALTHY LIVING | HEALTHY PLANET

COMPLIMENTARY

# natural awakenings

## Self-Care Gift Ideas

## Delicious-Yet-Healthy Holiday Treats

## NEXT-GEN DENTAL HYGIENE

## Hot Yoga Is the Heat Worth the Hype?





# Holiday Giveaway #2!

Natural Awakenings magazine, Peace of Mind Expo and THREE Expo vendors are giving away a collection of gift cards! Entering our drawing is FREE, and places you on the email lists of Natural Awakenings and Peace of Mind Expo. We will draw the winner on January 1.



\$100 Gift Card to metaphysical store  
Forever And A Day



To enter, scan  
or use bitly  
link.

[bit.ly/naATL-giveaway-2](http://bit.ly/naATL-giveaway-2)



MANY PATHS  
WELLNESS  
Energetic  
Awakening Aura  
Chakra Session  
value \$85



Free Chiropractic  
Exam, Report + 3  
Adjustments!  
Value \$400



natural  
awakenings

## Don't let the holidays stress you out.

Cereset® helps your brain to relax and reset itself, bringing it into harmony, enabling you to achieve the highest levels of well-being during this stressful season and throughout the year.



- Reduce Stress & Anxiety
- Sleep Better
- Improve Brain Function
- Increase Energy
- Improve Mood

We're here to help!  
CALL 404.907.4254



Activate Stem Cells Where Needed

Reduce Pain &  
Inflammation  
NOW!

With a Regenerative, Non-  
Invasive Technology



Softwave Therapy is the most effective treatment to heal your body using soft acoustic waves to activate the body's own dormant stem cells.

Introductory offer only \$49

Conditions that respond well to SoftWave Therapy:

- Arthritis
- Bursitis
- Tendonitis
- Plantar Fasciitis
- Sciatica
- Neuropathy
- Disc Injury
- Spinal Stenosis
- TMJ Dysfunction
- Carpal Tunnel Syndrome

Hands On Wellness Chiropractic  
3652 Chamblee Dunwoody Rd.  
Suite 1 Atlanta, GA 30341  
770-452-2955

## Why a Naturopath?

Because we eliminate root causes, not just symptoms. Because we heal the whole person — physical, emotional and mental — not just treat a body part. Because we engage your natural healing capacity instead of prescribing pharmaceuticals. And because we practice “an ounce of prevention is worth a pound of cure.”



Janine Romaner  
Naturopathic Doctor  
770.640.6690  
naturallyhealthy.ws



DECADES OF HEALING WISDOM  
MOMENTS OF HEALING GRACE



# Visit Our Holiday Market

**natural awakenings**



bit.ly/holiday-1224



# CONTENTS

Natural Awakenings Atlanta  
December 2024



**21**

## SOULFUL HOLIDAY GIFTS

### List Your Business FREE!



Our online Community Directory is THE place for Atlanta's holistic health and conscious evolution businesses. Get found by readers who need your products and/or services.

- 1 Go to [naAtlanta.com](http://naAtlanta.com)
- 2 Click "List Your Business" at bottom of screen
- 3 Click "Register"

**natural awakenings**

\*\*\*\*\*

DEC 14 + 15 2024  
SAT (10A-6P)  
SUN (10A-5P)

## PEACE OF MIND

GWINNETT COUNTY FAIRGROUNDS

*a Winter Holistic Holiday Expo!*

CRYSTALS • HERBAL PRODUCTS • READERS • ORGANIC PRODUCTS • AURA PHOTOS • LIFEWAVE • ACUPUNCTURE • MASSAGE • JEWELRY • CANDLES • ESSENTIAL OILS • HOLIDAY SHOPPING & MORE!

FREE LECTURES • FOOD TRUCKS • 80+ VENDORS • FREE PARKING • KIDS CORNER • 32 FOOT LABYRINTH • INDOOR EVENT

tickets on sale now!



PEACEOFMINDEXPO.COM

16 Healthier Holiday Cookies

18 Something to Smile About

24 Hot Yoga

29 Click Local

30 Jean Shafiroff on A Philanthropist's Calling

38 The Best Choice on the Menu



### DEPARTMENTS

9 Publisher's Letter

10 Atlanta Briefs

16 Conscious Eating

18 Healing Ways

24 Yoga

29 Green Living

30 Wise Words

32 Calendar

33 Classifieds

34 Community Directory

38 Walking Each Other Home



**Contact Us**

404-474-2423  
info@naAtlanta.com



Cover image

LARISA DUKA from Getty Images/CanvaPro

**Atlanta Team**

- Publisher **Paul Chen**
- Managing Editor **Diane Eaton**
- Yoga Editor **Patty Schmidt**
- Consulting Editor **Trish Ahjel Roberts**
- Calendar Editor **Jimmy Mwanyae**
- Copy Editor **Nasir Abbas**
- Staff Writers **Rick Baldwin**  
**Noah Chen**  
**Camille Lueder**
- Design & Layout **Steffi K. Kern**
- Website **Adrita Ghosal**
- Distribution **Donna Abbott**  
**Amy Ryan**  
**Vincent Turner**

**National Team**

- CEO **Kimberly B. Whittle**
- National Editor **Sandra Yeyati**
- Editor **Brooke Goode**
- Copy Editor/Proofing **Melanie Rankin**
- Layout **Flip180 Media**
- Natural Awakenings Publishing Corporation  
350 Main Street, Suite 9B  
Bedminster, NJ 07921  
239-206-2000  
NaturalAwakenings@KnoWEwell.com
- Own Your Own Franchise**  
Corp.NaturalAwakenings.com

WEB EXCLUSIVES



**Benefits of Compression Therapy**  
Improving Lymphatic Circulation for Better Health and Fitness

[bit.ly/compression-therapy-1124](https://bit.ly/compression-therapy-1124)



**Patricia Silverstein**  
Making a Difference in the Diabetes Fight

[bit.ly/silverstein-diabetes-1124](https://bit.ly/silverstein-diabetes-1124)



**Electromagnetic Therapy for Dogs**  
Non-Invasive Relief for Pain and Wound Healing

[bit.ly/dog-therapy-1124](https://bit.ly/dog-therapy-1124)



**Green Gadgets for the Home**  
Smart Choices to Save Money and Preserve Resources

[bit.ly/green-gadgets-1124](https://bit.ly/green-gadgets-1124)

© 2024 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



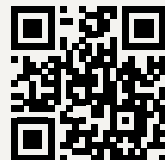
**Submissions**

We invite pitches, submissions, letters to the editor, and contributions to our column *Walking Each Other Home*. Email our managing editor at [diane@naAtlanta.com](mailto:diane@naAtlanta.com), or scan the QR code below.



**Distribution**

We distribute *Natural Awakenings* throughout Atlanta to organizations that resonate with our content: offices of holistic healers, natural food stores, vitamin and supplement shops, yoga studios, etc. Email our distribution manager about distributing at your site, [amy@naAtlanta.com](mailto:amy@naAtlanta.com), or scan the QRcode.



**Advertising**

From listings to display ads to digital options, there are many ways to promote your business with us. Email our publisher at [publisher@naAtlanta.com](mailto:publisher@naAtlanta.com), scan the QR code below, or call 404-474-2423.



Most-Read Articles, Q3



**1 Three Black Holistic Healing Superstars Make the Rounds**  
[bit.ly/black-docs-0623](https://bit.ly/black-docs-0623)

**2 Gurudev Sri Sri Ravi Shankar on the Journey Within**  
[bit.ly/gurudev-0924](https://bit.ly/gurudev-0924)

**3 The Varieties of Energy Healing Modalities**  
[bit.ly/naa-varieties-of-energy-healing](https://bit.ly/naa-varieties-of-energy-healing)

**4 Kundalini Yoga**  
Awakening the Energy Within  
[bit.ly/kundalini-0424](https://bit.ly/kundalini-0424)

**5 Rest is Always Available**  
Restorative Yoga in Metro Atlanta  
[bit.ly/restorative-0824](https://bit.ly/restorative-0824)

**6 A Century of Unity**  
Unity Church Celebrates its 100th Anniversary  
[bit.ly/unity-100-0924](https://bit.ly/unity-100-0924)



**7 Emotional Healing as a Family**  
How Parents Can Model Mental Health Skills  
[bit.ly/emotional-healing-0924](https://bit.ly/emotional-healing-0924)

**8 The Three Gunas**  
Living a Sattvic Life  
[bit.ly/3-gunas](https://bit.ly/3-gunas)

**9 On the Wings of My Larger Life**  
[bit.ly/on-wings-0924](https://bit.ly/on-wings-0924)

**10 Holistic Care for Black Skin**  
[bit.ly/black-skin-0724](https://bit.ly/black-skin-0724)

Index of Display Advertisers

ActiKare Marietta.....13	Heal Center.....39	Peace of Mind Expo /
Airmeds Gift.....14	Holistic Health & Wellness.....14	Natural Awakenings.....2
Art of Living Retreat Center.....23	Hope Knosher.....8	Ranesa House.....31
Atlanta Dental Wellness.....40	iwi Fresh.....15	Sanktuari of Self.....14
Balancing to Peace.....25	Jessica Tulloss.....8	Share International.....30
Body Awareness.....27	Lisa Watson.....20	Stacey Beth Shulman.....26
Cereset on Ponce.....3	Michael Wooten.....19	Sweet Pea Consulting.....8
Dad's Garage.....13	MOON Organics.....14	The Well of Roswell.....39
Divine Spine & Wellness.....19	Natural Awakenings Atlanta.....4, 28	Tori McGee.....39
Elohee.....23	Natural Awakenings Corporate.....37	Val Hudgins.....22
Essentials Metaphysical Store.....14	Naturally Healthy.....39	Wellspring Dental.....19
Forever And A Day.....15	Northstar Timeless Healing.....20	Writing Doctor.....25
Fullei Fresh.....17	PaintTalks.....8	YTT Collective.....27
Hands On Wellness.....3	Peace of Mind Expo.....4	

COMMUNITY PARTNERS

Natural Awakenings is grateful to the companies that sponsor our website.

[naAtlanta.com](http://naAtlanta.com)





# Coaching

- A FOCUSED ADVERTISING SECTION -



**UNLOCK INNER FREEDOM!**  
 Discover natural, non-invasive & drug-free solutions using the combined power of hypnosis & coaching!

Individualized Support for:

- Stress & Anxiety
- Motivation & Consistency
- Weight Loss
- Self-Confidence
- Healthy Sleep
- Health Concerns
- Chronic Pain
- Much more!

Call Today! 678-951-0888

Jessica Tulloss, RN

**Diane Martinez**  
 Conscious Creating Life Coaching, LLC  
 www.consciouscreatinglife.com  
 cclcdiane@gmail.com  
 404-439-9383

Diane Martinez is a certified holistic life coach who empowers clients to create the lives they desire. Schedule a free call to see how working with her can transform your life experience!

*Anyone who has never made a mistake has never tried anything new.*

— Albert Einstein

**The Life Coaching Articles**

To advertise in this section, call: 404-474-2423

**Sweet Pea Wellbeing**  
 Life and Wellness Coaching

Customized health and life coaching from a national board and functional medicine-certified practitioner and RYT-500 certified yoga instructor. Step-by-step approaches that bring about meaningful change. Reach out to begin your journey.

www.sweetpeawellbeing.com  
 stacy@sweetpeawellbeing.com

**The Art of Taking Care**

**Uncover What's Going On Inside You!**

Our intuitive painting experience reveals your subconscious. Paint it! Then learn to Shift it!

Call Today!  
 470-493-0247  
 MarionPaintTalks@gmail.com  
 PaintTalks.com

**Are You Ready to Live a Happy, Healthy & Fulfilled Life?**

I will partner with you in making **positive sustainable changes** based on your unique needs, lifestyle, preferences and background:

- lose weight, manage/reverse chronic disease, reduce stress, increase energy and more
- turn self-understanding into strength
- experience an increased sense of wellbeing
- reach your fullest potential

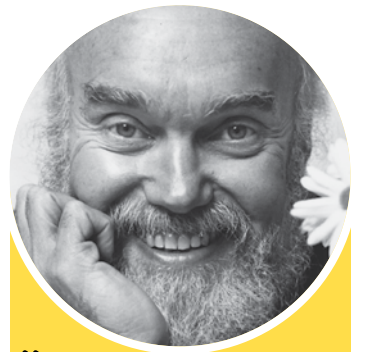
**LET'S GET STARTED TODAY!**

Schedule a **FREE** 15 min. exploration call: 770-789-7782

HOPE KNOSHER  
 Health & Wellness Coach, Yoga Teacher and Therapist

HealthyLivingWithHope.com

## The Mourning After



*"I've been asked many times, whether this is the Aquarian age and it's all just beginning, or if this is Armageddon, and this is the end, and I have to admit, I don't know... Which ever way it goes, my work is the same... To quiet my mind, and open my heart and relieve suffering wherever I find it.*

—Ram Dass



*"The politicians will come and go, but we must learn to see each other again, to honor each other's perspectives and feelings. We must learn to see that every single one of us is a spark of the infinite, that when we see others as evil we are simply rejecting parts of our own humanness... Can we please, America, begin a dialogue that invites true understanding of each other? It is the only way out of this cycle of division.*

—Sheila Ewers

I'm writing this one week after the election. Politics is not this magazine's focus, but mental and emotional health are. Certainly, a portion of our readers voted for the "other" candidate, but my suspicion is that, given that 80 percent of our readers are women, the majority of you voted for "my" candidate.

The news on the morning of November 6 was heartbreaking, while my Facebook feed was heartwarming. The vast majority of messages were ones of comfort, hope and love. Yes, most of my friends were devastated and expressed disbelief and grief; a few were angry, but only two reported mass unfriending.

I am proud that so many of my friends stand in the light and wish to bring everyone else along for the ride. At a time when wounds are still fresh, I offer words shared by my friends on Facebook, whether they are theirs or quotations from others. May you find comfort in them, and may joy find you later this month. 🙏

*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.*



*"I'm feeling a lot, some of it very hard to name. But I'm showing up; that's what I know best. For the rest? I'm remembering. I'm remembering to breathe. I'm remembering that grief, fear, sadness, set up in my body unless I move it out. I'm remembering that it's OK to not be OK. And I'm remembering that it's OK to be OK when others are not OK. I'm remembering that there is still beauty and joy to be found everywhere I look. I'm remembering all the brilliant, bold, and loving people in my world. I'm remembering that change takes time, and transitions are not easy. I'm remembering the shadow is the access point of deep transformation. I'm remembering that all of us want to feel heard, safe, supported, love, and cared for.*

—Mandy Roberts



*"And it will be our love, not our anger, that heals the world.*

—Lauren Fortenberry



*"People are hard to hate close up. Move in.*

—Brené Brown



*"This, my dear, is the greatest challenge to be alive: To witness the injustice of this world, and not allow it to consume our light.*

—attributed to Thích Nhất Hạnh



## The Wellness Emporium Adds 3 New Practitioners

The Wellness Emporium has welcomed three new practitioners to its holistic multiple-practitioner wellness center in Woodstock. The company, a community of certified holistic practitioners, opened in Woodstock in September, providing a variety of holistic health services that support physical, mental and spiritual well-being. Services currently include massage therapy, reflexology, hypnotherapy and personal success coaching. In addition, licensed practitioners offer facials, art therapy, yoga classes and more.

Cashe Thompson is a women's wellness coach and owner of Cashemawo Wellness Online Yoga & Nutrition Studio in Kenesaw. Thompson will work with weight loss clients working with the center's hypnotherapists and provide online nutrition classes. "My focus is to empower participants with the knowledge and tools they need to nourish their bodies and maintain their results long after the program ends," says Thompson.

Licensed massage therapist Roger Dickinson brings reiki, Thai massage, and four-hands massage to the Wellness Emporium. He practices in both Woodstock and Roswell. Having steered his own successful healing journey, Dickinson teaches clients about modalities that have helped him heal.



Cashe Thompson



Roger Dickinson



Evie Fleming

Evie Fleming, LPN, a certified yoga instructor, a board-certified reflexologist and the owner of Tree Evolution Reflexology in Marietta, brings a variety of modalities to fit each client's needs.

"I'm so grateful that as The Wellness Emporium continues to grow, we attract wonderful staff and new opportunities to meet the needs of the area clients," says owner Val Hudgins, CCHT, CHC, RYT 200, a hypnotherapist, personal coach and reiki master.

*The Wellness Emporium is located at 1501 Regency Way, Ste. 203, in Woodstock. For more information, visit [TheWellnessEmporium.net](http://TheWellnessEmporium.net).*

## Sacred Waters Expands Into Functional Wellness Clinic

Sacred Waters Wellness Arts Studio has expanded its operations with The Functional Wellness Institute, a telehealth clinic focused on natural, patient-centered care for digestive health, hormone imbalance and autoimmune conditions. Led by Kelly Jorae Jefferson, a certified functional medicine practitioner and chief wellness officer, the Institute offers personalized care that blends functional medicine and traditional naturopathy to address root causes of health issues.

"We have so many clients that are not happy with the standards of care from modern medicine," Jefferson explains. "People come to us because they want an alternative that uses an organized system. We are not doctors, [but] use physician services for our lab analysis and meet regularly with a clinical support team to ensure we are supporting our clients to not only reclaim their health but to restore their well-being."

With more than 20 years of experience, Jefferson is trained in advanced lab analysis and mold detox protocols. She has performed over 20,000 colon hydrotherapy sessions, bringing deep expertise in natural health to help patients achieve balanced, sustainable wellness. The Functional Wellness Institute provides systematic care that supports the body's inherent ability to heal.

The clinic offers a free Heal My Gut consultation and monthly no-cost webinars that explore non-invasive gut health strategies.



Photo: Noel Berumen

Kelly Jorae Jefferson

*For more information, call 770-460-9122, email [kjorae@sacredwaters.net](mailto:kjorae@sacredwaters.net) or visit [HealMyGut.SacredWaters.net](http://HealMyGut.SacredWaters.net). Sacred Waters Wellness Arts Studio and The Functional Wellness Institute are located at 500 W Lanier Ave, Ste. 701, in Fayetteville.*

## Soberish Expands Offerings with Feelz Adaptogenic Gummies



Mehrnush Saadat

Soberish, an Atlanta non-alcoholic bottle shop and cannabis boutique, now offers Feelz adaptogenic gummies at its Kirkwood and newly-opened Serenbe locations, becoming the first retailer in Georgia to carry the brand.

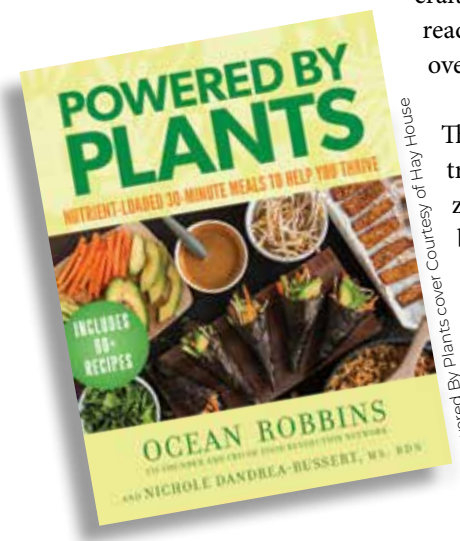
Feelz is a premium line of plant-based gummies crafted to support diverse wellness needs. With blends for mood enhancement, focused energy and restful sleep, Feelz combines kanna with other adaptogens to maximize the benefits of each unique plant. "Feelz is a great addition to Soberish's wellness offerings," says Mehrnush Saadat, founder of Soberish. "The combination of kanna and other adaptogens makes it a unique offering that amplifies the benefits of each plant alone. Our customers have been loving Feelz, and we're excited to carry this premium brand in our store."

Since its founding in August 2023, Soberish has provided a curated selection of non-alcoholic spirits, wines, aperitifs, and premium cannabis products, many from women-owned brands. The boutique also offers CBD for pets, artisanal barware and unique wellness gifts, supporting those exploring sober or "sober curious" lifestyles. Saadat, an entrepreneur with a background in law and real estate, developed Soberish as part of a holistic approach to health, offering a welcoming and elevated shopping experience.

*For more information, visit [BeSoberish.com](http://BeSoberish.com) or follow [@besoberish](https://www.instagram.com/besoberish) on Instagram. Soberish is located at 1963 Hosea L. Williams Drive, Ste. R103, in Kirkwood and 1277 Mado Loop in Serenbe.*

## New Plant-Based Cookbook Guides Readers to Balanced Nutrition

Hay House has released *Powered By Plants: Nutrient-Loaded 30-Minute Meals to Help You Thrive*, a new cookbook co-authored by Food Revolution Network CEO Ocean Robbins and Atlanta-based dietitian Nichole Dandrea-Russert. It features more than 60 quick, plant-based recipes that provide essential nutrients for optimal health. Recipes, crafted to be prepared in 30 minutes, aim to help readers improve energy levels, immune function and overall health.



Powered By Plants cover Courtesy of Hay House

The authors share insights into obtaining vital nutrients like fiber, omega-3s, selenium, calcium and zinc from plant-based foods, along with tips for budget-friendly shopping and guidance on avoiding nutritional imbalances. "Ocean and I are thrilled to offer this guide designed to empower those who are plant-based, plant-forward, or plant-curious to achieve balanced nutrition through whole, delicious plant-based foods that support both personal and planetary health," says Dandrea-Russert.

Robbins, a TEDx speaker and best-selling author, founded the Food Revolution Network to support diets that promote both personal and planetary health. Dandrea-Russert, a registered dietitian and author of *The Fiber Effect*, contributes her expertise in plant-based eating and sustainable nutrition. The book also includes substitutions for various food allergies and preferences.

Whether readers are fully plant-based or simply plant-curious, *Powered By Plants* offers delicious, wholesome solutions for balanced nutrition, says Dandrea-Russert. The book is available online and through major booksellers for \$25.19 to \$27.99.

*For more information, visit [PoweredByPlants.FoodRevolution.org](http://PoweredByPlants.FoodRevolution.org).*





## Peace of Mind Holistic Expo Brings Wellness to Lawrenceville

The Peace of Mind Holistic Expo, an immersive weekend featuring more than 80 vendors of holistic products and services, as well as speakers, workshops, and demonstrations, will take place at the Gwinnett County Fairgrounds in Lawrenceville on December 14 and 15. Organized by mother and daughter duo Nancy and Sara Hartman, the event marks their second show in Atlanta and their 25th overall. Attendees will enjoy a range of offerings aimed at nurturing body, mind and spirit, including free lectures, a 32-foot walkable labyrinth for meditation and a kids' corner.

The Hartmans, who have been hosting holistic expos for more than 11 years, emphasize the expo's goal: "We want visitors to gain knowledge they can take with and refer back to, long after the event... potentially changing the way they experience life."

Lecture topics throughout the weekend include Sound Healing for Beginners, Connecting with Your Higher Self Through Reiki and Writing, Essential Oil Basics and Mediumship as Closure for the Living.

Aligning with the holiday season, vendors will provide gift cards and wellness gifts for loved ones. Food trucks and tents will be on-site to support a full-day experience for attendees.



Sara and Nancy Hartman at the June 2024 Expo

Regular admission is \$10 per day. Tickets to Saturday's VIP psychic gallery with clairvoyant and psychic medium Deb Strait are \$45.

For more information, visit [PeaceOfMindHolisticExpo.com](http://PeaceOfMindHolisticExpo.com) or email [nancy@breathe-deep-llc.com](mailto:nancy@breathe-deep-llc.com). The Peace of Mind Holistic Expo will be held on December 14 from 10 a.m. to 6 p.m. and December 15 from 10 a.m. to 5 p.m. at the Gwinnett County Fairgrounds, 2405 Sugarloaf Pkwy. in Lawrenceville. Use the Davis Rd. entrance.

## Many Paths Wellness and Sankofa Institute for Wellness Relocate

Many Paths Wellness, founded by Jessica Otieno, a yoga and meditation teacher, reiki healer and life and health coach, has expanded her reach by leasing space and offering classes and services at A Deeper Collective, a wellness cooperative located at 27 Oak Street in Roswell. Otieno also continues to offer limited services at her home as well.

Due to the relocation, Otieno's yoga classes immediately increased in capacity from 10 students to 25. Otieno also continues to offer private sessions and small workshops at her home.

"For the Many Paths Wellness community, this relocation will significantly enhance accessibility," says Otieno, "allowing [us] to serve a broader community within a bustling area of Roswell."

A Deeper Collective was founded during the pandemic by Tracy Jennings-Hill, founder and owner of LiveURYoga. It houses many wellness and spiritual practitioners, including Meraki Mama Collective, Eclipse Over Roswell and Paths to Integration.

Elsewhere, Sankofa Institute for Wellness is relocating to The Well of Roswell. Co-owners Imani Ma'at Kynes and her partner J. Bernard Ma'at Kynes "provide workshops for organizations and their personnel to explore their overall relational health and wellness." In addition to their services, Sankofa offers red light therapy with a Trifecta Light Bed. According to the manufacturer, red/infrared technology "is intended to stimulate the tissues of the human body at the cellular level" and "accelerates the restoration of damaged nerves, muscles and surrounding tissues, as well as increases blood flow."



Jessica Otieno

The Kynes couple also host the Progressively Yours Health and Wellness podcast, which can be accessed at [bit.ly/sankofa-podcast](http://bit.ly/sankofa-podcast).

The Well of Roswell is located at 900 Old Roswell Lakes Pkwy, Suite #300, Roswell. Like A Deeper Collective, it hosts many other healers, including co-owners Becky Arrington, a hypnotherapist, and Donna Futrell, a polarity therapist.

For more information, visit [ManyPathsWellness.com](http://ManyPathsWellness.com) and [MeetSankofa.com](http://MeetSankofa.com).

## Alive! Expo and ChantLanta Announce 2025 Dates



ChantLanta 2020 performance

In a bittersweet announcement, the ChantLanta Sacred Music Festival will host its final gathering on March 14 and 15, 2025, at Unity North Atlanta.

For 15 years, ChantLanta has brought together the Atlanta community with sacred music, sound healing, yoga and meditation. This year's festival will feature seven bands, workshops on sound healing, and proceeds will benefit the Kaleidoscope Child Foundation, which supports educational initiatives worldwide. "It is with heavy hearts that we allow the festival to rest in the memories of everyone who participated," says Ian Boccio, ChantLanta's longtime organizer. The final event will run from 6:30 to 9 p.m. on March 14 and 10:30 a.m. to 9 p.m. on March 15. For details, visit [ChantLanta.org](http://ChantLanta.org). Unity North Atlanta is located at 4255 Sandy Plains Rd. in Marietta.

The 20th Annual Alive Expo returns to Atlanta with a slightly expanded focus as a "Total Health, Wellness & Lifestyle" event, moving beyond green and eco-products to encompass a broader wellness approach. Set for May 31 and June 1, 2025 at the Gas South Convention Center in Duluth, the expo will feature health screenings, wellness education and vendors offering natural and organic products. Advance general admission will be free online through March, then shift to \$5, with door tickets at \$10. VIP tickets will be available for \$20 in advance and \$25 at the door. *Natural Awakenings* readers will be able to procure free tickets in April and May. For more information, visit [AliveExpo.com](http://AliveExpo.com).

## Rooftop Trails Offers Eco-Friendly Refillables in Decatur



Rooftop Trails opened in mid-August in downtown Decatur, offering a sustainable approach to shopping with eco-friendly refillables. The store provides high-quality reusable containers filled with earth-friendly household products, such as personal hygiene items, home cleaning essentials and select dry goods. The company aims to reduce waste and promote responsible consumer habits through its refill-and-reuse model.

Rooftop Trails goes beyond just product offerings; it actively promotes sustainability by partnering with local vendors and donating one percent of every purchase to Concrete Jungle, an organization dedicated to supporting food access. To help make waste reduction easier, the company offers a monthly membership program for convenient delivery and pickup of empty containers, which are cleaned, disinfected and reused to support ongoing waste reduction efforts.

Michelle Stevens, owner of Rooftop Trails, highlights her vision for the company: "I am extremely excited to offer this to the community. I wanted to do this not only because of my passion to help the environment but because this is something I've wanted in my life and couldn't find it anywhere else."



To learn more, visit [RooftopTrails.com](http://RooftopTrails.com), call 470-830-8492 or stop by 115 Clairmont Ave. in Decatur. For questions, email [info@RooftopTrails.com](mailto:info@RooftopTrails.com).

**INVASION: Christmas Carol**  
Nov 29 ~ Dec 30

Every night, a new character invades the stage to change Scrooge's life forever...

Dad's GARAGE

**AFFORDABLE IN-HOME CARE**

- 24/7 Service • Screened Caregivers
- Elderly, Recovery & Companion Care
- Private, Long-term Care and Pending VA

Call to learn more!  
**678-559-5887**  
[actikare.com/marietta-ga](http://actikare.com/marietta-ga)

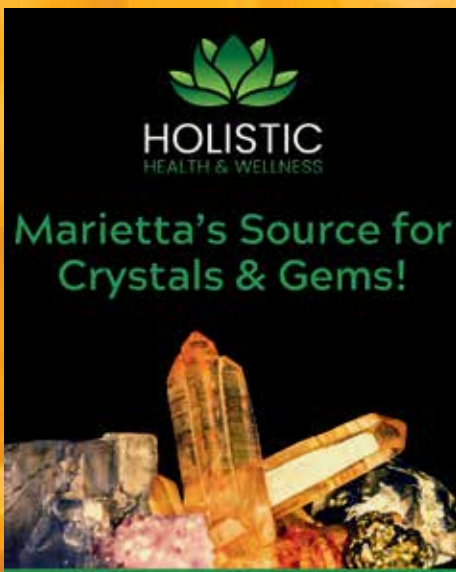


# THE Giving Season GALLERY



Sanktuari of Self

An Urban Metaphysical Boutique in the West End  
568 Poole Pl SW #1 @sanktuarii



HOLISTIC HEALTH & WELLNESS

Marietta's Source for Crystals & Gems!

3372 Canton Rd, Suite 116  
HolisticHealthSE.com

To place an ad in our Giving Season Gallery, inquire at [ads@naAtlanta.com](mailto:ads@naAtlanta.com).

## RESTORE, REALIGN, & REJUVENATE

REIKI ENERGY HEALING  
CRYSTALS • OILS • CANDLES  
INCENSE • CORD CUTTING,  
HERBS • LIFE COACH  
INTUITIVE READINGS



### Essentials Metaphysical Store

3656 Hwy 5, #104  
Douglasville, GA 30135  
[www.TangelaHealing.com](http://www.TangelaHealing.com)  
313-282-1759

CODE:  
NATURAL

### VEGGIE SKINCARE & SPA

iwi fresh handcrafts skincare products from fresh vegetables using grandma's home remedy recipes.

This holiday season, treat yourself and loved ones to veggie spa services at the iwi fresh Resting Spa in Atlanta's Lakewood Heights neighborhood.

**45% OFF**  
Skincare & Spa Services

[www.iwifresh.com](http://www.iwifresh.com) | 1800 Jonesboro Road SE Suite E, Atlanta, GA 30315 | @iwifresh | +1 404.432.3763

Give the gift of deep relaxation & facial rejuvenation



**MOON**  
ORGANICS

**20% OFF**  
Products & Services. Use code "222" if ordering online.  
[MOONorganics.com](http://MOONorganics.com)

**AIR MED'S GIFT**  
**Massage Therapy**  
Specializing in Chronic Pain Relief  
**HEALING WORKS**

[Airmedsgift.com](http://Airmedsgift.com)  
770)912-9722  
New Client Special

In Office	Home/Travel
<b>\$80</b>	<b>\$100</b>

Per Hour  
• Within 40 miles. Extra fee may apply outside radius

Find Your **PEACE**  
in our salt cave.

Forever and a day  
New Age Emporium

Woodstock Salt Cave

Find Your **MAGIC**  
in our store.

[foreverandaday.biz](http://foreverandaday.biz) | 770.516.6969 | 7830 HWY 92, Woodstock, GA 30189



# Healthier Holiday Cookies

## Easy Switches That Don't Compromise on Taste

by Maya Whitman



sveltikid from Getty Images Signature/CanvaPro

Whether it's chunky chocolate chip, classic sugar, jammy rugelach, spicy gingerbread, Russian teacakes or cinnamon-dusted snickerdoodles, the holidays would not be complete without a festive array of cookies. Seasonal favorites usually pack on the sugar, but with a little know-how, whipping up healthier versions can be both easy and fun.

“The most important thing to remember is that the techniques are the same; only the ingredients have changed,” says Christina Pirello, Emmy Award-winning host of the national public television cooking show *Christina Cooks!* and author of 13 plant-based cookbooks. “Even healthy versions of cookies can feel indulgent while being better for you. Use the best quality ingredients you can, and you'll never go wrong.”

### Sugar Savvy

Most conventional cookie recipes require up to two cups of sugar, not-so-good news for any health-conscious sweet tooth, but

alternatives are plentiful. “With the caveat that most sweetener substitutions require some adjustments to make sure the final texture still works, there are some fabulous options that up the nutrients, add more flavor and depth and pack much less of a glycemic punch,” says Katie Wells, founder of Wellness Mama, an online resource for women and moms that want to live a healthier life.

The glycemic index (GI) is a value used to measure how much specific foods increase blood sugar levels on a scale of zero to 100, where sugar is 100. Numerous studies have found that following a low GI diet may reduce blood sugar levels and improve blood sugar management in people with Type 2 diabetes.

Monk fruit and unprocessed forms of stevia, a plant-based sweetener, are blood-sugar friendly and nutritious when used alone, but are controversial when combined with erythritol, a sugar alcohol that, based

on recent studies, is suspected of increasing the risk for blood clotting, stroke and cardiovascular events.

For Pirello, baking without pseudo sweeteners or processed sugar does a body good while imbuing festive favorites with even deeper flavor. “For me the best options for cookies are coconut sugar and beet sugar as both are granular and can be substituted 1-to-1 in recipes. Both are the color of brown sugar so your cookies may take on a darker color, but the flavor will be amazing. I also use brown rice syrup, but often mixed with coconut or beet sugar.” For the best flavor, Pirello praises 100 percent pure monk fruit, as well as her no-calorie favorite, Bocha-Sweet, which is made from kabocha squash and “tastes and behaves like sugar.”

In addition to coconut sugar, Wells also favors maple syrup and honey, which require an increase in dry ingredients to balance the liquid but add amazing flavor and other beneficial properties, such as naturally occurring minerals and antioxidants.

Common dates, larger and plumper Med-jool dates and other dried fruits can replace conventional sugar with rich sweetness, especially for no-bake holiday cookies and bars. Wells likes the versatility of dried fruits when chopped or blended. She recommends soaking them before using in recipes to help improve their texture.

For cookie dough recipes that do not require much liquid, powdered date sugar can be used in place of sugar 1-for-1 while reducing dry ingredients by 25 percent. Mashed bananas can rock an oatmeal

cookie recipe, taking it to another level in terms of flavor without any other added sweeteners.

### Common Substitutions

- ¾ cup honey or maple syrup for 1 cup of sugar
- 1 cup of blended dates for any amount of sugar in a recipe
- 1 cup of unsweetened applesauce for 1 cup of sugar
- ¾ cup of mashed ripe bananas for 1 cup of sugar
- For vegan cookies that won't crumble, mix 1 tablespoon of finely ground flax seeds with 3 tablespoons warm water to replace 1 egg.

### Gluten-Free Delicious

Gluten-free (GF) baking has come a long way with plenty of GF flour options, but knowing which ones to use can make or break a holiday baking spree. “It has never been easier to make gluten-free cookies that taste almost identical to their gluten-based inspirations,” says Wells. “There are even organic, measure-for-measure flours that let you bake the original recipes as written.”

Pirello sees more of a learning curve. “It's such a challenge to make a good gluten-free cookie, but with products like almond flour out there, you can do it,” she says. “Use a gluten-free flour mix—not a cake or cookie mix—and mix it with 75 percent almond flour to create a moist yummy cookie. They will always be fragile unless you use eggs, but it works for me without them.”

### The Secret Ingredients

In the end, baking is all about having fun. “They're cookies, not world peace, although I think more cookies could bring about world peace,” Pirello quips, suggesting what we all know: love is the secret ingredient in any holiday cookie recipe. 🍪

Maya Whitman is a frequent writer for Natural Awakenings.

## CHEWY CHOCOLATE CHIP ALMOND COOKIES

**YIELD: 28 TO 30 COOKIES**

- 5 Tbsp vegan butter substitute
- ¼ cup Suzanne's Specialties Maple Rice Nectar
- 6 Tbsp coconut sugar
- 1 tsp pure vanilla extract
- Pinch of sea salt
- Pinch of ground cinnamon
- 1 cup almond flour
- ½ cup whole wheat pastry flour or sprouted whole wheat flour
- ½ cup rolled oats
- ½ cup walnuts, coarsely chopped
- ⅔ cup non-dairy, dark chocolate chips

Preheat a conventional oven to 350° F or convection oven to 325° F. Line two baking sheets with parchment paper.

Whip together vegan butter, rice nectar, coconut sugar, vanilla, sea salt and cinnamon until smooth. Mix in almond flour, wheat flour and oats to form a soft, sticky dough. Fold in nuts and chocolate chips until well-incorporated through the dough.



Natalia Zakharova/CanvaPro

Scoop tablespoons of dough and arrange on the baking sheets, leaving room for them to grow—approximately 18 cookies on a sheet, three across and six down. Do not press the cookies down.

Bake for 13 minutes. Remove the trays from the oven. Using a small spoon or spatula, slightly and gently flatten the cookies.

Recipe courtesy of Christina Pirello.

FIND MORE RECIPES ONLINE:




**Thumbprint Cookies With Jam**  
[bit.ly/thumbprint-1224](http://bit.ly/thumbprint-1224)



**Chocolate Coffee Cookies**  
[bit.ly/choc-coffee-1224](http://bit.ly/choc-coffee-1224)

Improve your Health with Sprouts, the Original Superfood!






Buy our alfalfa, bean and broccoli sprouts at Sprouts Farmers Market in FL, GA, NC and SC!





Katie Wells-Wellness Mama

## MOLASSES COOKIES WITH DATES

**YIELD: 36 COOKIES**

- |  |   |
|--|---|
| 3½ cups almond flour                                   | 2 large eggs  |
| 1 tsp baking powder                                    | ¼ cup butter or coconut oil, melted                       |
| 1 Tbsp fresh ginger, grated (or 1 tsp powdered ginger) | 12 pitted dates   |
| 4 tsp ground cinnamon                                  | ¼ cup almond or coconut milk                              |
| Pinch of ground cloves                                 | ½ cup organic blackstrap molasses or unsulphured molasses |
| Pinch of ground nutmeg                                 | ¼ cup coconut sugar (optional)                            |
| ½ tsp salt   |   |
| ¼ cup coconut flour                                    |   |

Preheat oven to 350° F. Line baking sheets with a silicone mat or parchment paper.

In a medium-sized mixing bowl or stand mixer, mix the almond flour, baking powder, ginger, cinnamon, cloves, nutmeg, salt and coconut flour.

In a blender, blend the eggs, melted butter or coconut oil, dates, almond or coconut milk, and molasses.

Mix the wet ingredients into the dry ingredients with a hand mixer or stand mixer. The dough should be thick enough to form balls, but not quite as thick as Play-Doh.

Refrigerate dough for at least 15 minutes to let harden slightly. This will make it easier to form for baking.


Carefully roll the dough into 1-inch balls. A cookie scoop can help with portioning. If using sugar, roll the dough in a light coating of sugar for texture and to help prevent sticking.

Place dough on a baking sheet. Flatten the cookies with the bottom of a glass or measuring cup.

Bake cookies for 15 minutes. Halfway through baking, remove from oven and make marks with a fork, if desired. This step is completely optional but creates the look of traditional molasses cookies.

Remove from oven and let cool for 10 minutes before carefully removing from baking sheet onto a cooling rack or wire rack. Store any leftovers in an airtight container at room temperature.

Recipe courtesy of Katie Wells.

Healing Ways 

# Something to Smile About

## A Look at Non-Toxic Dental Products

by Zak Logan



madproduction/CanvaPro

With a plethora of products on the shelves promising snow-white smiles and stronger teeth, it is tricky deciding which ones are reliable and the least toxic. For example, antimicrobial mouthwashes, especially those with chlorhexidine, have prompted scientific investigation into possible correlations between their use and cardiovascular disease, oral cancer and other conditions. While there is no conclusive evidence that popular mouth rinses are helpful or harmful, it is something to consider when it comes to dental hygiene regimens.

“It’s an exciting time for natural dental care, and these trends are paving the way for healthier, more conscious oral care routines,” says Trina Felber, a clean-beauty coach and founder of Primal Life Organics. With cutting-edge alternatives like nano-hydroxyapatite replacing controversial fluoride, cleansing agents designed to promote beneficial bacteria, and LED light therapy for gum health and tooth whitening, mouth-care has a bright future.

### Remineralizing Teeth Without Risks

Pharmaceutical-grade fluoride, an ionized form of fluorine, has long been touted as a cavity preventative, counteracting acidic conditions in the mouth and remineralizing the teeth. Concerns, including cognitive deficits in children due to exposure to high levels of fluoride, may be enough to rethink its presence in oral care products and dental applications, especially in areas where sodium fluoride, a chemical byproduct of aluminum, steel and cement manufacturing, is added to drinking water.

“Hydroxyapatite toothpastes are gaining a lot of attention these days as people search for effective alternatives to fluoride to help strengthen and remineralize their teeth,” says naturopathic physician Shawn Manske, assistant director of clinical education at Biocidin Botanicals. “What makes hydroxyapatite so promising is that it is naturally nontoxic and bioactive. Your teeth are made of the same minerals that comprise hydroxyapatite, which your body readily recognizes and uses to repair thinning or damaged tooth enamel. Nano-hydroxyapatite [in toothpaste], because of its much smaller particle size, can penetrate deep within the tooth, helping to remineralize from within.”

Felber highlights the gaining popularity of nano-hydroxyapatite, as well as other enamel-supportive ingredients such as bentonite, kaolin and French green clays, “which naturally protect enamel without the potential downsides of fluoride,” although no studies have confirmed the clays’ ability to remineralize teeth.

Manske points out that nano-hydroxyapatite products on the market today, including toothpastes, are made using a synthetically produced ingredient “because there is currently no natural nano-hydroxyapatite on Earth. However, the synthetic nano-hydroxyapatite is considered biocompatible with the hydroxyapatite naturally found in teeth—meaning not harmful to living tissue—and research demonstrates its effectiveness.”

### Natural Whiteners and the Oral Ecosystem

We all want whiter teeth, but popular over-the-counter whiteners are gaining attention as enamel compromisers. A 2019 assessment conducted by the Danish Environmental Protection Agency and research published in *British Dental Journal* show that the common ingredients sodium chlorite and citric acid in whitening trays, pens and strips might lead to the destruction of enamel and hardness in the teeth. The Danish assessment also warned against the use of whitening products containing more than 0.1 percent hydrogen peroxide.

The Universe's Most Inspiring Song  
**'Loving My Dream'**  
 On All Digital Platforms by The Raw Reynolds

ing™  
**My Dream**  
 ©2024

lovingmydreamllc.com  
 404-402-5057  
 lovingmydreamllc@gmail.com

787.561.7194 @DivineSpineWellness  
 @ThriveWithDrTia DivineSpineWellness.com

Dr. Tia's  
 Mind • Body • Alignments

Divine Spine & Wellness is a sacred space and holistic healing center that emphasizes natural healing through the practice of the Ancient Healing Arts.

**Wellness Services:**  
 Holistic Body & Spinal Care  
 Health & Life-Style Coaching  
 Spiritual Empowerment  
 Divine YOU Workshops

**Elevate Your Oral Health: Wellspring Dental's Airflow Technology Offers a Comfortable, Warm Water Cleaning for a True Wellness Experience.**

We are one of the few practices in Georgia to offer this innovative technology that removes biofilm and stain completely, utilizing unique water spray technology as opposed to traditional methods.

We know biofilm is linked to other conditions like heart disease, alzheimer's, and diabetes. Treating oral biofilm is just one of the ways Wellspring Dental works towards our mission to help patients lead a long, healthy life.

Give us a call to come check it out, we hope to see you soon!

Wellspring Dental: Innovative Care with Heart

www.wellspringdentalatl.com info@wellspringdentalatl.com

**WELLSPRING DENTAL**



# Energy Healing

## Donna Futrell

Wellness Practitioner  
Thewellofroswell.com  
donna@thewellofroswell.com  
678-230-3452



Reset your nervous system, release stress and restore energy. I move and clear disturbances that lead to dis-ease, and empower you to envision a life of ease, joy and vitality.

## Fred Stevens, MA (Family Psychology), YTT-200

Life Guide, Self-help Assistant, 74 Years Experience  
fredstevensiii@gmail.com  
fredearlstevens.com  
404-492-3013



If you're looking for someone to fix you, I can't help you there. I can ask what hurts? How can I help? What are your needs? And I can listen empathically.

## Mark Buhrke

Vibrational Sound Therapist and Reiki Master  
A block east of Pine Lake in Stone Mountain  
678-223-3490 mark@balancingtopeace.net  
www.balancingtopeace.net



Vibrational Sound Therapy infused with Reiki and other healing modalities. Tuning Forks, Crystal Singing Bowls, Quartzophone and other sound instruments used in both private sessions and Sound Baths.

## Ursula Lentine

Spiritual Advisor & Healer  
www.UrsulaLentine.com  
ursulalentine@gmail.com



Achieve wellness through deep inner work. Dr. Lentine helps you heal root problems, through evidence based Internal Family Systems, so you can have peace in your life. Complimentary Clarity Call: healingwithursula.as.me/ClarityCall

To advertise on this focused advertising page, email [ads@naAtlanta.com](mailto:ads@naAtlanta.com)

“LED light teeth-whitening systems are gaining traction, including toothbrushes with built-in LED light technology. These systems use blue LED light combined with a natural whitening gel to break down stains without the harsh chemicals that can weaken enamel or cause sensitivity,” explains Felber, adding that LED light therapy is a powerful tool for healthier gums, too. “Red light therapy helps to reduce inflammation, promote tissue healing and stimulate collagen production in the gums, while blue light targets harmful bacteria that cause gum disease, all without disrupting the oral microbiome.”

A healthy oral microbiome plays a vital role in producing nitric oxide, a molecule essential for maintaining cardiovascular health, improving blood flow and supporting immune function. Felber underscores the importance of using natural dental-care products to support this delicate microbiome.

Manske notes, “Many commonly used mouthwashes can harm your oral microbiome, upsetting the balance of beneficial bacteria in your mouth. Essentially, what these mouthwashes do is wipe out the good bugs with the bad. This creates a state of dysbiosis, which can lead to oral health concerns later.”

Some toothpaste (including the toothpaste tube) and toothbrushes may contain ingredients that disrupt human hormones, such as triclosan (an antibacterial), parabens (a group of preservatives), phthalates (chemicals that make plastic flexible), sodium lauryl sulfate (chemicals that produce a foaming action) and artificial sweeteners. As a result, more companies are going green by producing toothpaste tablets that come in glass or paper packaging and bamboo toothbrushes. “These biodegradable toothbrushes reduce plastic waste and are a great option for anyone looking to make their oral care routine more sustainable,” says Felber. 🌱

*Zak Logan is a freelance health writer dedicated to holistic living and getting back to basics.*

# Soulful Holiday Gifts

## Restorative Presents for Loved Ones

by Marlaina Donato



Julia Metkalova from Julia Metkalova/CanvaPro

the kitchen,” says Caitlin Ball, a health and lifestyle coach in Zurich, Switzerland. “Sometimes, planning to have no plans is a special treat, especially for those of us that have packed calendars. Even if you’re spending the holidays with family, you don’t have to spend every waking minute together, and everyone will be happier if you are happy.”

Whether we go online to create a curated box of comfort for ourselves or surprise someone with a gift certificate from their favorite yoga studio or nail salon, acknowledging body, mind and spirit can be the ultimate gesture of generosity. “Gifting self-care to someone else is like saying, ‘I see you fully.’ It acknowledges that a person is more than just their day-to-day roles or responsibilities—they have emotional, physical and mental needs,” says Chrissa J. Santoro, senior director of communications at the Omega Institute for Holistic Studies, in Rhinebeck, New York.

Investing in someone’s peace or transformation outlasts and outshines less thoughtful presents. “Gifting a retreat experience, workshop or wellness service to a loved one is like giving them permission to prioritize themselves—a gift many people hesitate to give themselves, especially after hardship, long work weeks or grief,” Santoro asserts. “These experiences create a space for someone to step away from the stress, noise and demands of daily life, giving them a chance to reset. This kind of thoughtful gift offers not only physical rest, but also emotional renewal, reminding them of their own worth and helping them rebuild strength from the inside out.”

Winter urges us to schedule more downtime, but the festive season can sweep us into a whirlwind of time-sensitive preparations, social gatherings and the nurturing of our loved ones. Between the office party and taking the family feast out of the oven, self-care can easily be forgotten, and we may wind up feeling overwhelmed.

Many of us are stressed out. According to a 2023 survey by the American Association of Retired Persons, 50 percent of caregivers are burdened emotionally from maintaining the role, and four in 10 caregivers rarely, if ever, feel relaxed. A national survey conducted by The Ohio State University Wexner Medical Center found that 62 percent of parents feel the weight of burnout. Earlier this year, the American Psychological Association revealed in a

survey that 57 percent of workers are enduring work-related stress in the form of burnout, anger and emotional exhaustion.

This giving season, remembering family members near and far, as well as service providers, teachers, emergency personnel, nurses and tradespeople, can provide relief (and even a sprinkle of magic) to those that make a meaningful difference in our lives. While sharing holiday joy with others, it is important to also gift ourselves with soothing activities and helpful items to temper holiday stress.

### The Gift of Self-Care

“Self-care needs to happen daily—whether meditation, journaling, taking yourself out for a cup of coffee with a book, cooking yourself nourishing food or even dancing to your favorite song in

## Transform THROUGH Healing Energy

Journey to holistic wellness with Reiki, frequency tuning forks, and crystals.

This ancient healing practice harmonizes and rejuvenates your body, mind, and spirit.

Distant healing is convenient and effective. Energy transcends physical barriers and reaches you wherever you are.

**Prioritize your wellbeing! \$10 off bookings for first-time clients.**



Northstar  
Timeless  
Healing LLC

(770) 322-4051  
[nstimeshealing@gmail.com](mailto:nstimeshealing@gmail.com)  
[www.TimelessHealing.net](http://www.TimelessHealing.net)

CALL FOR A FREE CONSULTATION  
**Unlock your Full Potential!**  
Working together, we can bring unhealthy patterns, repressed emotions, or injuries to the surface so they can be released.  
*Energy Healing works!*  
Lisa Watson  
Energy healing practitioner  
(770) 617-3001  
[LisaHWatson.com](http://LisaHWatson.com)





A self-care gift can be as simple as a basket of locally made artisan bread or as life-changing as a personalized therapeutic intervention. “Maybe that holiday gift is a gift certificate to see a coach, a counselor or a therapist,” suggests Paula Forte, an integrative health and wellness coach in Eden Prairie, Minnesota, who specializes in helping caregivers that too often care for others more than themselves.

Forte spent 45 years working as a registered nurse before becoming her husband’s caregiver when he was diagnosed with Alzheimer’s disease. She knows firsthand the downward spiral of self-neglect. Her suggestions for mindful gift-giving include a week of meal delivery service, especially if eating healthy has been a challenge; simple pleasures, such as a canister of fragrant tea or a bouquet of flowers; or a ticket to a botanical garden, inviting the recipient to spend healthful time out in nature. Slipping a gift certificate into a holiday card for prepaid healthy lunches, a pickleball membership or the services of a home organizer might usher in a positive new chapter.

### The Pampered Path

Since ancient times, people have sought luxurious and therapeutic respite in baths and the use of precious oils and scents. From hot stone massage to aromatherapy spa treatments, today’s bodywork modalities offer something for everyone. Pampering might be seen as a vanity-driven practice, but heading to the nearest spa or salon is a surefire way to boost

endorphins that not only improve mood but lower stress hormones such as cortisol, promoting the body’s natural state of homeostasis. A 2020 study published in the journal *Scientific Reports* found that 10 minutes of massage, as well as simple rest, significantly reduces systemic stress by prompting the nervous system to switch into parasympathetic mode.

Giving someone a pampering experience can be a wonderful way to bring them fully back to all their senses. “A great option is a gift certificate to your favorite spa for a facial or a skincare basket to create that self-care routine at home,” says Diana DePaoli, holistic esthetician, herbalist and owner of Aura+Bloom, in East Stroudsburg, Pennsylvania. “Men need self-care, too. According to my husband, Danny, it is sleep and a good shave, followed up with some extra love for his beard with my chamomile serum.”

DePaoli’s energy facials include tuning-fork sound healing, as well as reiki, an energy-healing modality, combining physical and spiritual restoration in one session. Even à la carte spa treatments like Himalayan-salt massage or foot reflexology does a body and soul good.

### Gifting Kindness, Time and Presence

Making someone’s world light up this holiday season doesn’t need to involve expensive presents. Creating a special music playlist, serving breakfast in bed or inviting a neighbor out for coffee are

simple, but lovely, gestures that make a person feel special. “I think coupons for experiences you can do together are very meaningful, and you get to spend quality time together. Maybe a coupon for a day hike and picnic, or a movie night with lots of fun snacks,” recommends Ball, adding, “The older people in our lives just want to hear from us or spend time with us. Give them a coupon saying you will call them once a week.”

Forte’s low-cost suggestions include “a book of coupons to run errands they simply don’t have time to complete, like taking their kids to a museum or park, returning the purchase that was the wrong size or detailing their car.” For DePaoli, inexpensive but thoughtful gifts can also fill someone’s belly with love. “You can’t go wrong with making someone a homemade meal or dessert,” she suggests.

### Adopting a Self-Care Mindset

Self-care is vital during the holidays and beyond. DePaoli says, “Being able to rest and reboot is very important to being able to have the energy and mindset to move forward in anything.” And according to Forte, “Self-care isn’t selfish. It is self-preservation.” 🧡

*Marlaina Donato is an author, painter and recording artist. Connect at [BluefireStudio.art](http://BluefireStudio.art).*



## WORKSHOPS & RETREATS

A FOCUSED ADVERTISING SECTION

Save \$100! Any Retreat!



Art of Living Retreat Center

[bit.ly/AOLRC-pbc](http://bit.ly/AOLRC-pbc)

Want to advertise it in this section? Call us for special rates! 404-474-2423



## Georgia’s Destination for Transformation

We’ve hosted 100s of retreats to help you slow down, get inspired, connect to your Higher Self, EVOLVE. We’re 220 acres of north Georgia beauty, graced with the simple yet essential ingredients that make retreats transformative.


Find a Retreat for YOU!  
[elohee.org](http://elohee.org)



## HAVE YOURSELF A Hypnotic HOLIDAY!

VAL HUOGINS  
VH  
Certified Hypnotist | Success Coach

Live Free AMA Lunch & Learn  
Zoom class weekly on  
“The Myths of Hypnosis”  
[thewellnessemporium.net/vgb](http://thewellnessemporium.net/vgb)




## DISCOVER THE POWER OF THE BREATH

Experience the transformative practices of Sudarshan Kriya (SKY) and meditation—the Art of Living Premium Retreat.

GREATER PEACE • LESS STRESS • INCREASED ENERGY • MORE JOY  
Boone, NC | [aolrc.org/premium](http://aolrc.org/premium) | 800.392.6870



# Hot Yoga

## Is There Benefit to a Heated Room?

by Patricia Schmidt



Southtownboy/DepositPhotos.com

### Spoiler Alert: There's Sweat!

It's memorable—that first time you notice that the sweat on your yoga mat is not your own. Often crammed with other bodies into a small room heated to over 100 degrees—for many yoga students, hot yoga is a black-or-white, love-it-or-hate-it experience. There's no grey. No maybe's. The intimacy of that much sweat and physical intensity in the confined space of a yoga studio either alienates or attracts. Someone else's sweat and breath are a red line for a lot of people, but for others, the combination breeds a sense of communal effort and dedication. Many who practice it describe the pairing of extreme physical exertion with a shared group consciousness as addictive.

### A Brief History of the Heated Room in Western Studios

Hot yoga became a "thing" in the West in the 1980s. At the time, yoga practices were enjoying an increase in popularity throughout the U.S. due to celebrity support, televised programs and the increased availability of the practice in yoga studios. Within this context, Bikram Choudhury emerged as a celebrity-endorsed guru, touting the rigidity of his practice and selling hot yoga as an authentic experience of yoga, calling it "Bikram yoga." He prescribed the use of an austere environment and designed a physically taxing yoga sequence, both of which signaled to students that it would be a step away from the more gentle "stretch-based classes" that were popping up all over the country.

Consisting of twenty-six physical postures and two breathing practices, Bikram yoga was the same practice every time, no matter the location. Every Bikram studio, too, conformed to the same minimalist conditions—a mirror on the wall, no music and no props. Rooms were heated to above 105°F, the humidity was set to around 40 percent, and highly-trained teachers offered the same scripted instruction.

Cleveland Willis, co-owner of Still Hot Yoga in Decatur, described his first class as "brutal in the best sense" as well as "an awakening." He's not alone in his feelings; most hot yoga students describe an intense first-time experience.

Few hot studios refer to Bikram Choudhury any longer because of multiple lawsuits alleging sexual harassment, assault, racism and homophobia. In its stead, the Original Hot Yoga Association (OHYA) now provides both legitimacy and community for hot yoga teachers. As Willis helpfully notes, however, the name Bikram remains meaningful to students because of the type of rigorous practice it represents.

Here in Atlanta, students can find traditional hot yoga studios like Still Hot Yoga and Be Hot Yoga, as well as other studios, including the Highland and Yonder chains, that "warm" their classes but are otherwise more open in their approach. Their heat and humidity are lower in comparison, and they vary the postures, music and teaching styles they offer. These classes are popular, partly due to increasing awareness of heated yoga's physiological benefits. As Be Hot Yoga owner Diana Delatour explains, research continues to grow our understanding of the benefits of the practice to cardiovascular health, range of motion, connective tissue, cellular stress response and mental well-being. She notes that Be Hot students are a truly diverse group of people and reports that "we see that this type of yoga is accessible and helpful to almost everyone."

### Benefits That Nurture Self and Others

Students and teachers alike report that by doing hot yoga in whatever form, they feel a strong sense of communal and personal accomplishment. They report some relief from chronic stress and describe the heat as facilitating their path to awakening within their yoga practice.

For many, heated yoga practices breed a sense of community. Sam Martin, a longtime hot yoga practitioner, sums this up neatly by saying, "Relationships with teachers, with people you practice with—that's a big part of it for me. I get some fellowship out of it, and it's really cool to walk through life with people." Natalie Holloway and Jessica Martin, two Yonder Yoga students, note the importance of the teacher/student relationship and the encouragement they get from being with their trusted teachers in such a taxing environment. The Still Hot and Be Hot communities are

welcoming their second generations into the studio—longtime students are bringing their grown children and expanding their sense of communal work. "For me, it's just gratitude, you know?" says Willis. "We're all in this together when we're in the room."

Hot yoga devotees emphasize the opportunity for compassion toward self and others within the rigor of the class—a kind of communal compassion that brings forth lovingkindness. Delatour described her entire studio ethos as "the kind and gentle Bikram." "[The practice] is a challenge [and] you *earn* the benefits. But we try to make space for everyone to work to his own level." Willis offers his advice: "Take breaks when you need to. Do your best. Stay in the room."

The practice also seems to offer a sense of personal achievement, according to Delatour. It "gives people a lot of confidence because ... you're just you. Your mat... towel... water... in front of this mirror. You're sweating like crazy. You're doing these challenging postures. There's a sense of accomplishment. You think, 'I can handle life. I can do anything.'" Sam Martin shared that "it's the first workout I've found that I could go into and work my rear off for 90 minutes and come off feeling better on the other side."

In fact, most students report a discernible relief from stress—they do, indeed, feel better after class. "It shuts my brain up!" says Willis. Both Jessica Martin and Holloway point to the protected class space as contributing to their stress relief. Says Holloway, "The heat and humidity. The darkness. It's like I cross a threshold. It signifies a more sacred time."

Finally, to its practitioners, hot yoga is aligned with traditional yoga's purpose to offer a structured path to enlightenment and awakening for practitioners. "Yoga is a place where I can grow," says Jessica Martin. "All the stuff I was worried about doesn't seem so pressing anymore," says

Delatour. "I can handle it now. I sweated out some stuff I needed to get rid of." Willis describes it this way: "We get closer to whatever your version of a higher power is, in the room, sometimes. And that goes back to that rigidity, that heat, that sweat, that focus, that determination. It is a great lesson in connecting with yourself, connecting with something bigger."


### Five Things to Do Before You Go

1. If you have any medical conditions or injuries, check first with your primary healthcare provider.
2. Bring a water bottle, a mat and a towel. Many studios share a list of what beginners should bring.
3. Plan to be kind. Set the intention to accept yourself just as you are.
4. Plan your recovery by setting aside time to rest, shower and rehydrate afterward.
5. Plan your next class, too. Be sure to try heated yoga more than once. 🙏



Patricia Schmidt, C-IAYT, E-RYT 500, YACEP, is a certified yoga therapist specializing in pelvic health, accessible yoga and yoga for cancer support. She is a

Franklin Method trainer, Roll Model method teacher and somatic movement specialist. To learn more, visit [PLSYoga.com](http://PLSYoga.com).



*Balancing to Peace*  
**Vibrational Sound Therapy  
 Reflexology  
 Healing Energies**  
 Mark Buhrke  
 678-223-3490  
[BalancingToPeace.net](http://BalancingToPeace.net)

# the Writing Doctor



**YOUR BOOK. YOUR VOICE.  
 YOUR WORK. ELEVATED.**

Capture readers' hearts and minds with great writing that delivers authority, energy, and personality—yours! Whether you want to enchant, educate, or enlighten, call the Writing Doctor.

**404.585.7590**

**Diane Eaton, MCIS**  
 Professional Freelance  
 Ghostwriter, Editor & Coach  
[DianeTheWritingDoctor.com](http://DianeTheWritingDoctor.com)  
[diane@DianeTheWritingDoctor.com](mailto:diane@DianeTheWritingDoctor.com)





# YOGA IN ATLANTA

- A Focused Advertising Section -



## calendar

### SATURDAY, DECEMBER 7

**December Yoga & Community Lunch** – A TLC Yoga Fundraiser! – 10am-1.30pm. Join Ashley Erwin for Surya Namaskar, followed by Ewa Cater's chair-assisted yoga for flexibility and strength. Donation-based classes support yoga and meals for those experiencing homelessness. Eastside Church, 468 Moreland Ave SE, Atlanta. bit.ly/dec-yoga-lunch-fundraiser-120724.

### TUESDAY, DECEMBER 10

**Yoga for Beginners (90-Minute Module)** – 6pm-7pm. Discover 7 simple yet powerful yogic practices with Isha Foundation. Enhance well-being, manage chronic ailments, and improve sleep and focus. Ages 7+ (under 17 with guardian). Sandy Springs Library, 395 Mount Vernon Hwy, Atlanta. bit.ly/yoga-beginners-121024.

### FRIDAY, DECEMBER 13

**Storybook Yoga – Central Library** – 11:30am. Children enjoy a blend of move-

ment and literacy through stories incorporating yoga poses. Led by Amanda Pieper of White Dandelion Yoga. Space limited to 12 children. Central Library, 85 Literary Ln, Newnan. bit.ly/storybook-yoga-121324.

**Goddess Yoga** – 7:30pm – 9.30pm. Embrace your inner goddess with this hula and belly dance-inspired yoga class, empowering women through flowing, sensual movements. Open to all experience levels. \$35. AUM Studio, Alpharetta. Kelly. bit.ly/aum-studio-events.

### Radiant Body, Radiant Mind Spiritual Retreat

DECEMBER 14-21  
NOSARA, COSTA RICA

Shed layers of fatigue and stress. Embrace peace, nature, yoga and meditation, all to nourish your Soul. No prior experience necessary. Seven nights and daily meals at the Casas Kismet resort. Transportation not included.

For more information:  
peachtreeyoga.com/retreats/  
404-847-9642.

### SATURDAY, DECEMBER 14

**Free Heartfulness Meditation Sessions** – 5pm-5.30pm. Unwind and find inner peace at this free meditation session. Open to all experience levels. Arrive by 4:45pm for guidance. Ambaji USA - Shree Shakti Mandir, 1450 Huie Rd, Lake City. bit.ly/heartfulness-meditation-121424

### SUNDAY, DECEMBER 15

**T.R.A.P. Yoga ATL** – 10am-12.15pm. Join an all-levels yoga class with high-energy flows set to hip-hop vibes. Bring good energy and an open mind. \$15 at the door. The Loft Athletic Club, 275 Decatur St SE, Atlanta. bit.ly/trap-yoga-atl-121524.

**Postnatal Workshop** – 2:45-3:45pm. Join Leigh Mercer for a supportive workshop designed for new moms, focusing on core strength, tension release, and heal-

ing movements, followed by meditation. Clearance for physical activity required. Highland Yoga, Virginia Highlands. bit.ly/highland-yoga-events.

**Kids Yoga and Art** – 3pm-4.30pm. Kids (ages 5-10) enjoy playful poses, mindful meditation, and breathwork with Ashley Cocchi-Miller, plus create arts and crafts to carry yoga off the mat. \$25/child; \$20/sibling. Vista Yoga. bit.ly/vista-yoga-events.

### TUESDAY, DECEMBER 17

**Atlanta Laughter Yoga Club** – 5.30-6.15pm. Join Celeste Greene for a free Laughter Yoga session at the Trolley Barn. Laugh, connect, and unwind. Bring a mat and water bottle. Trolley Barn, 963 Edgewood Ave NE, Atlanta. bit.ly/laughter-yoga-club-121724.

### SUNDAY, DECEMBER 22

**Winter Solstice Celebration** – 6pm-8pm. Join Maureen Walter for an evening of restorative yoga, solstice rituals, and Yoga Nidra. Embrace relaxation, renewal, and intention-setting for the New Year. Props encouraged. Highland Yoga Memorial. bit.ly/highland-yoga-events.

**Community Care Yoga** – 6:30-7:30pm. Join a free, trauma-informed yoga session at Nectar Yoga, led by senior teachers Danielle Brunson and Brianna Whitfield. Mats provided, donations welcome. Nectar Yoga, 465 Flat Shoals Ave SE, Atlanta. bit.ly/community-care-yoga-122224

### SATURDAY, DECEMBER 28

**Adolescent Yoga** – 12pm-1pm. Youth yoga session with Sheterra Walker to manage anxiety, improve focus, and build self-discipline. Ages under 14 require a guardian. Free parking available. Center for Intuitive Healing, 1842 Independence Square, Dunwoody. bit.ly/adolescent-yoga-122824.

### TUESDAY, DECEMBER 31

**Battle Box Yoga Session** – 7:10-8:10pm. Start the weekend with a transformative yoga class focusing on aligning body energy centers. Limited mats available; new sign-ups receive a \$10 credit. 1185 West Ave SW, Conyers. bit.ly/battle-box-yoga-123124

### AMOHA YOGA

678-520-6317  
Amoha-yoga.com  
sudha@amoha-yoga.com



Kindle your transformative journey, rejuvenating & healing various levels of your being. Offering virtual and in-person sessions on yoga, pranayama, meditation, chanting and yoga philosophy (Gita, sutras).

### GIVING TREE YOGA CENTER

1295 W. Spring Street SE, Suite 200  
Smyrna, GA 30080  
www.givingtreeyogasmyrna.com  
770-626-1559

### HOPE'S YOGA

ERYT-500, Certified Yoga Therapist  
healthylivingwithhope.com  
hope@healthylivingwithhope.com  
770-789-7782



Voted "Best of Atlanta," Atlanta Magazine. Get inspired. Renew your soul. Meeting where you are and supporting your journey. Offering group, private, therapeutic and corporate classes on-site, in-studio and virtual.

### SATI YOGA AND WELLNESS

Non-heated, trauma-informed yoga  
1996 Hosea L Williams Dr  
satiyogawellness.com  
404-907-4279

### SUNNY STREET YOGA

An All-Levels Community Yoga Studio  
6375 Spalding Dr Suite E  
SunnyStreetYoga.com  
470-641-3021

### SUN DRAGON YOGA

313-303-0096  
sundragon yoga.com  
david@sundragon yoga.com



Begin your yoga journey from anywhere; we're a virtual studio! We focus on restorative poses, balance and overall health and well-being. New students: Mention Natural Awakenings and get your first month free!

### VISTA YOGA

2836 Lavista Road, Suite D  
Decatur, GA 30033  
404-929-9642  
vistayoga.com

To place an ad in our Yoga section,  
inquire at ads@naAtlanta.com.

### Embodied Pilates with Conscious Breathwork

We combine the best of Pilates, breathwork and energy medicine to develop body, mind & spirit.

Private and small group training

bodyawarenessstudio@gmail.com

## YOGA

7 years of coverage!

bit.ly/na-yoga



## 13 Expert Teachers. 13 Local Studios. 1 World Class Yoga Teacher Training Program.



## Our 200-hour Yoga Alliance Certified YTT Begins January 31

Arrive with an Open Mind. Leave with an Open Heart.

Unmatched Benefits • Unrivaled Reviews • Unquestionably Unique

"I learned so much about yoga, but the best part was how much I grew as a person." - A.B.

"I cannot speak highly enough of this YTT training with Kim. It was a beautiful, transformational experience." - E.R.

"I truly saw myself and others grow into the beautiful beings they are destined to be." - A.R.

### WHAT MAKES THIS UNIQUE?

You receive free UNLIMITED membership at all studios during training

Atlanta's Largest YTT faculty with 13 subject EXPERTS

You will learn and practice teach in MULTIPLE studios, raising your confidence upon graduation

★★★★★ reviews since 2014

You can't put a price on growth. Do this for you.

# ytt collective

For more information visit our website  
www.YTTCollective.com

## Trauma-Sensitive Yoga

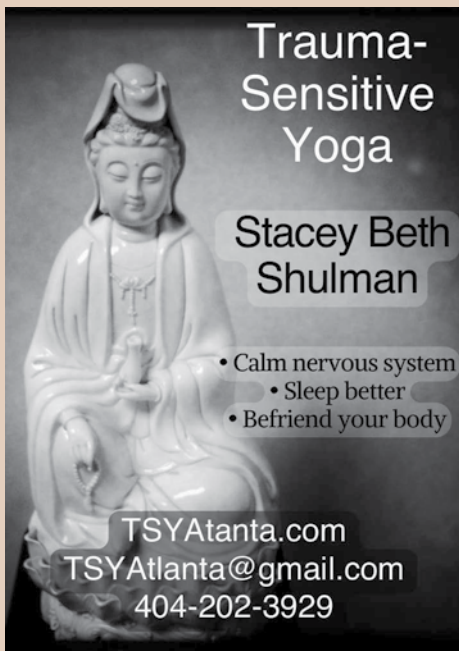
Stacey Beth  
Shulman

- Calm nervous system
- Sleep better
- Befriend your body

TSYAtlanta.com

TSYAtlanta@gmail.com

404-202-3929





natural  
awakenings

# The Styles of Yoga

Over the last 18 months, Natural Awakenings' yoga editors have dived deep to give you an inside look at several styles of yoga offered in and around Atlanta. Curious about Yin or Prenatal or some of the others? Check them out here!

## ASHTANGA

[bit.ly/ashtanga-0723](https://bit.ly/ashtanga-0723)

## YIN

[bit.ly/yin-1023](https://bit.ly/yin-1023)

## HOT

[bit.ly/hot-yoga-1224](https://bit.ly/hot-yoga-1224)

## THERAPEUTIC

[bit.ly/yoga-therapy-0924](https://bit.ly/yoga-therapy-0924)

## KUNDALINI

[bit.ly/kundalini-0424](https://bit.ly/kundalini-0424)

## RESTORATIVE

[bit.ly/restorative-0824](https://bit.ly/restorative-0824)

## NIDRA

[bit.ly/nidra-1124](https://bit.ly/nidra-1124)

## PRENATAL POST PARTUM

[bit.ly/prenatal-0524](https://bit.ly/prenatal-0524)

Green Living



## Click Local

### How Online Shopping Boosts Neighborhood Businesses

by Megy Karydes



RyanKing999/CanvaPro

When Chicago resident Debbie Carlson wants to buy a book, she goes online. Instead of Amazon, she places her orders through *Bookshop.org* because her local bookstore benefits from the purchase while she enjoys the extra convenience. Carlson is not alone, as consumers increasingly look for ways to bolster their neighborhood economy.

"I want to have a thriving retail and local community, and I want to support businesses here," she says. "If I can't get to the physical store, I want to be able to go to their website and see what they have." Although she lives within walking distance of independent shops, food markets and hardware stores, as a full-time professional, she appreciates the convenience of online shopping. Once Carlson finds a store she likes, she'll sign up to receive updates via email. When something catches her eye, she has no problem picking up the phone and speaking with the proprietor to clarify any questions. "I know they'll get back to me right away and give me the information I want," she explains.

#### Building a Retail Community

"We have become friends with so many of our customers," says Bonnie Schulz, owner of Bonnie's Chic Boutique, in Grayslake,

Illinois, which features apparel, accessories and home goods, and celebrated 10 years in business this fall. While an active customer base shops in person, she understands that it isn't easy for everyone to regularly come in to see what's new. To stay connected with her clientele, she greets them on Facebook Live every Wednesday, walking around the shop and pointing out the latest arrivals.

"Every single time I do a What's New Wednesday, we have people calling to set aside an outfit or coming in to buy something," Schulz says, noting that her customers are not always local to the area. Some of her regulars keep tuning in even though they have moved away. It's easy for them to place an order on the phone or have a neighbor or family member pick it up to ship to them.

Schulz has spent years nurturing her relationship with her customers, and they trust her opinion as they would a friend's. She has become a trusted personal shopper, and once she gets to know them, she can steer them in the right direction even if they're not in the store.

#### High Tech Meets High Touch

Part of the reason online shopping has become so popular is it can be done with a click of a button, and there is hardly anything that cannot be found online. According to a Pew Research Center survey, whether ordering household items or the latest fashions, the internet has reshaped how, when and where we make purchases. Smartphones have made it so convenient that about one in three Americans shop online with their phone at least weekly.

Companies like *Locally.com* are making it easier for customers to find items close by, even if they want to shop online. Their omnichannel business strategy provides a seamless shopping experience across all channels, including in-store, mobile and online. If a shopper is looking for a local retailer to buy their next pair of running shoes, for example, they can input their location and the product on Locally's website or app, which will identify which nearby retailers have that item in stock. The shopper can then choose to order it online or go to the store to make their purchase.

While Facebook, Instagram, YouTube and TikTok dominate online sales, 87 percent of brands report that their email marketing campaigns are just as critical to their business success, according to Litmus, an email marketing platform. It takes time for independent retailers to keep websites updated, and sending emails is time-consuming, but independent retailers understand that shoppers appreciate the convenience of shopping online while supporting the local community. "You have only so much money to spend," Carlson says. "I want to make sure that I'm spending it in a way that I think my dollar will have an impact, not just financially, but socially, as well."

Megy Karydes is a Chicago-based writer and author of *50 Ways to More Calm, Less Stress*.



# Jean Shafiroff

## on A Philanthropist's Calling

by Sandra Yeyati

New York socialite and humanitarian Jean Shafiroff is the author of *Successful Philanthropy: How to Make a Life of What You Give*, in which she offers readers the motivation and practical advice to donate time, knowledge and resources to causes that inspire them. She is the producer and host of a television show that airs six times a week through LTV studios in East Hampton, New York, where she interviews politicians, celebrities, business leaders and prominent philanthropists.



Michael Panticcia

In recognition of her generosity and extensive work as a volunteer fundraiser, she has received numerous awards, and in 2022, she was proclaimed the First Lady of Philanthropy by the New York State Assembly. Every year, Shafiroff hosts and underwrites large cocktail parties in her homes on behalf of different

charities, with a special focus on women's rights, underserved populations, health care and animal welfare. She serves on the boards of the Southampton Hospital Foundation, Mission Society of New York City, Couture Council of the Museum at Fashion Institute of Technology, French Heritage Society, Casita Maria Center for Arts & Education, New York Women's Foundation, Global Strays, Southampton Animal Shelter and the Historical Society of Palm Beach County.

Shafiroff has a bachelor's degree in physical therapy and an MBA in finance from Columbia University. She worked as a physical therapist at St. Luke's Hospital, in New York City, and as an investment banker on Wall Street. Together with her husband, Martin, vice chairman of global wealth management at Stifel, they have raised two daughters.

### What is your definition of philanthropy?

Anyone can be a philanthropist. If you do not have the money to donate, you can become a philanthropist by giving your time and knowledge, which are two very valuable resources. Many people do a tremendous amount of volunteer work. That being said, I believe that those who have the financial resources have an obligation to give, because life is not created equal.

### Why should people be generous with their time, knowledge and resources?

We live in a world where hunger, homelessness and other terrible hardships exist. There is great need, and the government cannot do everything, so that is where individuals, foundations and businesses step up to the plate and get involved.

Giving is a wonderful, feel-good experience. The giver receives far more than the receiver, and by giving, we help to equalize the disparities between those that have and those that do not have. I

feel blessed to be involved in philanthropy. I encourage everyone who has a little time to get involved.

### What prompted you personally to engage in philanthropy?

Working as a physical therapist at St. Luke's, an inner-city hospital where my patients lived at or below the poverty level and had serious health issues, I learned right then and there that life is not fair. I believe that those of us who have the ability to be helpful have an obligation to do so.

I also travelled to visit orphanages, schools and people that lived in huts in Cambodia, as well as very poor sections of Colombia, Nicaragua, Costa Rica and China, and those experiences were life-changing. My own life in the United States is so different. I feel like I have to do something, otherwise I have pretty much wasted my lifetime. It is very fulfilling to do philanthropic work, and I will continue to do it for the rest of my life, so long as I am able.

### What advice do you have for people that want to become philanthropists?

I suggest following your passions. If a relative had breast cancer and you want to find a cure, maybe you want to get involved with a charity that is working on breast cancer research. If you have an interest in the arts, maybe you want to support a museum.

Read all you can about a charity before you get involved. Google them. Look at their website. Read articles about them. Look for a charity that is well-run, has a low overhead and reports how the funds are being used. *GuideStar.org* or *CharityNavigator.org* rate the larger charities.

### Why do you believe it is important to teach kids about the value of giving?

Philanthropy has to continue in the future, so we need to encourage children to engage in it in order for it to survive. Philanthropy needs to be taught to children by our being good role models. Parents who are involved in philanthropy often involve their children. Schools need to teach about its importance and have community service requirements.

It is key to mentor and encourage future generations to engage in philanthropy.

### What about philanthropy in terms of the older generations?

For a person who is retired or who has raised a family and is now an empty nester with a lot of time on their hands, it is very fulfilling to get involved in philanthropy. Rather than sitting in front of the television or playing golf every day, which maybe they have absolutely no interest in, getting involved in philanthropic causes can create meaning in their

lives. When you volunteer, you meet a lot of nice people and make friends. You also know that you are helping those who need help, and that is a feel-good experience. It is a very worthwhile use of your time. 🙏

Sandra Yeyati is national editor of *Natural Awakenings*.



To read a longer version of this conversation, visit online at [TinyURL.com/ShafiroffWW](https://TinyURL.com/ShafiroffWW) or scan the QR code.




 <p>Naturopathy Functional Nutrition Functional Lab Testing Detoxification Programs &amp; Holistic Apothecary</p>	 <p>Korean / TCM Acupuncture Cupping Oriental Bodywork Herbal Medicine</p>
<p>\$45 COMMUNITY CLINIC EVERY MONDAY</p>	
 <p>Neuro-muscular Therapy Lymphatic Therapy Swedish / Circulatory Massage Raindrop Therapy Reflexology (Nationally Certified)</p>	 <p>Yoga Group &amp; Private Reiki &amp; Intuitive Healing Access Bar - Trauma Release Vibrational Sound Healing &amp; Workshops</p>

**RANESA HOUSE OF WELLNESS**  
Professional . Compassionate . Affordable Wellness Care

DISCOUNTED PACKAGES . WELLNESS RETREATS . GIFT CARDS AVAILABLE

3091 E. SHADOWLAWN AVE NE, ATLANTA, GA 30305 (FREE PARKING)  
404-941-9544 [WWW.RANESAHOUSEOFWELLNESS.COM](http://WWW.RANESAHOUSEOFWELLNESS.COM) [CARE@RANESAHOUSE.COM](mailto:CARE@RANESAHOUSE.COM)

**Prepare all those who know not yet that I have returned.  
My need is great for those who see the promise and the dangers of the time.**

**I trust you, my brothers and sisters,  
to work for me in this way,  
to lift from the world the peril of war,  
to relieve the hunger of many,  
and to restore the well-being to the world.**

MAITREYA, THE WORLD TEACHER





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 \$25 to attend — to list for free. Otherwise, basic listings are \$40 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).

## Sunday, December 1

**First Sunday of Advent Service “Hope is an Art”** – 11am-noon  
Cultivating hope is an ancient practice that grounds you in the present while you anticipate a bright future. In-person or via livestream at UnityAtl.org. Nursery available. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585

## Friday, December 6

**Ageless Energy: Your Personal Path to Vitality** – 6:30-7:30pm. Join this online workshop to explore strategies for healthy aging, enhanced vitality, and lifelong energy. Perfect for anyone seeking to feel more vibrant and empowered. Register online. [bit.ly/ageless-energy-120624](http://bit.ly/ageless-energy-120624)

## Friday, December 6

**Meditation and Purpose Driven Goals: Creating a Life of Meaning and Impact** – 6:30-8:30pm. Join SoulConversationz for an evening of sonic meditation, goal-setting, and self-reflection to align with your purpose for the new year. All ages welcome. 426 Seminole Ave NE, Atlanta. [bit.ly/meditation-purpose-120624](http://bit.ly/meditation-purpose-120624).

## Saturday, December 7

**Negative to Positive: Change Agents** – 10:30am-2:30pm. Men ages 16+ are invited to join Paul Posey for an interactive event addressing dysfunctional thinking and promoting wellness through discussion and activities. Free parking; light refreshments provided. Gresham Library, 2418 Gresham Rd SE, Atlanta. [bit.ly/negative-to-positive-120724](http://bit.ly/negative-to-positive-120724).

**DIY Juice Cleanse Workshop** – 12:30-3:30pm. Discover the My Health Bae Method for juice cleansing with wellness expert Jalissa Johnson. Includes live juicing demo, recipe samples, and Q&A. Ponce City Market, 675 Ponce De Leon Ave NE, Atlanta. [bit.ly/diy-juice-cleanse-120724](http://bit.ly/diy-juice-cleanse-120724).

**Shielding Your Spirit - How to Safeguard Your Energy** – 2-4pm. Learn techniques to clear, protect, and strengthen your energy field, enhancing self-care and personal boundaries. Early bird \$25 until 11/23, then \$30. The Well of Roswell, 900

Old Roswell Lakes Pkwy, Ste 300, Roswell. (770) 778-2051. [bit.ly/shielding-your-spirit-120724](http://bit.ly/shielding-your-spirit-120724)

## Sunday, December 8

**Day on the Camino – Kennesaw Mountain National Park** – 9am-1pm. Choose from 3.5-, 7-, or 12-mile hike options. Meet at Kennesaw Mountain Visitor Center; parking fee \$5. Lunch at Marietta Square. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Dr, Kennesaw. [bit.ly/kennesaw-mtnl-park-120824](http://bit.ly/kennesaw-mtnl-park-120824)

**Second Sunday of Advent Service “Peace is a Mindset”** – 11am-noon  
Discover how peaceful consciousness overcomes fear and chaos, bringing tranquility through a broad perspective. Attend in-person or livestream at UnityAtl.org. Nursery available. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585.

**The Economic Freedom Summit & Giveaway** – 12:30-3:30pm. Join us for talks, networking, and giveaways celebrating black excellence, entrepreneurship, and education. Part of the GDR Festival. Free parking. 2300 Godby Rd, College Park. [bit.ly/economic-freedom-summit-120824](http://bit.ly/economic-freedom-summit-120824)

## Monday, December 9

**Food for Freedom** – 7-8:30pm. Author of the best-selling books *The World Peace Diet* and *Food for Freedom*, Dr. Will Tuttle will talk about the path to health, sustainability, and inner peace. Unity North, 4255 Sandy Plains Rd, Marietta. UnityNorth.org

## Thursday, December 12

**Bird Stroll with Ranger Jonah** – 10:30am. Join Ranger Jonah for a two-mile birding walk in Mason Mill Park. Binoculars recommended. All birding levels welcome. Meet at Mason Mill Playground, 1340 McConnell Dr, Decatur. [bit.ly/bird-stroll-ranger-jonah-121224](http://bit.ly/bird-stroll-ranger-jonah-121224)

**Atlanta Job Fair – Atlanta Career Fairs** – 11am-2pm. Meet top hiring managers from leading Atlanta companies. Free for job seekers; professional attire recommended. The Westin Peachtree Plaza, 210 Peachtree St NW, Atlanta. [bit.ly/atlanta-job-fair-121224](http://bit.ly/atlanta-job-fair-121224)

## Saturday, December 14

**Elevate Your Mind and Body** – 12-2pm. Join P. DeanMcGruder for a rejuvenating event focused on mental and physical well-being, including relaxation and self-care activities. Ages 18+. Free parking available. Martin Luther King Jr Recreation Center, 110 Hilliard St SE, Atlanta. [bit.ly/mind-body-elevation-121424](http://bit.ly/mind-body-elevation-121424).

**How to Reset to Your Superwoman’s ‘SELF!’** – 3-5pm. Free virtual 2-day workshop via Zoom teaches the 4-Step SELF Method to restore energy and well-being. Ideal for women balancing career and family. Register online. Atlanta (virtual). [bit.ly/reset-superwoman-self-121424](http://bit.ly/reset-superwoman-self-121424)

**December Full Moon Sound Bath Session with Queen Yenn** – 7-8pm. Join Queen Yenn for a relaxing full moon sound bath featuring singing bowls and Reiki for deep relaxation and renewal. Limited spots available. Oyun Botanical Gardens, 3353 Washington Rd, East Point. [bit.ly/full-moon-sound-bath-121424](http://bit.ly/full-moon-sound-bath-121424).

## Sunday, December 15

**Third Sunday of Advent Service “Love is for Living”** – 11am-noon. Life and love endure, offering blessings even in times of loss. Includes Flower Wreath Ceremony and In Memoriam photo tribute. Attend in-person or via livestream at UnityAtl.org. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585

**Geology Walk with Bill Witherspoon** – 1-3:30pm. Explore 350-million-year-old rocks at Mason Mill Park with geologist Bill Witherspoon, co-author of *Roadside Geology of Georgia*. Two-to-three-mile walk; bring water and sturdy shoes. Mason Mill Park, 1400 McConnell Dr, Decatur. [bit.ly/geology-walk-bill-witherspoon-121524](http://bit.ly/geology-walk-bill-witherspoon-121524)

**Full Moon Night Walk at Mason Mill Park** – 5:30-7:30pm. Walk through the park after dark with Ranger Jonah, observing moonrise and listening to night sounds. Two-mile hike; bring water, flashlight, sturdy shoes. Register; space limited. Mason Mill Park, 1400 McConnell Dr, Decatur. [bit.ly/full-moon-night-walk-121524](http://bit.ly/full-moon-night-walk-121524)

## Monday, December 16

**Wise-Woman Divine Partner CoCreation Activation - Gemini Full Moon** – 2am-5am. Join astrologer and joy whisperer Aliah Selah for a powerful online full moon session to cultivate divine partnerships and align with higher purpose. Open to all. [bit.ly/wise-woman-full-moon-121624](http://bit.ly/wise-woman-full-moon-121624).

## Thursday, December 19

**Nature Walk with Ranger Jonah** – 10am-12pm. Join Ranger Jonah for a 2-mile walk through Mason Mill’s trails, learning about

local flora and fauna. All ages welcome; wear sturdy shoes and bring water. Mason Mill Park, 1400 McConnell Dr, Decatur. [bit.ly/nature-walk-jonah-ranger-121924](http://bit.ly/nature-walk-jonah-ranger-121924)

**December Mini Health Resource Fair** – 11am-2pm. Join us at Hapeville Branch Library for health tips, resources, and stress management activities. Free screenings and wellness info for all ages. Sponsored by CenterWell Senior Primary Care. 525 King Arnold St, Hapeville. [bit.ly/health-resource-fair-121924](http://bit.ly/health-resource-fair-121924).

## Sunday, December 22

**Fourth Sunday of Advent Service “Joy is in the Moment”** – 11am-noon. Joy arises in the present, bringing grace and wonder. Experience this uplifting service in-person or via livestream at UnityAtl.org. Nursery available. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585.

## Sunday, December 22

**Soundbath Meditation** – 4-5pm. Immerse yourself in a healing sound bath to relieve pain, stress, and tension, using instruments like gongs, singing bowls, and chimes. Phoenix and Dragon, 5531 Roswell Rd NE, Sandy Springs. Refunds available up to 7 days prior. [bit.ly/soundbath-meditation-122224](http://bit.ly/soundbath-meditation-122224).

## Tuesday, December 24

**Christmas Eve Candle Lighting Service** – 4-5pm. Celebrate with music, candlelight, and a readers theatre of Dear Santa. Rejoice in the Christ spirit within us all. Attend in-person or via livestream at UnityAtl.org. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585.

## Thursday, December 26

**Heart-Centered Business Creation for Wellness Practitioners & Coaches** – 12-1pm. Join Alex in this online workshop to design and launch a purpose-driven, conscious business. Align your gifts, values, and purpose to make lasting change. Virtual via Zoom. [bit.ly/bussiness-for-wellness-centered-practitioners-122624](http://bit.ly/bussiness-for-wellness-centered-practitioners-122624).

## Tuesday, December 31

**New Year’s Eve Burning Bowl Service** – 6-7pm. Welcome the new year by releasing the past and setting intentions with a letter to God, returned to you next December. Attend in-person or via livestream at UnityAtl.org. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585.

**Sound Therapy Meditation!** – 12-1pm. Join Stacey Freeman, certified sound practitioner, for a virtual sound meditation session using Tibetan and crystal bowls to promote relaxation, balance, and focus. Empower yourself to start the New Year refreshed. Virtual via Zoom. [bit.ly/sound-therapy-meditation-123124](http://bit.ly/sound-therapy-meditation-123124).

## 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).

**Grant Park Farmers Market** – 9am-1pm. The Beacon ATL, 1030 Grant St SE, Atlanta. [cfmatl.org/markets](http://cfmatl.org/markets).

**Online: NWUUC** – 10am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or [nwuuc.org](http://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](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).

**Online: UUCA Service** – 11am. Unitarian Universalist Congregation of Atlanta: [uuca.org/live](http://uuca.org/live).

**Twin Hearts Meditation** – 11:00 am – 12:30 pm. 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).

**Tarot and Mocktails** – 1-2:30 pm. 1st Sunday. Designed for experienced and beginner tarot readers. Bring a deck of cards or buy onsite. Enjoy mid-day snack and drink. Learn about tarot and oracle cards. With Holistic Health & Wellness - 3372 Canton Rd Suite 116, Marietta, GA, 30066. 678-471-6587. [HolisticHealthse.square.site/events](http://HolisticHealthse.square.site/events)

## Tuesdays

**Meditation for Beginners** – 7-8pm. This class introduces topics such as the benefits of meditation, mindfulness, good posture, types of meditation and how to start a daily practice. \$10. Kadampa Meditation Center Georgia, 741 Edgewood Ave, Atlanta. [MeditationInGeorgia.org/MeditationForBeginners/](http://MeditationInGeorgia.org/MeditationForBeginners/)

**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).

**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/TwinHearts-Meditation](http://Meetup.com/TwinHearts-Meditation).

**Divine Connection Spanish Language Online Prayer & Study Group** – 8-9pm. Unity Atlanta Church invites the Spanish-speak-

ing community to “Conexión Divina,” led by Rev. Xiomara Malagon. This weekly Zoom class features various topics for personal and spiritual development. Drop-in any time. New people are welcome to join. Register: [xioma735@gmail.com](mailto:xioma735@gmail.com). Unity Atlanta Church: 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Wednesday

**Decatur Farmers Market** – Thru Nov. 4-7pm. Rain or shine. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. [cfmatl.org/Decatur](http://cfmatl.org/Decatur).

**Meditation & Modern Buddhism** – 7:00-8:15pm. With Resident Teacher, Gen Kelsang Dechok. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.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).

**Weekly Grief Group with The Purple Priestess** – 6-7:30 pm. A safe place to express and transform grief into a deeper connection. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 706.502.2437. [UnityAtl.org](http://UnityAtl.org).

## Thursdays

**Beyond Limits Weekly Conscious Dance** – Between 8pm in Smyrna and 7pm in Roswell, GA at Awareness Studios. With Marisa Skolky. An intentional dance activated by vocal toning and singing

## Classifieds

To place a classified ad, email your listing to [ads@naAtlanta.com](mailto:ads@naAtlanta.com). Cost is \$1/word; minimum \$25. Deadline: Fifth of each month for the next month’s issue.

## For Rent/Lease

**SPACE FOR RENT** – For private sessions, classes, meetings, receptions, performances, ceremonies, conferences. AV and kitchen options. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners, 770-441-0585, [Pam@unityatl.org](mailto:Pam@unityatl.org)

## For Sale

**METAPHYSICAL BUSINESS FOR SALE** – Established retail metaphysical store in Douglasville with amazing growth potential. Large variety of products & services: crystals, candles, oils, sound bowls, & other products. Call Tangelia 313-282-1759.

## Natural Supplements

**ORGANIC PANCREAS DETOX TEA** – Cleanse & Support Your Pancreas With This Targeted Blend. Samples Available. Visit [EarthSanaStore.com/tea](http://EarthSanaStore.com/tea)





Discover the leaders in natural health care, sustainable living, and personal and spiritual development in our community! To list your product or service here, email us at: [ads@naAtlanta.com](mailto:ads@naAtlanta.com)

during an hour and a half dance through our emotions, lifecycle, archetypes and levels of consciousness. Followed by a singing bowl meditation, a closing circle and community tea time. \$20. Beyond Limits Expressive Arts Therapy LLC, 4528 King Springs Rd SE, Smyrna. 770-235-3183. MarisaSkolky.com.

## Fridays

**Pranic Healing Nights** – 7-9pm. 2nd Friday. Come & experience soothing psychological & physical healings with Pranic Healers. 11550 Webb Bridge Way Suite B2, Alpharetta, GA, 30005. For more info [HealingWithMansi.com](http://HealingWithMansi.com)

## Saturdays

**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. Morningside Presbyterian, 1411 N Morningside Dr NE, Atlanta. [MorningsideMarket.com](http://MorningsideMarket.com).

**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. 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).

**Tea & Tarot** – 11am-2pm. 1st Sat. A tea party and tarot mixer for people of all ages and experience levels. Hosted by Amy Cathryn. \$25. Forever And A Day, 7830 Hwy 92, Woodstock. 770-516-6969. [ForeverAndADay.as.me/TeaandTarot](http://ForeverAndADay.as.me/TeaandTarot).

**Free Reiki-Infused Yoga & Meditation** – 3:30-5:30pm. 1st & 2nd Sat. Vinyasa flow classes enable you to move slowly, while focusing on strength, flexibility, concentration, breath work and meditation. Free. Healing Hands Reiki & Spiritual Development Inc, 27 Waddell St NE, Atlanta. Registration required: 313-671-5804 or [Tinyurl.com/4mnww3t4](http://Tinyurl.com/4mnww3t4).

**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](http://Tinyurl.com/2rykarft).

## Acupuncture

**J. CAMERON HOLISTER, MS (TCM), LAC**  
608 Moreland Ave  
Atlanta, GA 30307  
[peachtreeacupuncture.com](http://peachtreeacupuncture.com)  
[hollisteracupuncture@gmail.com](mailto:hollisteracupuncture@gmail.com)



With a masters degree in Traditional Chinese Medicine, and over 20 years of experience, Cameron provides quality acupuncture, herbal medicines, moxibustion, cupping and gua sha.

## Brain Balancing

**CERESET ON PONCE**  
675 N. Highland Ave. Suite 400  
Atlanta, GA 30306  
[www.cereset.com](http://www.cereset.com)  
404-907-4254



Cereset (Cerebrum + Reset) is a non-invasive technology that helps your brain relax, rebalance and reset itself. Experience improved sleep, mood, energy, cognitive abilities, self regulation and performance. For all ages.

## Chiropractic

**HANDS ON WELLNESS CHIROPRACTIC**  
3652 Chamblee Dunwoody Rd Ste 1  
Chamblee, GA 30341  
[www.howchiropractic.com](http://www.howchiropractic.com)  
770-452-2955



Relieve pain—especially in the back and neck, improve mobility, and enhance overall health. Specialties: Spinal/extremity adjustments, posture correction, sports, pregnancy and pediatric care, including Webster technique. Personalized care to meet your needs.

## Coaching for Women

**SAM OKAM, WOMEN'S SUCCESS COACH**  
webinar/info: [bit.ly/3B4Zf3R](http://bit.ly/3B4Zf3R)  
email: [coachsam@mbscoachinggroup.com](mailto:coachsam@mbscoachinggroup.com)



I help professional moms gain control of their lives without a nanny, lost sleep, or countless self-help books. Gain control with my signature system in just a few weeks. Visit the URL above for details.

## Health Food Store

**SEVANANDA NATURAL FOODS MARKET**  
467 Moreland Avenue NE  
[sevananda.coop](http://sevananda.coop)  
404-681-2831



Atlanta's only MEMBER-OWNED natural foods market. Featuring vegan hot bar, extensive herbs and supplements department, and a large selection of products from local vendors. Support local. Shop Sevananda!

## Herbalist

**SHANNON GOWLAND**  
Seeds of Wellness  
[SeedsOfWellnessCenter.com](http://SeedsOfWellnessCenter.com)  
[bewell@seedsofwellnesscenter.com](mailto:bewell@seedsofwellnesscenter.com)  
404-895-1302



Empower yourself on your wellness journey. I look at your health history, genetics, epi-genetics, and review your skin, nails, eyes and tongue to develop your bio-individual protocol.

## Holistic Dentistry

**ATLANTA DENTAL WELLNESS**  
Cale Jackson, D.M.D.  
Piedmont Center, 3525 Piedmont Rd Bldg Five, Ste 408, Atlanta  
[AtlDentalWellness.com](http://AtlDentalWellness.com) · 404-233-1102



Mercury-free dentistry service for over 20 years. Special treatment for mercury removal. Discover which dental materials are optimal for you.

## Hyperbaric Chamber

**HYPERBARIC OXYGEN THERAPY**  
Boost Your Body's Healing Processes!  
Hands On Wellness  
[howchiropractic.com/hyperbaric](http://howchiropractic.com/hyperbaric)  
770-452-2955



Our chambers increase oxygen levels, promote faster recovery, reduce inflammation, and boost overall wellness. Ideal for sports injuries, chronic conditions, post-surgical recovery. Schedule a consultation today and breathe new life into your cells!

## Hypnotherapy

**BECKY ARRINGTON**  
The Well of Roswell  
[www.arringtonassoc.com](http://www.arringtonassoc.com)  
[becky@arringtonassoc.com](mailto:becky@arringtonassoc.com)  
770-778-2051



Stop Sabotaging; Start Succeeding! Clear emotional trauma resulting from childhood, prior experiences or past lives by accessing your "untapped wisdom" within, facilitated by Becky's intuitive abilities and Alchemical Hypnotherapy processes.

**JIM COLTON HYPNOSIS**  
Braselton, Decatur & Sandy Springs  
[jimcoltonhypnosis.com](http://jimcoltonhypnosis.com)  
404-434-4847



Build a better YOU by learning to love yourself. Beat bad habits, depression, anxiety, fears, anger, and grief quickly, effectively, painlessly, permanently and naturally.

**VAL HUDGINS**  
The Wellness Emporium  
1501 Regency Way, #203  
Woodstock, GA  
[calendly.com/ValHudgins/30-min-free-call](http://calendly.com/ValHudgins/30-min-free-call)



Certified Consulting Hypnotist and Certified Success Coach specializes in YOUR success: Alcohol cessation, weight loss by hypnosis – Virtual Gastric Band, and entrepreneurial consultation, having owned successful businesses for 30+ years.

## Intentions

**UNITED INTENTIONS FOUNDATION, INC.**  
Discover the Power of Your Intentions!  
11205 Alpharetta Hwy, Ste F5  
Roswell · [UnitedIntentions.org](http://UnitedIntentions.org)  
678-495-4345



A nonprofit organization dedicated to sharing cutting-edge scientific research, tools and techniques that promote positive life changes. Offering education seminars, curriculum in the form of interactive videos and games, online resources, tools and applications. Join our online community to learn about the power of positive intentions, create your own, and share them with other members around the world! Membership is free.

Find out how to get included in this section!  
Email: [ads@naAtlanta.com](mailto:ads@naAtlanta.com)

## Meditation

**JESSICA LAKOS**  
Chopra Certified Meditation Instructor  
[WisteriaAndWillow.com](http://WisteriaAndWillow.com)  
[Jessica@wisteriaandwillow.com](mailto:Jessica@wisteriaandwillow.com)  
404-287-8889



Meditation connects you with your True Self. Explore guided, mantra, walking, breath and primordial sound meditations. Personal sessions help you find the techniques that resonate with you. Free consultations for new clients.

## Metaphysical Store

**PHOENIX & DRAGON BOOKSTORE**  
5531 Roswell Rd, NE  
Atlanta, GA 30342  
[phoenixanddragon.com](http://phoenixanddragon.com)  
404-255-5207



We offer a selection of holistic and spiritual products, classes and events, and psychic readings. Our store includes a meditation garden, reading and healing rooms, and a gallery/classroom overlooking a stand of hardwoods.

## Realtor

**TORI MCGEE**  
Holistic Realtor / Building Biology Advocate  
[www.atlantaholisticrealtor.com](http://www.atlantaholisticrealtor.com)  
[HolisticHomeExpert@gmail.com](mailto:HolisticHomeExpert@gmail.com)  
770-608-6777



Let me help you find your healthy home, free of radon, mold, EMF, dirty air and water, etc. After all, environment determines up to 80% to 90% of our health outcomes.

## Spiritual Centers

**SHARE INTERNATIONAL USA**  
[share-international.us/](http://share-international.us/)  
[info-se@share-international.us](mailto:info-se@share-international.us)  
770-302-2208



A message of hope during this time of crisis: the Emergence of Maitreya, the World Teacher and the Masters of Wisdom.

**UNITY ATLANTA CHURCH**  
3597 Parkway Lane, Peachtree Corners  
[www.UnityAtl.org](http://www.UnityAtl.org) · 770-441-0585  
Celebrating 100 Years!



A Place for You to Belong. We believe that everyone is created in the divine image and likeness of God. We practice the teachings of Jesus while honoring all paths to God.

## Therapy

**MARCIA WILLIAMS, MS, LPC**  
Hidden Flames, LLC  
Therapeutic Services  
[marcia@hiddenflamesllc.com](mailto:marcia@hiddenflamesllc.com)  
240-493-6041



I facilitate healing from narcissistic abuse. A licensed therapist rooted in empathy, I offer healing through therapy, workshops and retreats, and empower you to reclaim your narrative and restore your self-worth.

## Tissue Regeneration

**SOFTWAVE THERAPY**  
for Pain Relief & Tissue Regeneration  
Introductory session: \$49  
[howchiropractic.com/tissue-regeneration/](http://howchiropractic.com/tissue-regeneration/)  
770-452-2955



Revolutionize Your Healing! This non-invasive treatment uses advanced soft acoustic waves to stimulate healing, reduce inflammation, and enhance recovery through stem cell activation. Perfect for joint pain, tendinitis, pre-post surgery, and chronic conditions.

## Wellness

**ORR WELLNESS COACHING**  
A Balanced Life is Within Reach  
Online coaching and mentoring to achieve holistic wellness for body, mind, and soul  
[www.orrwellness.com](http://www.orrwellness.com) · 404-993-3914

**THE WELL OF ROSWELL**  
Hope, Healing & Happiness  
900 Old Roswell Lakes Parkway #300  
Roswell, Georgia 30076  
[www.thewellofroswell.com](http://www.thewellofroswell.com)



A Holistic Healing and Event Center bringing the metaphysical to the mainstream. Offering many healing modalities and classes, workshops and events to assist your spiritual journey and transformation. Event rentals.

**THE WELLNESS EMPORIUM**  
1501 Regency Way, #203  
Woodstock, GA  
[TheWellnessEmporium.net](http://TheWellnessEmporium.net)  
770-200-4223



A services-based holistic health center in Woodstock with Victorian-inspired style providing modern modalities for well-being: Hypnotherapy, Massage, Facials, Reflexology, Reiki, Crafts and Classes, a Respite Room, and more. By appointment only.







Enter to Win!



**CARIBBEAN ISLAND CRUISE & AIR FARE**

Plus

- VIP Event Tickets
- Author-Signed Books
- Natural Beauty Products
- Health Programs and more!

NO PURCHASE NECESSARY TO WIN

**GIVEAWAY**



Prizes Courtesy of Sponsors and Exhibitors of THE BEST PREP FOR PREGNANCY EVENT AND EXPO



**Turn Your Passion Into a Business**

Own a Natural Awakenings Magazine!

30<sup>th</sup> anniversary—Once in a lifetime opportunity!

First time ever, save \$10,000 on new franchise purchases that close before 12/31/24.

New franchise owner training starts January 2025.

Imagine the impact that *Natural Awakenings* would have in your community. As an owner, you will be providing the public with insights and information to improve their quality of life physically, mentally, emotionally and spiritually. Through your magazine you will provide thousands of people with the resources they are looking for to assist them along this path of health and transformation.

Don't wait for success to come to you. Create a healthier community while improving your income by owning your very own *Natural Awakenings* magazine.

We offer a complete training program and ongoing support. Be part of a dynamic franchise network that is helping to transform a new era in health care.

- LOW INVESTMENT
- WORK AT HOME
- COMPREHENSIVE TRAINING
- PROFESSIONAL SUPPORT TEAM
- SALES & MARKETING TOOLS
- HIGH JOB SATISFACTION
- FINANCING OPTIONS AVAILABLE



**Own a business that makes a difference**

Call for a free evaluation of your community's potential at 239-206-2000 To apply or learn more visit Corp.NaturalAwakenings.com

- Natural Awakenings* Now Publishing in:
- Atlanta, GA
  - Boston, MA
  - Broward County, FL
  - Bucks/Montgomery Counties, PA
  - Central Florida/Greater Orlando, FL
  - Central New Jersey, NJ
  - Charlotte, NC
  - Chicago, IL
  - Columbia, SC
  - Dallas, TX
  - Daytona/Volusia/Flagler Counties, FL
  - Detroit/Wayne County, MI
  - Fairfield & Southern Litchfield Counties, CT
  - Gainesville/Ocala/The Villages, FL - *Coming soon*
  - Grand Traverse Region/Northern Michigan, MI
  - Greater Ann Arbor, MI
  - Greater Lansing, MI
  - Greater Oakland, Macomb, Livingston, Genesee, MI
  - Gulf Coast, Alabama/Mississippi
  - Hartford/Tolland, CT - *Coming soon*
  - Houston, TX
  - Hudson County, NJ
  - Jacksonville/St. Augustine, FL
  - Lancaster/Berks, PA
  - Lehigh Valley, PA
  - Long Island, NY
  - Milwaukee, WI
  - Monmouth/Ocean Counties, NJ
  - Naples/Fort Myers, FL
  - New Haven, CT
  - New London/Windham, CT - *Coming soon*
  - New York City, NY
  - North Central New Jersey, NJ
  - North New Jersey, NJ
  - Northwest Florida, FL
  - Palm Beach, FL
  - Philadelphia, PA
  - Phoenix, AZ
  - Pittsburgh, PA
  - Rhode Island, RI
  - Richmond, VA
  - Sarasota, FL
  - South Central Pennsylvania, PA
  - South Jersey, NJ
  - Southeast North Carolina, NC
  - Space & Treasure Coast, FL
  - Tampa, FL
  - Tucson, AZ
  - Twin Cities, MN
  - Westchester/Putnam/Duchess, NY
  - Western Michigan, MI

This information is not intended as an offer to sell, or the solicitation of an offer to buy, a franchise. It is for informational purposes only. Currently, the following states regulate the offer and sale of franchises: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Oregon, Rhode Island, South Dakota, Virginia, Washington, and Wisconsin. If you are a resident of one of these states, we will not offer you a franchise unless and until we have complied with applicable pre-sale registration and disclosure requirements in your jurisdiction.



# The Best Choice on the Menu

by Rev. Jenn Sacks



Image create with AI in Photoshop

In my younger days, when I still worked in catering, Christmastime could be a grind. Daily work schedules were filled with arduous hours. Stress levels often ran high, and sometimes voices were raised in upset and anger, more often in the kitchen than among customers.

Few of the staff were merry until after all the New Year's hors d'oeuvres and brunch fare had been served. That was the nature of the season, though I sang along with carols on the radio to maintain my joyful spirit.

My main role in the business was customer service. I met with customers on the phone and in person to plan their menus and parties. I also assisted in packing food and gift baskets for delivery and served as an off-premises catering manager for parties held in private homes and offices.

The catering owners and I didn't always see eye to eye. Sometimes, we had conflicts about which cuisine customers should choose. I quickly learned that people have their own likes and dislikes, and no amount of butter or almonds could make green beans taste any better for someone who didn't already enjoy them.

One day, I got caught in an argument about what a customer—I'll call her Mrs. C—should serve at her party. She didn't want any vegetables. I guessed she didn't like them because she kept saying she would prepare her own salad.

After she left, the owner reprimanded me, telling me Mrs. C's choice was "stupid" or another word similar to it.

"But it's her party, her choice," I insisted. I could feel the owner's disdain for her—and for me.

A few days before Christmas, as my team and I packed our van and prepared for Mrs. C's party, the owner again disparaged the salad. She didn't want anyone to think we had made it.

"It'll be fine," I said, more to reassure myself than anyone else. I knew my team would follow my lead, so I kept myself grounded as we navigated holiday traffic to reach Mrs. C's home.

When we arrived, everything was beautifully decorated with lights shimmering on Christmas trees outside the front door and inside the cathedral-ceiling living room. Christmas music played as we entered the kitchen and began to set the dining room for dinner.

Mrs. C and I reviewed the final menu. Then she went to the refrigerator and removed her salad fixings, which included butter lettuce, strawberries, walnuts, and some type of shredded cheese.

When I asked her if she wanted me to prepare it, she laughed. "Oh, no. This is all I make, and everyone knows it."

While we served dinner, several people complimented the food and asked who the caterer was. When Mrs. C told them, her husband joked, "Except for the salad. You know that lettuce is the only green she'll eat."

As Mrs. C paid the bill and gave us a gratuity, she said, "Thank you for letting me do this my

way. Some other caterers I considered weren't so accommodating." She became a repeat customer and recommended us to others, too.

The food business can be tough, with high expectations and low profit margins. Conflicts occur between aligning with the premise that "the customer is always right" and "it's chef's way, or no way."

When I reflect on catering, I'm grateful I honored Mrs. C's and other customers' choices, even if they weren't my taste. As a minister now, I recognize that spiritual menus offer a greater choice than any holiday menu ever could. People participate as they feel comfortable, including at pot-lucks, where they share their favorite foods.

In ministry, I witness many spiritual journeys, just as I once witnessed many holiday parties. Sometimes congregants ask for advice or recommendations, though usually I just listen. I no more tell them what to choose for their lives than I told catering customers what to eat. I trust that everyone is discerning what they like best. And I wish, especially at Christmas, that they choose whatever nourishes their souls most.

To me, that's the best choice on the menu. 🌿



Photo: Nicole Tyler Photography

Senior minister of Unity Atlanta Church in Peachtree Corners, Rev. Jennifer Sacks is a preacher, writer and spiritual leader.

She holds a Master of Divinity from Unity Institute & Seminary. Learn more and connect with her at [RevJenn.com](http://RevJenn.com).

## Starting this Fall! Professional Reflexology Program

Founded in 1992, the Heal Center is an internationally recognized provider of Reflexology and Aromatherapy education.

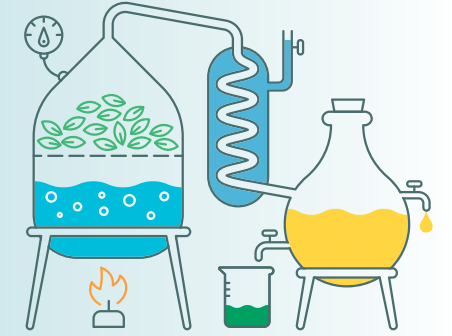
HEALCENTER  
healing arts + learning

HealCenterAtlanta.com  
Call for more information  
(404) 303-0007

## Aromatherapy

January 8

Become a Certified Aromatherapist! Learn how to use over 60 essential oils in this level-1 NAHA approved course. You will gain a deep understanding of the key elements and practices, building a strong foundation of experience and knowledge. Unleash powerful healing for body, mind, and spirit!



## Reflexology

Intro class: December 6

Reflexology stimulates the body's innate healing ability. Learn easy-to-use, powerful techniques and protocols that reduce stress and anxiety, ease pain, and encourage balance and deep relaxation.



## Let's find your happy + healthy HOME



Our home is one of our most expensive investments. It should also be an investment in our health and well-being. I am a certified building biology advocate & am very excited to use the knowledge and skills about 5GEMF concerns and how to create a non-toxic living environment to help you find a healthy home.

Tori McGee  
HOLISTIC REALTOR

your HOLISTIC REALTOR

770.608.6777 or 404.236.0043  
[www.atlantaholisticrealtor.com](http://www.atlantaholisticrealtor.com)

CHAPMAN HALL REALTORS | 6100 LAKE FORREST DR., SUITE 120 | ATLANTA, GA



The Well of Roswell  
Hope, Healing & Happiness

## Holistic Healing & Events Center

- Metaphysical Events
- Energy & Spiritual Sessions
- Frequency Healing
- Sacred Beats Drumming
- Sound Journeys
- Workshops & Classes
- Intuitive Development

[www.TheWellofRoswell.com](http://www.TheWellofRoswell.com)

Full List of events on website  
Event space for rent hourly, daily or weekends







# ATLANTA

## DENTAL WELLNESS



Cale H. Jackson D.M.D.



Matthew J. Giordano D.M.D.


We have created a welcoming and respectful environment for your care, including:

- Mercury-free for more than 35 years
- Safe removal of mercury fillings: **SMART protocol**
- Biocompatible dental materials
- Ozone dentistry
- Lowest possible radiation x-rays


We are committed to you and your well-being, delivering the highest standards in optimal wellness & biological oral health.



SCAN ME

 404-233-1102

 [care@atlantadentalwellness.com](mailto:care@atlantadentalwellness.com)

 @atlantadentalwellness