



HEALTHY LIVING | HEALTHY PLANET

COMPLIMENTARY

natural awakenings



The Latest in
**Integrative
Cardiology**

Magical, Nourishing
CACAO and
DARK CHOCOLATE

Meditation:
Is It a
Cure-All?

naatlanta.com

FEBRUARY 2025

CHANTLANTA



SACRED MUSIC FESTIVAL
2025

Grand Finale

presented by Unity North Atlanta

4255 Sandy Plains Rd, Marietta, GA 30066, unitynorth.org

March 14 and 15

Featuring music, chanting, sacred sound, and movement experiences from all over the vibrant Metro Atlanta community!

A charity benefit
in support of



Kaleidoscope Child Foundation



scan for more information,
festival passes and workshop
registration.

chantlanta.org



iwi fresh **25% OFF**
Expires April 2025

VEGGIE SOUL FACE SERUM KIT

Ring in the New Year with traditional food for your face with our Veggie Soul Face Serum Kit! The Veggie Soul Face Serum Kit includes:

- **Collard Greens** - Pore Tightening Serum
- **Sweet Potato** - Hyperpigmentation Serum
- **Black Eyes Peas** - Hydration Serum

www.iwifresh.com | 1800 Jonesboro Road SE Suite E, Atlanta, GA 30315 | @iwifresh | +1 404.432.3763



Brain Health and Wellness

Cereset® helps your brain to relax and reset itself, bringing it into harmony, enabling you to achieve the highest levels of wellness and well-being!

We help adults, teens and kids to:

- Overcome Worry and Anxiety
- Reduce Post-covid Symptoms
- Sharpen Thinking and Memory
- Increase Energy Levels
- Experience Restful Sleep



cereset
on Ponce
We help your brain help you.

We're here to help!
404.907.4254

Find Your
PEACE

in our salt cave.



Find Your
MAGIC

in our store.



foreverandaday.biz | 770.516.6969 | 7830 HWY 92, Woodstock, GA 30189



CONTENTS

Natural Awakenings Atlanta
February 2025

20 THE THRIVING HEART

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

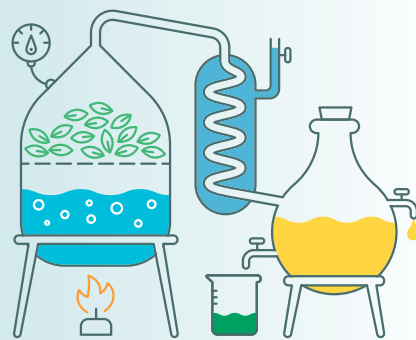
HealCenterAtlanta.com

Call for more information
(404) 303-0007

Aromatherapy

February 5

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: February 7

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.



12 Forever And A Day Celebrates 15 Years

14 Chocolate Champions

16 How Can I Cultivate My Resilience?

23 Anil Gupta on Immediate Happiness

26 Is Meditation a Cure-All?

30 Bringing Back the Monarch Butterfly

32 Holistic Lifestyle for Dogs

38 Self-Love Is a Game-Changer



DEPARTMENTS

9 Publisher's Letter

11 Atlanta Briefs

12 Business Spotlight

14 Conscious Eating

16 Healing Ways

23 Wise Words

26 Yoga

30 Green Living

32 Natural Pet

34 Community Calendar

36 Community Directory

37 Classifieds

38 Walking Each Other Home

WEB EXCLUSIVES



Journaling to Access Inner Wisdom

bit.ly/journaling-0125



Bonding With a Dog
Fun Tips To Build Trust, Calm and Companionship

bit.ly/bonding-dog-0125



The Upcycling Lifestyle
How To Make Anything New Again

bit.ly/upcycling-0125



New Uses for Old T-Shirts

bit.ly/new-uses-0125

14 CONSECUTIVE YEARS 2023 BEST CRUISE LINE IN EUROPE Celebrity Cruises® Travel Weekly's Readers' Choice Awards

11 CONSECUTIVE YEARS 2023 AWARD OF EXCELLENCE Celebrity Cruises® Wine Spectator Restaurant Wine List Awards

16 CONSECUTIVE YEARS 2023 BEST PREMIUM CRUISE LINE Celebrity Cruises® Travel Weekly's Readers' Choice Awards

Combi Next Traveler THE GOLD LIST 2024

WORLD'S BEST AWARDS 2024

Enter to Win!

SPECIAL EVENT TICKETS VIP

6 Nights, Grand Caymans, Bahamas & Mexico Celebrity Cruise and Air Fare for Two People, plus...

VIP Event Tickets, Signed Author 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

KnowWell natural awakenings

C360 A GARDEN COMPANY

Health Connections Dentistry® Whole Health Through Balance® It's All Connected®

GAPIN INSTITUTE PRECISION MEDICINE

DR. ANNA CABECA the gut-friendly doctor

DR. LAURI GROSSMAN

BIRTHFIT

National Center for Homeopathy

NOURISH together

CCRM FERTILITY

TRINA FELBER HEALTHY MD

The Organics by Fertility

Restorative Wellness Solutions

Brave Thinking Institute HEALTH & WELL-BEING

A New Soul Song Productions

EMBRACE FERTILITY

SILVERSTEIN DREAM FOUNDATION

Nike Plant Store

NEVER MISS AN ISSUE

Did you know that our issue archive on our website includes PDFs of our print issues?

Each issue has its own landing page where you can access that issue's PDF. You can also access all that issue's articles through links. The "archive" QR code will get you to the archive landing page. bit.ly/naa-archives

Another way to never miss an issue is to subscribe. Get Natural Awakenings mailed to you each month for \$40 a year. The "subscribe" QR code will direct you to a page to request a subscription.



COMMUNITY PARTNERS

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

naAtlanta.com



Contact Us

404-474-2423
info@naAtlanta.com



Cover image
Yuliya Furman/CanvaPro



© 2025 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.



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**
 - COO **Michael Bevilacqua**
 - CMO **Vee Banionis**
 - Sr. VP Operations **Brian Stenzler, DC**
 - National Editor **Sandra Yeyati**
 - Editor **Brooke Goode**
 - Copy Editor **Melanie Rankin**
 - Print Production Specialist **Kevin Rankin**
 - Design Director **Agnes Mazeikaite**
 - Production **Flip180**
 - Customer Service **Dani Bucad**
- Natural Awakenings Publishing Corporation
350 Main St., Ste 9B, Bedminster, NJ 07921
239-206-2000
NaturalAwakenings@KnoWEwell.com

Publisher's Letter



I Vow to Thee, My Lover



Dean Drobot via Canva

“Siri, play ‘Living on the Fault Line’ by the Doobie Brothers.”
I had just started a long drive home and was soon listening to “Little Darling,” a song that includes lines from many a love song: “I need you,” “I want you” and “got to have you.”

I immediately recalled the words of my teacher, Gen Mondrub. He said there really aren't any love songs; what we call love songs are songs about attachment.

What Buddhists mean by “attachment” is that we recognize and exaggerate an object's positive qualities and then conclude that we must possess an object in order to be happy. Said object could be a thing like a car, an action like travel, a situation like a job, or a person.

But our highest idea of love is not about possession; it's about unconditionality. One loves regardless of what the object of one's love thinks of, feels about or does to the one who is loving. Given that—plus the Buddhist definition of love as the sincere wish that another is purely happy—it is easy to conclude that nearly all romantic relationships are conditional by nature.

Indeed, romantic relationships are probably the most conditioned of human relationships outside of work. We expect to be loved. We expect our partner to be kind and considerate to us. We expect the relationship to include a satisfying physical component. And if our expectations aren't met, it's unlikely we'll remain at peace and not feel impelled to talk about not getting our needs and wants met.

After hearing “Little Darling,” I plunged into the “What is my favorite love song?” rabbit hole and asked Siri to play a lot of songs that have appealed to me over the years. But time and again, it became clear to me that all those songs were about attaching to a person, not loving them unconditionally.

I don't remember how I arrived at my answer. It was probably a bolt of inspiration since no one would consider my choice to be a love song. I do remember the very first time I heard the melody because it was strikingly beautiful—especially when delivered on solo violin with guitar accompaniment—and because of its context—mere weeks after 9/11. The melody is lifted from the Jupiter movement of Holst's “The Planets,” and the patriotic hymn is known as “I Vow To Thee My Country.” It is a well-loved anthem among the British and is heard on Remembrance Day—their equivalent of Memorial Day—and at many funerals.

Now, truth be told, one must take many liberties to see “Vow” as a love song. Its two stanzas of lyrics address patriotism and faith, and I am focusing more on the former than the latter. The music itself was composed prior to being adapted to Sir Cecil Spring Rice's poem “Urbs Dei” and is unmistakably a patriotic hymn—not at all tender, dreamy, or sensual like many love songs. Upon hearing it, especially with its lyrics, I found it difficult not to feel full of pride, loyalty and a sense of sacrifice.

Which is *exactly* why I see “Vow” as a love song. It doesn't speak of unbridled desire, what one wants or what one needs; it tells of what one is willing to do for love, how love will never leave but stand up to every test and how the lover is willing to sacrifice everything for the loved. In lieu of the heart's endless yearning for another is the swelling of one's chest with pride for what one's country (lover) stands for, and in place of one's sense of propriety around another person is the sense of being part of something much bigger than oneself. A truly loving relationship *expands* one's capacity for love to more and more sentient beings. I certainly have experienced this.

So, I leave you with the lyrics of the first stanza, substituting “lover” for “country.” Happy Valentine's Day!

*I vow to thee, my lover, all earthly things above
Entire and whole and perfect, the service of my love*

*The love that asks no questions, the love that stands the test
That lays upon the altar the dearest and the best*

*The love that never falters, the love that pays the price
The love that makes undaunted the final sacrifice* 🙏



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.

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, 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, 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, scan the QR code below, or call 404-474-2423.



Index of Display Advertisers

Airmeds Gift.....20	Hey Yogi27	Ranesa House.....17
Art of Living Retreat Center.....25	Holistic Health & Wellness.....15	Sacred Waters.....39
Atlanta Dental Wellness.....40	Hope Knosher.....18	Share International.....23
Balancing to Peace.....22	isaozen.....10	Soul Ventures.....24
Cereset on Ponce.....03	iwi Fresh03	Stacey Beth Shulman.....28
ChantLanta.....02	Jessica Tulloss.....18	Sweet Pea Consulting.....18
Decatur Estate Vintage Market13	Linda Minnick.....18	The Well of Roswell.....39
Divine Spine & Wellness.....17	Lisa Watson.....10	Tori McGee.....39
Elohee.....24	MOON Organics.....20	Tucker Yoga Cooperative.....24
Essentials Health and Wellness.....31	Naturally Healthy.....39	Vista Yoga.....28
Etta Hornsteiner.....18	Northstar Timeless Healing.....10	Wellspring Dental.....21
Forever And A Day.....04	PaintTalks.....19	Writing Doctor.....12
Hands On Wellness.....21	PLS Yoga.....28, 29	Yogardener.....31
Heal Center.....04		

Energy Healing

To advertise on this focused advertising page, email ads@naAtlanta.com

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](https://www.as.me/ClarityCall)

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
www.TimelessHealing.net

Atlanta School of Wellness Opens with Certification Programs

The Atlanta School of Wellness officially opens its doors on March 1 with an Open House from 10 a.m. to 5 p.m. Located in the Ranesa House of Wellness in Buckhead, the School aims to be a hub for holistic learning and community engagement. Certification programs in reflexology, reiki and essential oils will anchor its offerings; wellness workshops will include a wide array of personal development courses, including yoga, sound baths, healing ceremonies and crystals; and community clinics will include a monthly Spiritual Book Club, reiki meet-ups and discounted treatments. The Reflexology Certification Program will be the flagship course, offering certification by the Reflexology Certification Board.



Photos: Courtesy Ranesa House Of Wellness

The School, directed by Mayuri Sobti, brings 22 years of expertise in wellness education. Sobti has trained hundreds of professionals in reflexology, essential oils and reiki through nationally recognized programs. "The school will serve as a sanctuary for the healing arts, both as a place to learn and also heal," says Sobti. "Our community clinics will provide a space for student to receive supervised hands-on clinical practice to improve their skills. With the addition of monthly book clubs, Reiki meet-ups, and much more, the School promises to become a center for healing and community-building."

The day-long Open House will include refreshments, a sound bath session and a "Tarot & Tea" gathering. Certification course pricing and workshop fees will be available on the School's website, while Community Clinic services are donation-based.

For more information, call 404-941-9544, email classes@ranesahouse.com or visit ATLSchoolofwellness.com. The Atlanta School of Wellness is located at 3091 E Shadowlawn Ave., NE, in Atlanta.

Hey Yogi Introduces Mindfulness Mats with a Message

Atlanta-based yoga brand, Hey Yogi, has unveiled a new line of yoga mats, Mindfulness Mats with a Message, which are designed to enhance both physical and mental well-being while offering affirmations to inspire calm and focus during practice. Founder Jacque Wilson, a native of Atlanta's Eastside, created the brand as a tribute to her yoga journey, which began during the pandemic. She aims to empower individuals to use yoga for self-healing and to elevate the mental health benefits of yoga.



Photos: Miriam Hammond

Each mat features a double oval shape that fosters a personal "bubble" of peace and encourages practitioners to embrace their full range of motion. The mats also include a durable rubber base and an anti-slip polyurethane top to ensure stability and encourage confidence throughout poses. "These mats are more than a surface for yoga," Wilson says. "They're a safe space where you can find healing, one breath at a time."

Mindfulness Mats with a Message are available in "serene green" and "grounding brown" for \$99.95. Free community yoga events, held at scenic locations such as Atlanta's waterfalls and hiking trails, will begin this spring. These events aim to build connections within Atlanta's vibrant yoga community. "To every yogi out there," says



Wilson, "Hey Yogi is a love letter to you—an invitation to join in the healing, growth and peace that comes with a yoga practice."

For more information and to purchase Mindfulness Mats, visit HeyYogi.shop or follow @HeyYogiMats on Instagram.

Learn All About

Energy Healing

bit.ly/naa-energy-healing



Restore balance and bring harmony to your life



Reflexology, Energy Healing, Workshops, and more...

ISAOZEN

Roswell, GA
404-464-6750

www.isaozen.com



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



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
diane@DianeTheWritingDoctor.com



Business Spotlight



Forever And A Day Celebrates 15 Years

by Camille Lueder



Walking through the door and immediately feeling a sense of peace and relaxation is the effect Forever And A Day has on its customers. The metaphysical store in Woodstock, a staple in the New Age community for 15 years, will celebrate its anniversary on February 26.

Owner and founder Sherry Dean wanted to create a place that was for everyone, a place where people felt accepted regardless of their background or beliefs.

"In the beginning, when people came, they'd say, 'Well, you say you have something for everybody. Do you have a Bible?' And we didn't, so we went and bought a couple and put them in," says Dean.

Before Forever And A Day opened in 2010, Dean ran an herb business called Gaiá's World Ceremonial Herbs and had a consignment booth in the now-closed Woodstock Flea Emporium. Her interest

in New Age products led her to ask her customers what products they might want that the booth didn't already have.

"People started asking and sending us emails, asking, 'Where is your big store?' We didn't have a big store," says

Dean, "so that's when we started thinking about opening one. Wasting no time, she bought the pre-existing Sonny's Barbecue building and started renovations, which ended up taking five months.

"The store has come a long way since then," says Dean. "It was almost embarrassing because we had such a big space and not a lot of inventory."

A Place of Kinship

When the store first opened, people thought it catered to witchcraft, and some even came in looking for spells. But Dean likes to emphasize that Forever And A Day doesn't lean toward any one belief system. While it has undergone a few changes over the years—

including another remodel and the addition of the salt cave in 2018—the mission of the metaphysical store remains focused on providing a peaceful environment for people of all faiths and backgrounds.



Amy Cathryn

Forever And A Day practitioner Amy Cathryn has been working at the store as a psychic medium, tarot reader, shaman, reiki master, astrologer and energy worker since April 2019. Working there for the past five years has given her a good sense of how Atlanta has evolved spiritually, she says.

Dean, too, has noticed more people leaving organized religion and undergoing their own spiritual awakenings. "More people are waking up," says Dean. "So it's very common for people to walk in and say, 'I'm just getting into all this.' We hear that a million times."

If a customer is new to the New Age community, Forever And A Day offers community-centered events such as a monthly Tea and Tarot gathering. The popular mixer is for people in the community to come together, talk about all things metaphysical and do informal tarot readings for each other.

"It's more of a place of kinship, sort of a safe haven," says Cathryn. "There are a lot of people I've found who don't have a network of spiritual people, so they come once a month to talk about spiritual things and give readings."



Salt Cave

The store has grown in many ways since it opened. It now offers a salt cave, three sound-healing practitioners, a BioAcoustic Mat, tarot reading appointments available daily and three reiki practitioners. In addition, since 2018, Dean has allowed local small business owners to come to the store to sell their New Age or consignment products on Saturdays and Sundays.

"I love to support the local people, and the store gets unique products that other stores don't have," says Dean.

Karen Burns offers sessions in intuitive coaching, hypnotherapy and past-life regression at Forever and A Day. Since joining the emporium in April 2023, Burns has seen the New Age industry expand as people become more aware of its practices. Burns, like Dean and Cathryn, believes the metaphysical store will continue to grow as more people discover the world of spirituality. Both Burns and Cathryn credit Dean for the store's success over the past 15 years.



Karen Burns

"Sherry created the place with the intention for it to be a haven, and a lot of people remark on that," Cathryn says. "I love how she has built a sense of kinship with the community."

Forever And A Day is located at 7830 Hwy 92 in Woodstock. For more information, visit ForeverAndADay.biz or call 770-516-6969.



An Atlanta native, Camille Lueder has a B.A. in Journalism from Berry College. Her passion for travel has led her to work seasonal jobs, including one on a trail crew in Colorado and another at a farm in Hawaii.

For all your
**VINTAGE &
RETRO**
needs in the
Decatur area

3429 Covington Hwy, Suite C
Decatur, GA 30032

Monday - Friday: 11am - 6pm
Sat - Sun: 11am - 7pm

Decatur Estate
VINTAGE MARKET



404-378-4889
@decaturestate
decaturestates@bellsouthnet
www.decaturestateantiques.com

Chocolate Champions

Benefits of Dark Chocolate and Cacao

by Marlaina Donato

Ancient Mayans prepared beans from the cacao tree, mixed with spices, to make a ceremonial drink that was both sacred and medicinal for them. Today, the market is filled with all sorts of chocolaty treats, but dark chocolate is the low-sugar, nutritional superhero that tickles the tastebuds, boosts the production of mood-enhancing endorphins and delivers flavanols, the antioxidant compounds linked to improved cardiovascular health.

“Chocolate affects us deeply when it comes to our emotions. This is why you get it when you are sad, when you are happy or when you want to show your love. Chocolate doesn’t just hit the heartstrings, it’s also scientific,” says Chris Davis, a private chef and third-generation cocoa devotee from Belmont, North Carolina, who is passionate about the ingredient’s sweet and savory potential.

The benefits of dark chocolate can be traced back to its high flavanol content. Researchers have discovered that this antioxidant supports the production of nitric oxide, which is crucial for improving circulation, relaxing blood vessels and lowering blood pressure. Flavanols have also been shown to increase insulin sensitivity, which could reduce the risk of diabetes. Observational studies have shown that indulging in one or two small squares (approximately six grams) of high-quality chocolate daily reduces the risk of mortality from heart disease.

How Chocolate Is Made

Chocolate production involves a complex set of steps, beginning with a cacao pod

that is larger than the palm of a hand. The seeds inside this pod are fermented, dried and roasted to create cocoa beans, which are comprised of nibs, cocoa butter and an outer shell. The nibs are ground and refined to produce cocoa solids, and the shell is ground into cocoa powder. The most beneficial dark chocolate contains 70 to 90 percent cocoa solids with minimal added sugar and no artificial ingredients such as alkali, a flavor enhancer that greatly diminishes flavanol content.

Another nutritional powerhouse is cacao powder, which is made from raw cacao beans and nibs that are fermented and roasted at much lower temperatures than the beans used to make cocoa powder. Although it is more bitter, cacao powder

retains more of the bean’s original nutritional value, including flavonoids and antioxidants.

Therapeutic Indulgence

“Rich in B vitamins, cacao is full of minerals such as calcium, copper, magnesium, phosphorus, potassium, copper and zinc,” says Sara Ratza, from Tarpon Springs, Florida, a clinical herbalist, health practitioner and author of *Drinking Chocolate: Ancient Traditions for Modern Healing*. “Traditionally, cacao is given to help raise serotonin and level out dopamine, so the Indigenous people share cacao to help those dealing with addictions. Cacao contains hundreds of chemical compounds such as phenethylamine, which is associated with the production of endorphins in the brain.”



Narong KHUEANKAEW from Getty Images/CanvaPro

According to Ratza, theobromine, cacao’s main chemical constituent that many confuse for caffeine, has psychological effects that enhance mood. Cacao was an important part of her own emotional healing while she grieved the loss of both her brother and father. During the COVID pandemic, she owned and operated a brick-and-mortar chocolate factory and shop. “The stories of people coming in and dealing with the trauma of the time is forever ingrained in my heart,” she recalls.

Ratza recommends using cacao in the form of nibs or powder from reputable sources. “If your chocolate has transparency of the origin and/or farm, generally you are buying a higher-quality product,” she explains. No matter how we revel in dark chocolate or cacao, it is important to opt for the “fair trade” certification that ensures the product was manufactured without child labor and at a fair wage for workers.

The Savory Side

For most of us, our love affair with chocolate is based on its sweet form, but a whole world of gourmet fare celebrates its versatility beyond the candy bar or smoothie. For Davis, “The magic truly happens when applied in a savory way. There is a whole other flavor profile to chocolate before sugar is added to it when you want to add an earthy depth to a dish or add smokiness to a protein. Almost any sauce I make with wild game, red meat or red wine I will add a bit of cacao to give it the flavor and color that no other ingredient will come close to.” One of his favorite Mexican recipes is mole, a rich and savory sauce made from chilis and chocolate.

Opening Our Hearts to Chocolate

Ratza believes that consuming chocolate takes us on a journey, if we allow a little time for it to transport and transform us. “Cacao almost forces you to slow down,” she says. “It is important to sit and close your eyes as you sip a cup of cacao or let a piece of chocolate melt on your tongue.”

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodsmoke.com.



Courtesy, Chris Davis

CHOCOLATE CHERRY VINAIGRETTE

YIELD: 1 QUART

As a salad dressing, this pairs wonderfully with goat cheese, mozzarella or feta, as well as almonds, pecans, dried cranberries, avocado or beets. It is also delicious drizzled over chicken or white fish, such as grouper.

- 1 cup fresh cherries, pitted
- 3 Tbsp cocoa powder
- 1 tsp ground cinnamon
- 2 sprigs fresh thyme
- ¾ cup apple cider vinegar
- 2 Tbsp lemon juice
- ½ cup honey
- 2 Tbsp whole-grain mustard
- 1½ cup extra-virgin olive oil
- 1 tsp salt plus more to taste

Place cherries and honey in a blender and blend until smooth. Add cocoa powder, salt, vinegar, lemon juice, mustard, cinnamon and thyme, and continue blending. Add the oil to the blender in a slow and steady pour until the dressing thickens and fully emulsifies. Will remain fresh for two weeks in the refrigerator.

Recipe courtesy of Chris Davis.

CHILI AND COCOA SPICE MIXTURE

YIELD: 1 CUP

This can be sprinkled on anything, but it is especially good on steak, chicken, fish or shrimp.

- ½ cup cacao nibs
- 1 Tbsp salt
- 2 dried chilis
- 1 Tbsp black pepper
- 1 Tbsp cumin seeds
- 1 tsp onion powder
- 1 Tbsp paprika
- 1 tsp garlic powder

Mix everything in batches in a coffee grinder until the mixture is powdered. Store in an airtight container for 30 days. Recipe courtesy of Chris Davis.



Quantum from Getty Images/CanvaPro

FIND MORE RECIPES ONLINE

Heart-Opening Drinking Chocolate
bit.ly/drinking-choc-0225

Mighty Mushroom Cacao Bites
bit.ly/mushroom-cacao-0225

HOLISTIC HEALTH & WELLNESS

Marietta’s Source for Crystals & Gems!

3372 Canton Rd, Suite 116
HolisticHealthSE.com



Ask a Health Coach with Hope Knosher

How Can I Cultivate My Resilience?

Do you ever feel like you don't bounce back from the hard things as well as you used to? Whether it's a series of late nights at work, a hard workout, a sickness, a minor accident or something more challenging like financial stress, divorce or the death of a loved one, being able to process adversity and reenter life without long-term significant downtime takes resilience.

Resilience is the ability to bounce back from challenges, adapt to change and maintain emotional well-being in adversity. It is not a fixed trait but a skill anyone can cultivate through intentional practices. As a health coach, I often work with clients to develop resilience, helping them thrive amid life's ups and downs.

There are several practical and effective strategies for building resilience that almost anyone can benefit from. Let's explore some of those strategies and a few real-life examples to illustrate how these practices can make a meaningful impact.

Practice mindfulness to stay grounded

Mindfulness is the act of being fully present in the moment, without judgment.

It helps you observe your thoughts and feelings without becoming overwhelmed by them. The clarity it brings fosters resilience by helping you create a pause between thoughts, emotions and actions to allow a more measured and appropriate response to challenges rather than reacting impulsively.

Emily, a busy working mom, was constantly overwhelmed by her numerous responsibilities. Through coaching, she began incorporating 10 minutes of mindfulness meditation into her morning routine. By focusing on her breath and letting go of racing thoughts, Emily started her days feeling centered and better equipped to handle stressors as they arose.

Build a strong support network

A reliable circle of friends, family or colleagues is a cornerstone of resilience. Supportive relationships provide emotional encouragement, perspective and practical help during tough times.

Mark, a college student, struggled with severe anxiety during exams. As Mark's coach, I encouraged him to join a study group to bolster his confidence and gain support. Mark also began sharing his

concerns with his family. Talking about his experiences reduced his feelings of isolation, and his support network helped him stay motivated and calm during exams.

Cultivate a growth mindset

Resilient individuals view challenges as opportunities to learn and grow. Having a growth mindset encourages you to embrace mistakes as part of the process rather than see them as a reflection of failure. Visualizing a positive outcome and cultivating a growth mindset as you move forward can help you see the bigger picture and perceive hurdles as minor setbacks.

When my client Sarah's small business faced financial difficulties, we worked to reframe her mindset. Instead of seeing the setbacks as signs to quit, she viewed them as providing an opportunity to refine her business model. This shift in perspective helped her develop innovative solutions and increase revenue, and it ultimately saved her business.

Develop healthy coping mechanisms

Resilience doesn't mean avoiding stress; it means managing it effectively. Develop-

ing healthy coping mechanisms such as exercise, journaling or creative hobbies can help us process emotions and reduce stress levels.

After a challenging and protracted illness, James turned to fitness to clear his mind. He had always been fond of moving his body—he loved running, tennis, yoga and weight lifting—but his illness had restricted him from doing so. As his coach, I encouraged him to set small fitness goals, which gave him a sense of accomplishment and helped him channel his energy positively. Over time, moving his body became a physical and emotional outlet for James.

Set realistic goals and take small steps

Breaking considerable challenges into smaller, manageable steps can make them feel less daunting. Setting realistic goals can help us build momentum and confidence—critical components of resilience. When we feel the positive benefits of having taken these small steps, we are empowered to keep going with them over time, leading to big changes in the right direction.

A recent graduate, Emily felt overwhelmed by the prospect of finding her first job. Together, we broke the process into smaller tasks: updating her resume, researching companies and applying for one job per day. Our approach made the process less intimidating and helped Emily stay motivated until she landed a position.

Focus on what you can control

Resilience is about recognizing the aspects of a situation you can influence and letting go of what you cannot. This focus minimizes feelings of helplessness and empowers you to take action where possible.

During a company downsizing, Victoria worried about losing her job. We planned a strategy to focus on actions she could control, such as updating her LinkedIn profile and resume, networking with former colleagues and friends, and looking at other possibilities such as retirement and



678.561.7194 | @DivineSpineWellness | DivineSpineWellness.com

@ThriveWithDrTia



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



Dr. Tia's
Mind • Body • Alignments

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




We are your Holistic Oasis in the City!
Professional . Compassionate . Affordable Wellness Care
At our beautiful & serene Wellness Center in Buckhead, Atlanta

 <p>KOREAN ACUPUNCTURE FEWER NEEDLES • FASTER RESULTS</p> <p>Fertility Health Pain Management Mental Health Migraines Skin Conditions Plantar Fasciitis</p> <p>USE ACU2025 TO GET \$50 OFF YOUR INITIAL exp 2/28</p>	 <p>CERTIFIED REFLEXOLOGIST 15 years experience • National Instructor</p> <p>Foot Pain Sugar Balance Circulation Anxiety & Insomnia Immune Health Nerve Pain</p> <p>USE RFL2025 TO GET \$25 OFF YOUR INITIAL exp 2/28</p>
 <p>FUNCTIONAL NUTRITION</p> <p>2000+ successful cases. Specializing in</p> <p>Digestive Health Auto-immune Fatigue & Anxiety Skin Conditions Migraines Weight-loss</p> <p>DIET • FUNCTIONAL LAB TESTING • NUTRACEUTICALS</p>	 <p>ENERGY HEALING 20+ YEARS EXPERIENCE</p> <p>Reiki Master Sound Healing Access Bars Intuitive Reading</p> <p>PLAN YOUR WELLNESS RETREAT WITH US! Half & Full-day Private Retreats Corporate & Group Events</p>

RANESA HOUSE OF WELLNESS

DISCOUNTED PACKAGES . WELLNESS RETREATS . GIFT CARDS

3091 E. SHADOWLAWN AVE NE, ATLANTA, GA 30305 (FREE PARKING)
404-941-9544 | WWW.RANESAWELLNESS.COM | CARE@RANESAHOUSE.COM

Coaching

- A FOCUSED ADVERTISING SECTION -



REDESIGN YOUR LIFE TRANSITIONS

Awareness • Growth • Transformation
Redesign Your Time. Redesign Your Journey

Integrative Health and Wellbeing Coach
Etta Hornsteiner, MEd, MA, NBC-HWC, ICF Certified

Schedule your **FREE** exploration call today!

770-940-6221

www.ettahornsteiner.com
etta@ettahornsteiner.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



HealthyLivingWithHope.com



Rick Baldwin

www.spiritual-practitioner.com
rickbaldwinstudio@gmail.com



Time to wake up spiritually? I'm a spiritual practitioner with a background in mystical Christianity, metaphysics, meditation, Joel Goldsmith's "Infinite Way," Eckhart Tolle's "Power of Now," non-duality. Accepting and discreet.

Diane Martinez

Conscious Creating Life Coaching, LLC
www.consciouscreatinglife.coaching.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!

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

Life Coaching Articles

UNLOCK INNER FREEDOM!

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

Individualized Support for:

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

Call Today! 678-951-0888

Jessica Tulloss, RN

Health Coaching Articles

"Insanity: Doing the same thing over and over and expecting different results."

Let's make this your best year with a plan to reach your goals.

- LINDA MINNICK

SCAN TO GET STARTED

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

pursuing a lifelong passion as possibilities. Our proactive approach reduced her anxiety and ultimately helped her plan for a future she was excited about.

Build physical resilience through self-care

Physical health and emotional resilience are closely linked. Eating a balanced diet, exercising regularly and getting enough sleep provide energy and clarity to navigate challenges effectively and gracefully.

Joann, a caregiver for her husband with dementia, often neglected her health. After implementing small self-care practices including reviewing her yoga practice with a yoga therapist to better meet her needs and focusing on nutritious low-carb meals, she was able to build back her resilience. The changes improved her energy level and emotional stamina and made it easier for her to care for her husband.

Reframe negative thoughts

Resilient individuals often use cognitive reframing to challenge negative thoughts and replace them with more constructive ones. The technique fosters a positive outlook, even in difficult situations.

When Jennifer had a fallout with a family member, she was frozen, unable to escape a toxic cycle of rumination. Through coaching, Jennifer could reframe the situation as an opportunity to learn and grow. She practiced replacing negative thoughts with more positive, forward-looking thoughts. She gained confidence in herself and could hold space for healing and growth, which eventually led to reuniting her family members.

Practice gratitude

The act of practicing gratitude shifts one's focus from what's going wrong to what's going right. It also fosters optimism and resilience by helping us appreciate the positive aspects of our lives.

Linda started a daily gratitude journal, listing three things for which she was thankful each day. When she was having a bad

day, she would look back at her journal to remember all that she had to be grateful for. Over time, the practice shifted her perspective and made her more resilient in the face of challenges that included financial stress and minor health issues.

Learn to embrace change

Resilience involves adaptability—accepting and navigating life's inevitable changes. Viewing change as a natural part of life can help you respond with curiosity and flexibility.

When Ethan's long-term relationship ended, he struggled with the sudden shift in his life. After seeking coaching, he planned to explore new hobbies and build new social connections. Step by step, he ventured out. By embracing change, Ethan discovered personal growth and new opportunities for happiness that he might not have found otherwise.

Develop problem-solving skills

Resilient individuals approach challenges with a problem-solving mindset. Breaking down issues and brainstorming solutions can reduce anxiety and increase confidence in handling adversity.

After losing a significant client, Priya's business faced financial strain. We created a step-by-step plan to secure new clients and cut unnecessary expenses. This structured approach helped her regain control and stabilize her business.

Final thoughts

Building resilience is a lifelong journey that can include mindset shifts, adoption of healthy habits and cultivating intentional practices. It helps us build the skills and fortitude to face our challenges with strength, adaptability and confidence.

Based in Atlanta, Hope Knosher is the founder of Healthy Living with Hope, offering health coaching, yoga classes and retreats. She is a national board-certified health and wellness coach, a certified yoga therapist and a certified E-RYT 500 yoga teacher. Contact her at 770-789-7782.

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

Give the gift of deep relaxation & facial rejuvenation



MOON
ORGANICS

20% OFF
Products & Services. Use code "222" if ordering online.
MOONorganics.com

The Thriving Heart

Integrative Approaches to Cardiology

by Carrie Jackson



PeopleImages.com - Yuri A/Shutterstock

Although only the size of a fist, our hearts pump blood to our organs and supply oxygen and nutrients to our cells, allowing every system to function optimally. Maintaining a healthy heart is one of the most important factors for overall wellness, and cardiovascular disease is highly preventable. Integrative cardiology, which focuses on treating the whole person rather than just the heart, reflects a shift toward more individualized, patient-centered care. Using personalized nutrition, expansive blood testing, advanced therapies and holistic practices, doctors and patients can blend the best of traditional and integrative strategies for a more balanced and effective approach to heart health.

The 100-Year Heart

Dr. Jack Wolfson is a board-certified cardiologist, bestselling author and founder of

the site *NaturalHeartDoctor.com*. He pioneered the 100-year heart method, which focuses on what he calls "thrival" nutrition, lifestyle, biohacking and ultra-diagnostics to lead a life filled with vitality, clarity and longevity. "Our approach is root-cause medicine, which puts pharma last," he explains. "By looking at daily habits and lifestyle choices, we are able to see why people develop cardiovascular disease, which is the number one killer worldwide."

Wolfson notes that cardiovascular health begins by giving the heart the nutrition it needs to thrive. "Food is medicine, and a paleo-based diet like our ancestors followed has been shown to optimize heart function," he says. "I recommend patients focus on eating wild seafood and pasture-raised meats such as bison, including organs like the heart and liver. This is

supplemented by foraging for things like eggs, raw dairy, nuts, seeds, avocados, coconuts and other fruits and vegetables."

How we live has a dramatic effect on heart health, and Wolfson asserts that there are a number of lifestyle factors we can control. "A thrival lifestyle centers around being outside in natural sunlight and participating in activities we enjoy. When combined with a positive mindset and high-quality sleep, these practices increase longevity and contribute to a deeper sense of meaning and fulfillment," he says. "It's also essential to avoid environmental toxins, such as air pollution, plastic and indoor pollutants like mold from water damage, to the best of your ability. Finally, managing stress and getting movement throughout your day are key to optimal cardiovascular function."

A truly holistic approach to wellness combines many interrelated tools. "Find an activity you love to do outside, whether that's hiking, biking, stand-up paddleboarding or yoga. Before you begin, turn your attention inward and think of three things you are grateful for," Wolfson advises. "This gratitude practice helps you find your happy place, and it gives you a sense of purpose in a world where that's becoming increasingly difficult. It engages the autonomic nervous system, which controls functions like heart rate and blood pressure."

Wolfson believes that for a healthy mind, body and heart, a chiropractor should be the gatekeeper to overall wellness. "Chiropractic care uses the manipulations of bones in a purposeful way to make impactful changes to the neurologic system. It sends out beneficial, efferent signals to all of the cells, tissues and organs, including the heart. It also helps to get us out of the 'fight-flight-or-freeze' mode that so many people are operating in," he remarks. "Chronic stress from work, family, news and finances keeps the sympathetic nervous system activated, but chiropractic treatments help stimulate the parasympathetic nervous system, which allows us to rest and digest."

To kickstart heart health even further, Wolfson's 100-year heart method uses thrival biohacking methods such as supplements and non-surgical recovery therapies. "Evidence-based, food-grade

supplements from field-harvested animals and wild fish support heart function without chemicals or pharmaceuticals," he points out. "People also may need additional minerals like magnesium, herbal remedies, probiotics or detox strategies if they've been living around pollutants. Non-invasive technologies like red light therapy, sauna use, massage, ozone therapy and other cutting-edge treatments help to hack our system and support a healthy heart."

Treating the Whole Person

Dr. Mimi Guarneri is a California-based cardiologist; the medical director of Pacific Pearl La Jolla; an award-winning researcher, consultant and philanthropist; and president of the Academy of



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

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

AIR MED'S GIFT

Massage Therapy

Specializing in Chronic Pain Relief

HEALING WORKS

Airmedsgift.com
770)912-9722
New Client Special

In Office	Home/Travel
\$80	\$100

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



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



Integrative Health and Medicine. In her practice, she combines conventional, integrative and natural medicine to holistically treat the whole patient.

Guarneri says that while cardiovascular disease is still largely misunderstood, it is also highly preventable. “People think it’s a disease of cholesterol, but it’s actually due to inflammation, oxidative stress and immune response,” she explains. “Inflammation can come from obesity, stress, sleep apnea, poor food choices and food sensitivities, and that is what causes damage to the lining of the blood vessels. In the conventional medicine realm, that means telling patients to stop smoking, lose weight and get blood pressure and cholesterol under control. From a holistic perspective, we look at all the lifestyle factors that contribute to heart health.”

When treating a patient with heart disease, Guarneri uses the metaphor of a tree with sick branches. “Instead of just cutting them off, you have to look at the soil to see what can be causing the illness. The soil of our lives includes micro- and macro-nutrition, a healthy microbiome, avoiding toxins, high-quality sleep, physical activity and mental, emotional and spiritual wellness. All these factors contribute to healthy heart function,” she says.

Guarneri uses advanced testing to assess a patient’s baseline heart health. “We begin with a blood and urine micronutrient analysis, which measures the level of antioxidants and nutrients in the body. Then we conduct a microbiome analysis,

which is a three-day stool test that shows how someone is digesting their food. We can see every type of microbe, any parasites and if there is dysbiosis [imbalance] or bacteria overgrowth. Finally, we conduct an in-home study on sleep, which is an integral part of cardiovascular health. Someone with sleep apnea can snore and stop breathing, putting them at increased risk for heart disease, heart failure and high blood pressure,” she says.

Advanced cardiovascular testing shows additional valuable data. “An EndoPAT tells us if the lining of the blood vessels is making nitric oxide, the most important ingredient for heart health. This is a 40-minute, in-office procedure that does not require radiation. Since cardiovascular disease is an inflammatory disease, we do advanced lipid testing to measure inflammatory markers. A high-sensitivity C-reactive protein test measures the level of C-reactive protein in your blood to assess your risk of heart disease and stroke. A 24-hour blood pressure cuff tells us what’s happening throughout the day, and a continuous glucose monitor shows how blood sugar reacts to foods. It’s also valuable feedback to the patient, who can see how their body responds to what they’re ingesting,” says Guarneri.

With all this data, the team creates a road map to health. “We make recommendations based on each patient’s individual needs, including supplements, food choices and lifestyle modifications,” she says. “I may suggest nutraceuticals to complete something that’s missing, such as vitamin D, or I may use them to treat a problem. We’ll prescribe omega-3 [fatty acids] if your triglycerides are high, but we’re also going to give you a low glycemic index diet.”

Guarneri works with patients to manage stress through mindfulness, meditation, exercise and other lifestyle choices. “If you are in constant ‘fight-or-flight’ mode, you are producing adrenaline, noradrenaline and cortisol, which cause blood pressure

to go up, the coronary arteries to constrict, cholesterol to increase and oxidative stress to develop,” she explains.

Guarneri points to a study involving Black Americans with hypertension that showed a 48 percent reduction in cardiovascular events through the use of transcendental meditation. “Mindfulness has also been shown to improve telomeres, telomerase and other genes of aging. Making conscious decisions in our behavior in response to stress is key to overall wellness and cardiovascular function. If your habit is to go home and have a drink after a hard day, we encourage patients to put on their tennis shoes and take a walk instead,” she says.

The Future of Cardiology

New advancements in cardiology are made all the time. In the coming year, cardiologists and researchers are expected to dig deeper into lipid disorders, obesity management and RNA-based therapies for conditions like cardiac amyloidosis, heart failure, dilated cardiomyopathy and hypertrophic cardiomyopathy. We can also expect to see an increase of awareness and interest in the role lipidology [the study of lipids or fatty acids] has on cardiovascular disease. “Preventive cardiologists and clinical lipidologists like myself have been checking Lp(a) levels for well over two decades now, but there has been little we could do medically to reduce high levels,” says Yasmine S. Ali, MD, MSCI, FACC, FACP, adding that a number of nucleic acid therapeutic trials suggest this may change soon.

Experts stress that despite technological treatment advancements, preventative care is still the most effective way to ensure cardiovascular health. “Everyday lifestyle choices have the biggest impact on overall wellness and living a life of vitality, clarity and longevity,” says Wolfson. 🍌

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at [CarrieJacksonWrites.com](https://www.CarrieJacksonWrites.com).

Anil Gupta

on Immediate Happiness

by Sandra Yeyati



Terri Zollinger

Known as the Love Doctor, Anil Gupta is an international public speaker, life coach, relationship mentor and bestselling author of *Immediate Happiness*. He has held workshops in 18 countries; spoken at Harvard University and Tedx SugarLand; been featured in numerous publications and media outlets, including Fox News, Sky TV, ABC, CBS and NBC; and met with or coached celebrities, billionaires, athletes, royalty and spiritual leaders. Before moving to the United States with his wife

and two children, and embarking upon his coaching career, Gupta was an optometrist for 20 years in the UK.

What is the happiness formula?

Happiness is equal to G times G times G. The first G is, you have to give—your time, your energy, your love, your commitment, your joy, your gifts, your money—without wanting anything in return. The second G is, you have to be grateful for what you have and not focus on what you don’t have. The third G is, you have to grow emotionally, physically, spiritually, financially and mentally. What’s beautiful about this formula is that any time you feel low or upset, one of the three Gs has drastically dropped down. All you have to do is work out which of them it is. Do I need to give, grow or be grateful? And that takes away all of the overwhelm.

Can you describe what you mean by giving?

It could be a smile, a thank-you, a compliment or opening the door for someone. There are two types of people on the planet: ones that make you happy when they enter a room and ones that make you happy when they leave a room. When you give authentically, all the pain and suffering you’re going through disappears, because you disappear. Your problems disappear and it’s impossible to be upset when you authentically give because you’re focusing on someone else. In the moment you give, you receive endorphins, the person receiving that act of kindness or gift receives endorphins, the person observing that act of kindness receives endorphins, the person sharing the act of kindness receives endorphins and the person receiving that shared act of kindness receives endorphins, so it goes a long way.

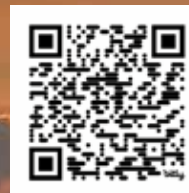
Can you explain the gratitude component?

When was the last time you thanked your hands for everything

**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



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



A Yoga Retreat at the Historic Reynolds Mansion on Sapelo Island, May 25-28

- Meditation & Restorative Yoga
 - Somatic Yoga
 - Y12SR Yoga
- Latin Dance & Movement
- Miles of private beach

Facilitators: Elizabeth Yates and Fabiana Pimenta

tucker-yoga.com



SOUL VENTURES INTERNATIONAL
CONNECTING WOMEN ONE ADVENTURE AT A TIME

2025 VENTURES

YOGA RETREAT
APRIL 24-27

Breathe and Bloom



Join yoga instructor Alisa Lewis and organic farmer Meghan Cole at Kaluna Farm for a serene retreat. Reconnect with your breath, body, and nature.

PILGRIMAGE
AUG 30-SEPT 13

Boa Caminho



Join spiritual director Rev. Laura Rasmussen for a transformative journey along Portugal's El Camino route, with two options for trip length.

CATAMARAN
OCTOBER 17-25

Sailing the Greek Isles



Join SVI on a catamaran cruise through the Greek Isles. Savor local fresh food, feel the sea breeze, and reconnect with your adventurous spirit.

TO LEARN MORE VISIT US AT:
SOULVENTURESINTL.COM



that they've done for you? What have you done to reward your heart and to make sure that it's working properly? Our bodies are miracles, and we have much to be grateful for.

What is your definition of growth, and how do we go about achieving it?

Growth can be emotional, physical, spiritual, mental or financial. So it's improving mental capabilities, working on your emotions, working on being worthy or lovable, working on being the best version of you. Are you physically healthy? Are you hydrating? Are you taking your supplements? Are you exercising? And spiritually, it's about being a beautiful soul, having a great vibrational energy. You don't have to go to church for that.

Ultimately, it all boils down to one thing: awareness. Awareness gives you clarity; clarity gives you focus; focus gives you action; action gives you results; and results

give you momentum, which gives you everything. You cannot be joyous, healthy or in love without awareness, and most people don't have the awareness; they're numb or in a funk or just comfortable.

How do you define awareness, and how can we be more aware?

Awareness is a discipline we have to practice, a muscle. To remind yourself to be more aware, you can put a Post-it note with the word "awareness" on your computer, or a rubber band on your wrist or a sock in your back pocket. You can have your phone ring every two hours as an alarm to remind you to be aware. By putting systems into place, you become aware of being aware, and then you'll start noticing so many things.

Are there mantras you suggest for people?

This is my life. Now I'm in charge. I can handle this. I'm bigger than this. It's not about me; it's about the difference I make.

When I speak, people listen. I am strong. I am powerful. I am kind. I am generous. I am playful. I have integrity. I love people, and people love me. I make a difference. I am love. I am joy. I am a free spirit. I'm ready, I'm ready, I'm ready. I love me, I love me, I love me. Today is the day. Today is freedom day. Whoever meets me today is going to benefit by having an incredible time with me.

You can adapt it for yourself, but these are beautiful incantations. Most people have negative incantations like—I'm stupid; I'm not good enough; no one loves me; I'm alone—and they reinforce it, but if you are the light, the darkness will disappear. 🙌

Sandra Yeyati is the national editor of Natural Awakenings.



To read a longer version of this conversation, visit TinyURL.com/GuptaWW or scan the QR code.

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

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 | 800.392.6870

Is Meditation a Cure-All?

by Patricia Schmidt



Nataliya Vaitkevich/Pexels.com

Yogic wisdom has long offered key stepping stones along a path to enlightenment, including practices to hone focus, to withdraw the senses from the all-consuming physical world and to experience a subsequent immersion in meditation. Indeed, numerous spiritual texts from a variety of traditions—including the revered *Yoga Sutras of Patanjali*—never question whether one should meditate and never doubt the importance of meditation. Students are taught to take steps with the body, breath and mind and to partake in daily rituals in order to prepare the Self to sit and welcome the depths of absorption that meditation can bring. The practice is recognized as difficult, but it is understood to be necessary work to make progress along a spiritual path, the outcome of which is awakening. For humble meditation, it is a pretty tall order: Enlightenment with a capital ‘E’! Awakening, with a capital ‘A’!

Similarly, within today’s Western health-and-wellness culture, many experts—from licensed medical providers to lifestyle gurus to app designers—herald big expectations for meditation. It’s often touted as the answer to anxiety, asthma, high blood pressure, traumatic experiences and more. The outcome is usually a resolution to a problem, and meditation is offered as a kind of cure-all prescription.

Indeed, credible scientific research supports prescribing meditation for many contemporary conditions that cause discomfort and disease in the body. Meditation has been clearly demonstrated in rigorous clinical work to soothe the nervous system, to benefit other bodily systems such as cardiovascular and respiratory health, to ease anxiety, lower blood pressure, reduce the frequency and severity of asthma attacks and decrease symptoms of many other chronic medical conditions. Furthermore, meditation practice earlier in life has been shown to influence drug adherence and beneficial lifestyle choices later on in life. Recent research conducted by Harvard Medical School and other affiliated institutions using sensitive brain imaging techniques demonstrated significant resiliency to stressful and emotionally triggering experiences in meditation-practicing brains, even when those brains aren’t meditating.

More Ease with Dis-ease

So, what’s the difference between the yogic wisdom of meditation and the promises of contemporary times? It is a nuanced one and worth emphasizing these days as the promotion of meditation as a cure-all appears more and more in common conversation. In fact, the teachings of yoga don’t necessarily claim to cure or circumvent any of our ills. It *might* happen as a byproduct of meditation, but from a yogic perspective, the promised outcome of the practice is that the meditator improves their relationship to suffering. If they discover a new ease with dis-ease and dis-comfort, it is largely a result of this change in their relationship with what’s arising in their life—rather than a change in any particular condition.

Meryl Arnett, host of the *Our Mindful Nature* podcast and a longtime Atlanta-based meditation teacher and practitioner, speaks to this nuance as she sums up her long experience with the practice. “When I think of meditation, I think of connection and resilience.” She continues: “For me, those are the qualities that have become the most obvious outcomes of my practice. What I want for all of us as practitioners is the awareness of, ‘This is what I’m doing every time I sit down. I’m not fixing anything; I’m not changing the circumstances of my life. I’m not changing who I am as a person, necessarily. But I am building my capacity to be present for whatever is.’”

No Promises. Just OK in This Moment.

Another trove of wisdom nestled within ancient spiritual texts is their reference to the many obstacles to enlightenment we humans suffer with. Dullness of mind, self-doubt, lack of persistence

and dedication, misperception and clouded vision—it’s as if these ancient scholars could see into our living rooms. Many experience these hindrances when they try to sit and meditate. Arnett says that the most frequent complaints she hears from people encompass many of these obstacles. “I tried, but I think too much.” “It’s so uncomfortable.” “It’s not for me.” “I’m not a meditator.” “I can’t do it.” She hears this a lot.

Arnett also notices how often meditation is entered into with an expectation of what it will resolve, even though the practice cannot promise to resolve a thing. “The second most common thing I hear,” says Arnett, “is some version of, ‘Once I get really good at meditating, I’m going to be so different. I’m going to be more peaceful. I’m not going to yell. I’m not going to get upset. I’m going to change in some better way.’”

Arnett believes that “the only thing meditation is doing is allowing us to connect to ourselves. There is no promise that you’re not going to get upset; there is no promise that suddenly your emotions are just going to even out: no moments of Big Anger, Big Fear, Big Joy. Rather, the practice allows me to know without a shadow of a doubt that I am also OK in those moments.”

Arnett’s perspective is that meditation can’t cure our ills. Suffering will happen, and it’s our relationship to it that shifts through the practice.

Letting Go and Welcoming

Adding to the challenge of meditating is that people often bring their expectations to the meditation cushion. Whether it’s the imagery of a serene yogi seated in tranquility or the more contemporary construct of an immersive, silent retreat free from grocery lists and smartphones, people often bring tremendous expectations around what meditation should look and feel like. As a result, for many, when meditation fails to meet these parameters, the exercise itself becomes an experience of failure. They give up on meditation altogether. They stop taking the medicine before it has a chance to do its work.

World-renowned author and meditation pioneer Sharon Salzberg also speaks of letting go of the need to do it “right” or “better”

and advises that we let go of the need to accumulate more skill at meditation. She notes that the point of meditation is to “learn how to let go more gracefully.”

Arnett agrees. “I would reiterate for the millionth time—drop the expectations. You’re gonna think. We’re all gonna think. That’s what our brains do. And our whole work in practice is just to build the capacity to see what’s going on inside—to *hear* the thought, as opposed to being lost in the thought.”

The “letting go” that Salzberg speaks of is a welcoming of whatever arises, a cultivation of self-curiosity. “We don’t meditate to get better at meditating; we meditate to get better at life,” says Salzberg. For Arnett, meditation practice is about being able to say, “Let me just let go of what I think meditation is. Let me let go of what I think is going to happen. Let me let go of what I think I should do.” Instead, she says, “What if I just say every day, ‘I’m going to set the timer for five minutes, and I’m going to sit down.’ I’m going to say, ‘Now is my time to meditate,’ and I’m going to see what happens.”

Simple Steps to Begin Meditating

- Set an intention for a given amount of time to meditate. Start small. Move your body first if it helps you to be still.
- Commit to completing the duration of your intended time. Set a timer if it’s helpful.
- Say to yourself, “Now is my time to meditate,” before you begin.
- Notice whatever arises. Try to notice without judgment.
- When your timer goes off, take a deep breath and leave your seat. Allow yourself to be pleased with your efforts to meditate in that moment. 🧘



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.



SHOP NOW

Time for a NEW MAT?



WWW.HEYYOGI.SHOP

A mindfulness yoga mat that supports your poses and your peace of mind

YOGA IN ATLANTA

- A Focused Advertising Section -



CALENDAR

TUESDAY, FEBRUARY 4

Family Yoga Night! – 6-7pm. Enjoy a free family yoga session for all ages, sponsored by FOLK. Hosted by Sati Yoga & Wellness. Free venue parking. Kirkwood Branch Library, 11 Kirkwood Rd NE, Atlanta. Reserve: <https://bit.ly/family-yoga-night-040225>.

FRIDAY, FEBRUARY 7

Yoga: A Journey Through Reflection and Storytelling (Part 5) – 10-11:30am. Blend yoga, self-reflection, and storytelling in this transformative session. Connect with others and explore inner growth. Dogwood Library, 1838 Donald Lee Hollowell Pkwy NW, Atlanta. Reserve: <https://bit.ly/yogajourney-through-reflection-070225>.

SATURDAY, FEBRUARY 8

FREE Reiki Infused Yoga & Meditation – 3:30-5:30pm. Explore awareness through Vinyasa yoga and meditation while receiving Reiki healing to balance chakras. Free parking. Healing Hands Reiki, 27 Waddell St NE, Suite A, Atlanta. Reserve: <https://bit.ly/reikiinfusedyoga-011125>.

Community Kirtan & Mantra Meditation – 4-6pm. Melt away what no longer serves you with Radha Rose. You will receive a take-home mantra guide, props and a cup of holy basil tea. \$45. Vista Yoga, 2836 Lavista Road. bit.ly/vista-yoga-events

SUNDAY, FEBRUARY 9

T.R.A.P. Yoga ATL – 11am-12:15pm. All-level yoga flows set to music by Lil Baby and Smino. \$15 at the door. The Loft Athletic Club, 275 Decatur St SE, Atlanta. Reserve: <https://bit.ly/trap-yoga-atl-090225>.

Hops & Flow Metal Beer Yoga at Little Cottage Brewery – 11am-12:30pm. Metal-infused yoga flow paired with beer. Includes 60-minute class and first beverage. \$18. Little Cottage Brewery, 120 Olive St, Suite 500, Avondale Estates. Reserve: <https://bit.ly/hope-and-flow-metal-beer-yoga-090225>.

FRIDAY, FEBRUARY 14

Yin, Yoga Nidra and Kirtan with Douglas – 5-8:30pm. Rejuvenate with Yin Yoga, conscious sleep meditation, and chanting. Led by Douglas Johnson, E-RYT 500, YACEP, OM. \$40. AUM Studio. Reserve: <https://bit.ly/aum-studio-events>.

SATURDAY, FEBRUARY 15

Hops & Flow Spirit Yoga at Independent Distilling – 2-4pm. Enjoy a 60-minute yoga class followed by a mixology session with your first cocktail included. \$25. Independent Distilling, 547 E College Ave, Decatur. Reserve: <https://bit.ly/hope-and-flow-spirit-yoga-150225>.

SUNDAY, FEBRUARY 16

Bare Skin Yoga – 11am-12:30pm. A clothing-optional yoga class promoting self-love and body positivity. Safe, welcoming space for healing through movement and meditation. \$25. Chosewood Studio, 992 Ralph David Abernathy Blvd, Atlanta. Reserve: <https://bit.ly/bare-skin-yoga-160225>.

WEDNESDAY, FEBRUARY 19

Into The Calm: A Patagonia x Breathe With Kay Winter Wellness Series – 7-9pm. Free yoga, breathwork, and sound healing to beat the winter blues. Includes tea from Just Add Honey. Patagonia, 124 Krog St NE, Atlanta. Reserve: <https://bit.ly/breathe-with-kay-wellness-190225>.

SATURDAY, FEBRUARY 22

Adolescent Yoga – 12-1pm. Yoga for kids and teens to manage anxiety, improve focus, and boost self-esteem. Under 14 must be with a guardian. Free parking. Center for Intuitive Healing, 1842 Independence Square, Dunwoody. Reserve: <https://bit.ly/AdolescentYoga-Every-4th-Sat>.

SUNDAY, FEBRUARY 23

Yoga by the Lake – 12-1:30pm. Recharge with beginner-friendly yoga, breathwork, and sound baths in nature. \$10-\$40. Sweetwater Creek State Park, 1750 Mount Vernon Rd, Lithia Springs. Reserve: <https://bit.ly/yoga-by-the-lake-230225>.

MONDAY, FEBRUARY 24

Yoga Presented by Kaiser Permanente – 6:30-7:30pm. Free evening yoga class as part of the Wellness Series. Held on The Plaza Green. Pre-registration required. The Battery Atlanta, 775 Battery Ave SE, Atlanta. Reserve: <https://bit.ly/yoga-by-kaiser-240225>.

SATURDAY, MARCH 1

SATYA Floor Play – 12-1:30am. Explore somatic movement blending yoga with the techniques of Feldenkrais and Hanna. Release tension, improve mobility, and enhance pranic flow. \$45. Marnie, AUM Studio. Reserve: <https://bit.ly/aum-studio-events>.

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.givingtreeyogasmymrna.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

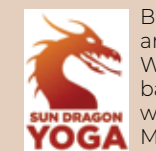
Non-heated, trauma-informed yoga
1996 Hosea L. Williams Dr
satiyogawellness.com
404-907-4279

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
sundragonoyoga.com
david@sundragonoyoga.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

Trauma Sensitive Yoga for people of all genders, shapes & sizes

Stacey Beth Shulman
Certified Trauma Sensitive Yoga Facilitator

(404) 202-3929

TSYAtlanta@gmail.com

www.TSYAtlanta.com



Experiential Anatomy: An Immersive Workshop with Marti Yura and Patty Schmidt

February 28-March 2, 2025

Register for the whole weekend or individual sessions; reduced pricing before February 15th!



Immerse yourself in anatomy through your own somatic experience and embodied knowledge.

Suitable for both yoga teachers and general practitioners; individual and whole-weekend sessions available.

Marti (ERYT-500) and Patty (ERYT-500; C-IAYT) bring decades of teaching and practice expertise to their workshops; CEUs available through YA and IAYT. To register, contact therapy@plyyoga.com or visit www.vistayoga.com

"There is no greater gift you can give or receive than to honor your calling."

Oprah Winfrey



Vista Yoga / Prajna
200-hr Teacher Training 2025

9 Sessions Over 6 Months
First Session: March 28 - 30

Each session includes anatomical study, contemplation and practice so you can integrate the teachings. This immersion will deepen your personal practice and relationship to yoga.



For more info:
bit.ly/vista-ytt

Yoga for Women's Health: A Weekend Immersion with PLS Yoga

May 2-4, 2025; limited early registration spots available before April 4, 2025
CEUs available through YA, IAYT, and an elective part of the Vista Yoga 300hr YTT



- Explore traditional yogic and progressive ways of understanding yoga to serve a female body and mind, including issues of gender and sex identity.
- Examine public health issues through a yogic lens, including pelvic health, osteoporosis, heart disease, cancer, and mental wellbeing
- Hone your yoga teaching skills and grow your ability to help students create and maintain EASE in their body/mind

This workshop offers a safe and respectful space to all. For more information and to register, please contact therapy@plyyoga.com

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

Bringing Back the Monarch Butterfly

How Milkweed and City Gardens Can Help

by The Field Museum of Chicago staff



Mark and Michelle Rogovin

Monarch butterflies, with their striking orange and black wings, are some of the most recognizable insects in North America, but they are in trouble because their caterpillars can eat only the leaves of milkweed, a native wildflower that has increasingly disappeared. The problem is so extensive that the U.S. Fish and Wildlife Service submitted a proposal to list the monarch as a threatened species last December.

“This decision comes after a long process, including science-backed modeling that shows the likelihood of monarchs being extinct by 2080 ranges from 56 to 74 percent for the population east of the Rockies, and greater than 99 percent for the Western

monarch population,” says Lead Conservation Ecologist Aster Hasle, of the Keller Science Action Center, at Chicago’s Field Museum. Additional modeling suggests that more than 1.3 billion stems of milkweed need to be added to the landscape to stabilize eastern population numbers. Much of that milkweed could be added in cities, Hasle points out.

In a 2024 study in the journal *Frontiers in Ecology and Evolution*, urban milkweed plants were monitored to learn what makes city gardens hospitable to monarchs. “In this study, we found that monarchs can find the milkweed, wherever the milkweed is, even if it’s in planters on balconies and rooftops,” explains Geographic Information

Systems Analyst Karen Klinger of the Keller Science Action Center at the Field Museum, and the study’s lead author.

Adding milkweed across all landscape types is a key strategy in stabilizing the monarch butterfly population. “In proposing listing the monarch as threatened, the Fish and Wildlife Service provided the flexibility to manage milkweed habitat, as needed, without concerns on impacting monarchs. They did this to encourage more milkweed habitat creation within the monarch’s breeding and migratory range,” says Hasle, a co-author of the study.

Monarch butterflies have one of the most unusual and demanding migratory patterns of any insect. The eastern population begins the year in Mexico and moves up across North America in the spring and summer. “As they travel, they lay their eggs, and when those adults die, the next generation continues the migration northward. They will make it all the way to southern Canada, and at the end of summer, a new super generation is born that migrates all the way south and survives through the winter,” explains Klinger.

Because it takes multiple generations of caterpillars to get the monarch population from Mexico to Canada each year, they must rely on milkweed plants throughout their migration path. “There used to be wild milkweed growing along farmland in the Midwest, but now farmers use herbicides that kill the milkweed,” notes Klinger.

Urban milkweed gardens are able to bridge this gap. Klinger was a co-author of a 2019 study led by Field Museum scientists that showed that even “concrete jungles” have room for milkweed plants in people’s yards, alleyways and rooftops. “With our 2019 study, we found that a lot of the spaces where milkweed could grow was inaccessible to scientists—there was a lot of milkweed that we couldn’t account for,” says Klinger. “But we also found that there was a lot of enthusiasm among residents to plant milkweed and support monarchs. We took

what we learned while searching for milkweed in residential areas and developed a community science project that became the basis of our 2024 paper.”

Klinger and Hasle trained more than 400 community scientist volunteers on how to monitor their milkweed plants for monarch eggs and caterpillars and report back to researchers. Over the course of four years, the team collected 5,905 observations of monarch activity on 810 patches of milkweed in the Chicago metropolitan area. The paper analyzed a portion of this data from 2020 to 2022. “We encouraged participants who had planters on balconies and on rooftop decks, and we saw some of the most amazing things,” shares Klinger. “There was one participant who had a planter set on the condominium roof that had five large caterpillars in one photo.”



Karen Klinger

Top Five Ways To Support Monarchs

1. Plant native milkweed species, including common milkweed (*Asclepias syriaca*).
2. Plant a variety of nectar plants, ensuring blooming flowers from spring to fall.
3. Continue managing and adding to the milkweed garden year after year.
4. Share knowledge and support of monarchs and milkweed with friends and family.
5. Comment on the proposed rule to list the monarch butterfly as a threatened species at [Regulations.gov/document/FWS-R3-ES-2024-0137-0001](https://www.regulations.gov/document/FWS-R3-ES-2024-0137-0001).

Based on these observations, the researchers developed several theories about what makes for a successful milkweed garden. “There are several native species of milkweed, and we found that common milkweed (*Asclepias syriaca*) was very prevalent in people’s gardens and was really key, both in terms of whether monarchs laid their eggs there and how many they laid,” reports Klinger. “Also, kind of surprisingly, older, more established milkweed plants did a lot better; they were more likely to see eggs than younger plants.” Having a variety of blooming plants was also important for monarchs to lay more eggs on milkweed, as it provided more nectar for the adults.

While monarchs are just one species of insect, they are indicative of the big-picture health of the ecosystems they inhabit. “Because they cross this big landscape from Mexico to Canada, monarchs are an important indicator of what’s happening across a big area,” Hasle asserts. 🌱

For more information, visit [FieldMuseum.org/departments/keller-science-action-center](https://www.fieldmuseum.org/departments/keller-science-action-center).

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
313-282-1759

Atlanta’s Best Sustainable Landscaping

By focusing on native plants, permaculture techniques, composting and recycling, we use each project as an opportunity to improve the homeowner’s relationship to the environment.



yogardener.com
yogardener404@gmail.com
(404) 623-2287

Holistic Lifestyle for Dogs

How Herbs, Mushrooms and the Outdoors Can Help

by Rita Hogan



GenAI/CanvaPro

toxins might contribute to behavioral changes because the nervous system is inextricably related to the liver's role in detoxification. Herbs can address these connections and help maintain balance across a dog's entire ecosystem.

Choosing the Right Herbs and Mushrooms

Because emotional health is closely tied to physical health, calming herbs and mushrooms can help maintain physical balance by reducing inflammation, supporting digestion and detoxification, and enhancing overall organ function. Here are some of the most effective choices.

- **Passionflower** (*Passiflora incarnata*)
- **Lemon balm** (*Melissa officinalis*)
- **Dandelion root** (*Taraxacum officinale*) also stimulates bile production, which aids in the digestion of fats and proper stool formation.
- **Milk thistle** (*Silybum marianum*). Use milk thistle seed rather than a standardized extract of silymarin, the active ingredient in milk thistle.
- **Nettle leaf** (*Urtica dioica/urens*) also provides anti-inflammatory vitamins and minerals.
- **Chamomile** (*Matricaria chamomilla*) directly impacts the nervous system

It is helpful to adopt a "dog-as-ecosystem" approach, where all aspects of their well-being are seen as interconnected. A dog's organs, nervous system, physical health, emotional state and environment continually influence one another. For example, stress can trigger a cascade of responses, such as overstimulating the nervous system, leading to digestive upset or a weakened immune system. Similarly, exposure to

by reducing stress-induced gastrointestinal discomfort.

- **Lion's mane** (*Hericium erinaceus*) modulates the immune system, the gut and the nervous system.
- **Calendula** (*Calendula officinalis*) improves coat condition, liver function and helps balance the microbiome.
- **Ashwagandha** (*Withania somnifera*)

Stress and Anxiety Herbal Infusion

1 tsp dried dandelion root (*Taraxacum officinale*)

1 tsp dried milk thistle seeds (*Silybum marianum*)

1 tsp dried nettle leaf (*Urtica dioica/urens*)

1 cup boiling water

Combine dandelion root, milk thistle seeds and nettle leaf in a shatterproof glass container. Pour one cup of almost boiling water over the herbs and cover to let them steep for 15 minutes. Strain, reserving the liquid, and cool. Give one tablespoon for every 20 pounds of body weight. It can be mixed with food.

Nature Nurture

Along with a daily infusion of herbs and mushrooms in a dog's diet, spending time in nature will benefit them tremendously. Whether walking in the woods, playing fetch at the park or lying in the grass, this connection to Earth provides grounding, mental stimulation, physical exercise and emotional nourishment. Feeding our furry best friends natural, calming ingredients and spending time with them outdoors is the ideal recipe for a balanced, happy and healthy life. 🐾

Rita Hogan is a clinical canine herbaist with more than 20 years of experience and author of *The Herbal Dog: Holistic Canine Herbalism Applications and Practice*. Learn more at CanineHerbalist.com.

5-Day Immersive Event & Expo Best Prep for Pregnancy

Natural, IVF and Egg-Freezing

begins **March 25**

JOIN US ONLINE!

- 50+ Top Experts Share Their Wisdom
- Multimedia Resources
- Interactive Community
- Meaningful Connections
- Artistic Performances
- Movement & DIY Activities
- Gamification
- Sponsor Product Discounts

TICKET LEVELS

FREE - Enjoy 5 days of daily admission to inspiring and empowering education from more than 30 top experts, plus **TWO FREE GIFTS**.

SILVER - Also includes bonus speakers, presentations and immersive experiences, swag bags, lifetime education access, 12 months of interactive community access, live Q&A chat with speakers and **MORE!**

VIP - Includes SILVER content plus lifetime access to immersive event experiences and to interactive community, a VIP Lounge to meet and interact with speakers, and **SO MUCH MORE!**

Brought to you by

 HealthYouiversity Group 501(c)(3)

Scan the QR Code to
Learn More and to Register



LIFE CHANGING! 50+ EXPERTS



Susan Fox
DACM, LA, FABORM
Host



In Loving Memory,
Gladys McGarey
M.D., M.D.(H)
The Mother of Holistic Medicine



Anna Cabeca
D.O., OB-GYN, FACOG
Reversing Infertility &
Early Menopause - My Story



Betsy Greenleaf
D.O., FACOOG, FACOG, MBA
Could an Unbalanced Vagina
Be Robbing Your Fertility



Aimie Apigian
M.D., MS, MPH
Moms Who Create Safety Within



Tom O'Bryan
DC, CCN, DACBN
Inflammation and Infertility



Elisa Song
M.D.
The Prenatal Epigenetic Rx



Lauri Grossman
DC, CCH, RSHom(NA)
Homeopathy for the Emotional Issues
Associated with the IVF Journey



Tracey Gapin
M.D.
Optimization and
Preconception Genetics



Brian Levine
M.D., MS, FACOG
Current Technologies Improve
Fertility Care

COMMUNITY CALENDAR

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 \$35 to attend — to list for free. Otherwise, basic listings are \$40 and enhanced listings are \$75. Submit free listings to calendar@naAtlanta.com and paid listings to ads@naAtlanta.com.

Thursday, February 6

Building Confidence 101 Atlanta – 1:30-3pm. Join Dr. Tandy for an online workshop designed to boost self-esteem and empower your true potential. Free. Online event hosted from Atlanta. Register: <https://bit.ly/building-confidence-101-060225>.

Throttle Thursday – 6:30-7:30pm. Power through your evening with an intense cycling class featuring high-energy beats and intervals. Ages 18+. \$20. Drenched Cycle Studio, 724 Monroe Dr NE, Atlanta. Free parking. <https://bit.ly/throttle-thursday-060225>

Sacred Beats Drumming – 7-8:15pm. Join our drumming circle led by Jen Huber to clear blocks, release emotions, and gain clarity. Free; donations support Native American Community. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. <https://bit.ly/sacred-beats-drumming-060225>.

Saturday, February 8

Digital Learning Lab: Drop In Hours – 10am-2pm. Get resume assistance, North-Star digital literacy training, and technical support. Free. Westside Works, 261 Joseph E. Lowery Blvd NW, Atlanta. <https://bit.ly/digital-learning-lab-080225>.

Sunday, February 9

Pilates in the Park – Indoors – 10-11am. Enjoy 50 minutes of classical mat Pilates with cardio, strength, and stretching. All levels welcome. \$15. Moving in the Spirit, 1458 La France St NE, Atlanta. <https://bit.ly/pilates-in-the-park-090225>.

Monday, February 10

Bridging Generational Gaps – Atlanta, GA – 7-8:30pm. Learn tools to support your child's mental health, improve communication, and build resilience. Free. Atlanta, GA 30313. Register: <https://bit.ly/bridging-generational-gaps-100225>.

Bridging Leadership and Parenting – Atlanta, GA – 7-8:30pm. Empower your parenting with strategies to support your child's mental health. Join experts and parents for insights, tools, and community. Free. Atlanta location provided upon registration. <https://bit.ly/bridging-leadership-and-parenting-100225>.

Wednesday, February 12

Walk It Out Wednesdays w/ Ranger Doffice – 3-5pm. Escape midweek for a guided hike at Davidson-Arabia Mountain Nature Preserve. Enjoy nature's serenity and energize your body. Free. Davidson-Arabia Mountain Nature Center, Stonecrest. <https://bit.ly/walk-it-out-with-ranger-doffice-120225>.

She Recovers Foundation Atlanta Sharing Circle – 7-8pm. Support one another on the journey to wholeness at this monthly gathering. Free. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. Kirsten Newquist: 661-803-2570. <https://bit.ly/atl-sharing-circle-120225>.

Friday, February 14

Lovers & Friends Valentine's Day Mixer with Luna – 6-11:30pm. Celebrate love with a cozy bonfire, tarot readings, games, food, and drinks. Ages 21+. Free parking. Atlanta location provided upon registration. <https://bit.ly/lovers-and-friends-valentines-day-mixer-140225>.

Saturday, February 15

Dance: Open Class – 10-11am. Explore a different dance style each week focusing on foundation and movement. \$15. AODÓ Studios, 1500 Northside Dr NW, Atlanta. Register: <https://square.link/u/HOCIZSo>. More info: <https://bit.ly/dance-class-150225>.

WALK WELL ATL – 10am-12pm. Join this community walk to connect, unwind, and enjoy Atlanta's scenery at a relaxed pace. Free. BrewDog Atlanta, 112 Krog St NE, Atlanta. Parking available nearby. <https://bit.ly/walk-well-atl-150225>.

New Year, New Heart: Life-Saving CPR & Wellness Day – 11am-2pm. Join this annual health fair with CPR training, screenings, and wellness education. Free. IBEW Local 613, 501 Pulliam St SW, Ste 250, Atlanta. <https://bit.ly/lifesaving-cpr-and-wellness-day-150225>.

Heart-Centered Sound Bath Experience with Gina – 2-3pm. Celebrate love in all its forms through a relaxing, heart-opening sound bath. \$35. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. <https://bit.ly/heart-centered-sound-bath-experience-150225>.

Sunday, February 16

The Womb Collective Tea & Talk – 2-4pm. Enjoy signature tea and intentional conversations about women's health and wellness. Monthly event. \$20. The Wellness Spot, 3397 Main St, College Park. Also live on IG. <https://bit.ly/womb-collective-160225>.

Wednesday, February 19

Just Walk with Carolyn Hartfield – 10am-12pm. Enjoy a healthy walk, engaging conversations, and health discussions with Certified Health Coach Carolyn Hartfield. Free. Mason Mill Park, 1400 McConnell Dr, Decatur. Virtual option available. <https://bit.ly/walk-with-carolyn-hartfield-190225>.

Thursday, February 20

February Hapeville Library Mini Health Resource Fair – 11am-2pm. Focused on heart health, this event offers free resources, information, and SWAG. All ages welcome. Hapeville Branch Library, 525 King Arnold St, Hapeville. Free parking. <https://bit.ly/mini-health-resource-fair-200225>.

Saturday, February 22

Awaken Your Spirit Through Soul Hunting with Dr. Avery Alexander – 2-4pm. Join Native American shaman Dr. Avery Alexander for a transformative journey of breathwork, movement, and spiritual exploration. \$30. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. <https://bit.ly/soul-hunting-220225>.

Reiki Share – 3:30-5:30pm. Reiki practitioners gather for group healing treatments, meditation, and energy scanning. \$21 donation. Healing Hands Reiki & Spiritual Development, 27 Waddell St, Ste A, Atlanta. <https://bit.ly/reiki-share-220225>.

Sunday, February 23

Herbal Tinctures & Teas for Immune Health – 3-5pm. Join Sonia Nilsen, The Natural Medicine Woman, to taste and learn about herbal tinctures that support immune health. \$15. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. <https://bit.ly/teas-and-tinctures-for-immune-health-230225>.

Saturday, March 1

Lucidity Thoughts Journaling Party – 12-2pm. Reflect on 2024, set intentions for 2025, and connect through guided journaling and creativity. \$20. Pop Up and Create Coworking and Event Space, 2130 Kingston Ct, Ste D, Marietta. <https://bit.ly/journaling-party-010325>.

Angel & Ancestor Spirit Jam – 6-8pm. Receive intuitive messages from the Angel and Ancestor realms in an open

setting. \$10 at the door. Healing Hands Reiki & Spiritual Development, 27 Waddell St, Ste A, Atlanta. <https://bit.ly/angel-and-ancestor-spirit-jam-010325>.

Sunday, March 2

2025 Race to Read 1M 5K 10K 13.1 26.2 – 7pm. Complete your race anytime through September 6 to support DonorsChoose.org. All ages. \$20. Participate virtually from any location. Medals and bibs included. <https://bit.ly/race-to-read-020325>.

Monday, March 3

MotivateMe Monday Run Club Series - Powered by lululemon – 6-8pm. Join a 45-minute guided run, followed by a social hour with a complimentary drink. Free. lululemon, 5185 Avalon Blvd, Alpharetta. <https://bit.ly/monday-run-club-030325>.

Wednesday, March 5

Collage Night ~ March – 7-9pm. Join The Bakery Atlanta for an evening of art and community. Supplies provided, but additional materials are welcome. Sliding scale tickets start at \$5. The Supermarket, 638 N Highland Ave NE, Atlanta. <https://bit.ly/collage-night-march-050325>.

Sundays

Practicing the Presence-A Course in Miracles – 8:45-10:30 am. This weekly Zoom study group aims at removing the blocks to the awareness of love's presence. Facilitator: Michael Wilkinson. An open and ongoing class. All are welcome. For more info and to receive the zoom link, email: MWilkinson@leadstrat.com.

Online & In-Person Sunday Experience – 9-10:30 am Adult Study; 3pm, Music and Message; 4pm, Food and Fellowship; 5pm, New Thought Education Workshop. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: slc-atlanta.org.

Red Clay Sangha Sunday Morning Service – 9am, Sitting/Walking Meditation; 10:30, Morning Service; 10:45am, Dharma Discussion; 11:30am, Clossie and Brunch. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: RedClaySangha.org.

Grant Park Sunday Market – 9am-1pm. Year-round, rain or shine. Shop local produce, meats, breads, and artisanal foods. SNAP/EBT accepted with dollar-for-dollar match for fruits and veggies. 1040 Grant St SE, Atlanta. Free parking available. CFMATL.org/grantpark/.

Online: NWUUC – 10:30am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or nwuuc.org.

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

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

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

Unity Atlanta Church Sunday Services – 11am. Attend in-person or watch via livestream. Youth Sunday School is also held in-person at 11am for ages 5-18. Nursery service is available 10am-12:30pm. 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Twin Hearts Meditation – 11am – 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 Pranich Healing Center via Zoom. To watch: AtlPranichHealing.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

Tuesdays

Online Meditation Open House – 7-8pm meditation, 8-8:30pm discussion, followed by tea and cookies. To watch: Atlanta.Shambhala.org.

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

Divine Connection Spanish Language Online Prayer & Study Group – 8-9pm. Unity Atlanta Church invites the Spanish-speaking 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. Unity Atlanta Church: 770-441-0585. UnityAtl.org.

Wednesdays

Decatur Farmers Market Opening Day – 4-7pm. Rain or shine, shop fresh, local produce and more. SNAP/EBT accepted with dollar-for-dollar match for fruits and veggies. First Baptist Church Decatur, 308 Clairmont Ave. Free parking available. 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.

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.

Thursdays

East Atlanta Village Farmers Market Opening Day – 4-8pm. Shop fresh, local produce and artisan goods. SNAP/EBT accepted with dollar-for-dollar match for fruits and veggies. 572 Stokeswood Ave SE, Atlanta. Free street parking available. CFMATL.org/eav/.

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.

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.

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.

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.

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.



Create your event listing at
NAATLANTA.COM/CALENDAR
Basic online listings are free.

COMMUNITY DIRECTORY

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

Acupuncture

J. CAMERON HOLISTER, MS (TCM), LAC

608 Moreland Ave
Atlanta, GA 30307
peachtreeacupuncture.com
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.

Chiropractic

HANDS ON WELLNESS CHIROPRACTIC

3652 Chamblee Dunwoody Rd Ste 1
Chamblee, GA 30341
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
email: 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.

Energy Healing

LINDA MINNICK

Intuitive, Coach, PSYCH-K Facilitator
www.lindaminnick.com
lkminnick@live.com
678-641-7005



Your thoughts are running the show. Change your thoughts, change your results. With an easy, quick, and proven process, I can assist you in creating a healthier, happier belief system thereby getting better results.

KRISTIN TANSEY

Shine Energy Healing
shine-energyhealing.com
ktansey18@gmail.com
646-345-8519



Release emotional trauma, pain, limiting beliefs and more with Emotion Code, Body Code, and Belief Code. These are transformational methods to create joy, optimal health, and abundant life.

Health Food Store

SEVANANDA NATURAL FOODS MARKET

467 Moreland Avenue NE
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
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
AtIDentalWellness.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
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
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
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



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.

find out how to get
included
in this section
email: ads@naAtlanta.com

Intentions

UNITED INTENTIONS FOUNDATION, INC.

Discover the Power of Your Intentions!
11205 Alpharetta Hwy, Ste F5
Roswell · 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.

Realtor

TORI MCGEE

Holistic Realtor / Building
Biology Advocate
www.atlantaholisticrealtor.com
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/
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 · 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.

*My wealth is in my knowledge
of self, love and spirituality.*

—Muhammad Ali

Tissue Regeneration

SOFTWARE THERAPY

for Pain Relief & Tissue Regeneration
Introductory session: \$49
howchiropractic.com/tissue-regeneration/
770-452-2955

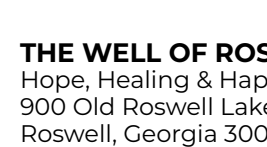


Revolutionize Your Healing! This non-invasive treatment uses advanced soft acoustic waves to stimulate healing, reduce inflammation, and enhance recovery through stem cell activation. Perfect for joint pain, tendinitis, pre-post surgery, and chronic conditions.

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 · 404-993-3914



THE WELL OF ROSWELL

Hope, Healing & Happiness
900 Old Roswell Lakes Parkway #300
Roswell, Georgia 30076
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
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.



LIST YOUR BUSINESS FOR FREE!

naAtlanta.com/businesses

Continued from page 38

ask for what I want. It's putting myself first because I can't take care of the people who depend on me or rise to the best version of myself if I'm not operating on all cylinders. Self-love is the path that I walk every day, and now I help people find the path for themselves. It's allowed me to uncover my talents, have deeper relationships and do the work I love without apology. Self-love is a game-changer. 🙌



Trish Ahjel Roberts is the founder of the Mind-Blowing Happiness® coaching company and the author of four books, including her latest, The Anger Myth: Understanding and Overcoming the Mental Habits That Steal Your Joy. Learn more at TrishAhjelRoberts.com.

Understanding and Overcoming the Mental Habits That Steal Your Joy. Learn more at TrishAhjelRoberts.com.

Classifieds

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

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 Tangela 313-282-1759.

Natural Supplements

ORGANIC HERBAL TEAS - Targeted Herbal Teas For The Pancreas, Lymph, Liver, Kidneys, Prostate, Lungs, Heart & More. Samples Available. EarthSanaStore.com/tea, 954-459-1134.

Space for Rent

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. Cost: \$25/month.

Self-Love Is a Game-Changer

by Trish Ahjel Roberts

When I was a child, I really liked myself. Carly Simon's song, "You're So Vain," topped the charts back in the early '70s, and my mother used to say I thought the song was about me. I used to stand in front of the mirror, hairbrush in hand, singing and smiling at my own little image. I don't know if I was born confident or if lots of my little girl successes and good fortune empowered me.

I was an early reader in a two-parent home with a live-in grandmother, two big sisters and a succession of pets. We had dogs, cats, birds, fish, hamsters and turtles. I knew I was loved by adults, children and animals, so it wasn't hard to love myself.

As I became a young woman, pieces of that little girl slipped away—lost to trauma, seemingly harmless teasing and my struggle for identity. I found myself terrified to speak in front of an audience, say my piece in work meetings and ask for a raise when I knew I deserved one. I found myself thinking I was just lucky when things worked in my favor. When I was complimented on my work, personality or appearance, I would shrug it off as "no big deal." I wondered what people saw in me that I didn't see in myself. When things went well, I waited for the proverbial "other shoe to drop." I wasn't surprised when it often did.

It took years for me to uncover my true self and learn to appreciate my own genius. When I talk like this, I realize it makes some people uncomfortable. I'm not selfish, arrogant or full of delusions of grandeur. I've simply learned to love myself.

In a society that teaches women to keep our pretty little heads down and be quiet, demure and respectful, pushing your chin out and your shoulders back can be threatening for some. Maybe even "unladylike," as my mom might have said.



Kirakenimages.com/DepositPhotos.com

But over the years, I've learned to spend time with *me*. I've discovered what I like and what I don't. I love to hike wide trails with tree roots and waterfalls. I shamelessly watch horror, thrillers, documentaries and reality TV. I'm not sure I can live without practicing yoga, meditating and burning bundles of incense and sage. I can roll around in books, and I've even written four of them. But I can't pay attention to graphic novels or comic books, and I don't understand anime or Comicon. I don't know much about action movies, fantasy or superheroes. I've never read *Harry Potter* or watched *Game of Thrones*, and

I'm sure I never will. And I don't think I've ever actually watched the Super Bowl or a hockey game.

I love the rain. I don't care for snow. I like body oil, not lotion. Body butter is a "maybe." You get the idea.

Learning to love myself started with figuring out what I do and don't like. I learned to say "yes" to what I want, "no" to what I don't and "maybe" to the things I haven't decided about yet.

Besides the external stuff, I uncovered my values—not the ones from my parents or the religion of my youth. I learned that I prefer a dose of kind honesty to fake accolades. I learned that I love giving, but I am still working on receiving. I hate greed. I don't like competition. I prefer collaboration.

I'm wildly curious and love to learn. It annoys me when other folks don't like to read, learn new things or ask questions. I do research on everything because I'm a critical thinker and a Virgo. I don't think everyone else is lying; I just don't trust that other people can tell facts from fiction or misinformation from disinformation.

I know I have courage, and I like to feel free. The times I went skydiving, hang gliding, ziplining and speeding down some of the largest rollercoasters and waterslides are some of my favorite memories. I love to write, coach and teach.

Sometimes I can be a bit too blunt and have to be careful not to hurt folks' feelings. I love to say "no" and stand up for my right to honor *me*. Like, "No, I'd rather relax at home than come to the party," or "No, I don't eat turkey" (even on Thanksgiving). I clutch my imaginary pearls when my work is being critiqued. (I'm the person who reviewed my submission 12 times to make it perfect, so when someone finds flaws, it hurts.)

Learning to love myself completely is a life-long journey. It's giving myself grace when I make a mistake or I'm tired. It's setting aside time to nurture and work on myself. It's having the courage to be who I am and

Continued on page 37

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

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

End Digestive Dis-Ease

Signs You May Need a Gut Reset

- Frequent Bloating
- Nausea/Cramping
- Diarrhea/Explosions
- Constipation
- Inflammation
- **ITCHY YOU KNOW WHAT...**

Begin your transformative healing journey and actually reach your wellness goals... without chemicals, extreme diets or drugs.

K. Jorae Jefferson
FMACC, Traditional Naturopath, Certified Holistic Health Practitioner

Start Now! Book A No-Charge

Heal My Gut Consult

www.sacredwaters.net

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

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



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@atlDentalwellness.com

 @atlantadentalwellness