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## Stronger Brains Brighter Lives

Many of us feel our brains aren't as sharp as they once were. We walk into a room and forget why. We misplace the keys—again. Thankfully, it's usually not a broken brain, just one that's a little out of shape. Like the body, the brain needs exercise and nourishment. You wouldn't sit on the couch for a month and expect to run a marathon. Likewise, we can't expect to feed the brain a steady diet of mindless scrolling and reality TV and still remember where the car is parked.



*Daralyn & Scott Chase*

Instead of mindless scrolling, try mindful strolling. A walk in fresh air stimulates circulation, reduces stress hormones and helps create space for clarity. The brain loves novelty, challenge and wholesome fuel from nutrient-dense foods. Daily choices such as movement, meditation, restful sleep and authentic connection play a vital role in keeping the mind sharp and resilient.

This month we are especially honored to feature the wisdom of our local experts. Eddie Rivera, MSOM, shares "Integrative Strategies to Nurture Nerve and Brain Health," guiding us toward lifestyle and therapeutic practices that protect neurological function. Hope Clark, a doTERRA Certified Essential Oil Specialist, offers "Clinical Use of Essential Oils for Stress and Tension" with practical tools for calming the nervous system naturally. And Dr. Sean Olenek, DC, highlights one of the most innovative therapies in "Breathe Life Back into Your Brain" as he introduces the restorative power of hyperbaric oxygen therapy for clarity, focus and healing.

We extend our gratitude to Dr. Sean, Dr. Rivera and the team at Family Integrative Medicine for their continued contributions and dedication to holistic healing, and we proudly recognize them during Chiropractic Month. Throughout October, chiropractors and healthcare organizations are honored for their commitment to non-drug pain management, musculoskeletal health and preventive care. Chiropractic adjustments offer an effective alternative to pain medications, while regular checkups encourage proper alignment and support long-term wellness.

As you explore this issue, may you be inspired by the possibilities of neuroplasticity, nourished by brain-friendly foods and encouraged by the guidance of experts who are shaping the future of natural healthcare here in Central Florida.

With gratitude,

Daralyn & Scott Chase  
Publishers, *Natural Awakenings Central Florida*



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# Contents



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11 Sustainable Halloween Costumes

13 Where Wellness Meets Polish

14 Integrative Strategies to Nurture Nerve and Brain Health

16 Clinical Use of Essential Oils for Stress and Tension

18 Breathe Life Back into Your Brain

20 Activating Neuroplasticity

24 Feeding Our Brain Power

28 Frederick "Ted" Carrick



20



11



24



28

## ONLINE EXCLUSIVES

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

The Art of Letting Go

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Smart Devices for Pets

Rewiring the Stress Response

## Departments

8 News Briefs

11 Eco Tip

13 Business Spotlight

14 Wellness Expert

16 Wellness Expert

18 Therapy Spotlight

20 Feature Story

24 Conscious Eating

28 Wise Words

30 Calendar

34 Resource Guide

## Advertising & Submissions

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## Yoga Joint Offers Free Classes at New Winter Park Studio

Yoga Joint celebrates the opening of its newest studio in Winter Park, bringing its signature blend of heated yoga classes, vibrant energy and a supportive community to Central Florida. The studio introduces residents to Yoga Joint's unique Flow60 and FIIT45 formats, which are infrared heated. For a limited time, attendees can receive one week free to try all the classes.

Designed with state-of-the-art amenities, the studio emphasizes accessibility and consistency. Every class is structured to help participants build strength, improve mobility and cultivate mindfulness. The space also reflects the Yoga Joint philosophy of creating a clean, modern environment where students feel both challenged and supported.

Yoga Joint's vision is to inspire people through meaningful fitness and mental transformation. The mission of the studio is to provide members with personalized service and a physical, mental and spiritual workout rooted in yoga.

Studio Manager Kristina Coleman says, "It is inspiring to see how quickly the Winter Park community has embraced us. People come in looking for a workout and leave feeling more connected, more energized and more centered."

*Yoga Joint Winter Park is located at 1090 Orlando Ave., Winter Park. For more information or to schedule a class call 407-961-6028 or visit [YogaJoint.com](http://YogaJoint.com).*



## 20th Annual Central Florida Veg Fest

An exciting day of colorful and educational exhibits and activities will greet attendees at the 20th Annual Veg Fest at Orlando Festival Park near downtown Orlando on Saturday, October 25, from 10 a.m. to 6 p.m. Admission is free. Veg Fest is a family-friendly, dog-friendly and smoke-free event.

The event will feature speakers, food demonstrations, a kids zone, humane education center, animal haven, artist corner, live music, more than 200 veg-friendly vendors and a variety of family-friendly activities. Central Florida Veg Fest will draw both committed vegans and those who want to learn more about how a plant-based lifestyle enhances our health, the planet and its inhabitants. Come and discover new products and ideas from vendors and contributors and learn from a wide variety of presentations. Be sure to visit us at the Natural Awakenings tent, too.

Whether looking for new ideas to add flavor, variety and health to meals or as a seasoned vegan interested in expanding knowledge of nutritious and ethical foods, this is the place to be.

*Central Florida Veg Fest is organized by Vegetarians of Central Florida, Inc., a nonprofit, volunteer-operated organization. All money raised will be used to support the veg community and educate our neighbors. Vendor/sponsor opportunities may still be available! For more information, visit [CFVegFest.org](http://CFVegFest.org). VegCF also organizes Central Florida Earth Day at Lake Eola Park in April. See ad, page 2.*



## Five-Day Fall Fest at Cassadaga Spiritualist Camp

Celebrate Fall Fest at the Cassadaga Spiritualist Camp, a 130-year-old community of Mediums known as “The Psychic Capital of the World.” For five days, from October 24 through November 1, attendees can experience the thinning of the veil between us and the spirit world by taking workshops and tours. Food trucks and street vendors will be available every day.

For those who have always wanted to get a psychic reading but never followed through, Fall Fest is the place to be. There will be 15-minute readings available until they sell out.

Workshops include Let’s Communicate with Spirit, to learn about electronic equipment and see how Spirit works with it to communicate from their realm to this one. Let’s Investigate with Spirit is a workshop to investigate Colby Memorial Temple and see who Spirit picks in attendance to talk to. Attendees can also participate in an Encounter the Spirits Orb Tour and get a chance to see the camp’s private seance room. People are encouraged to bring their own paranormal equipment, but a phone camera is enough. Learn how to participate in Spirit Photography and how to discern what is in the photos.

Nestled half-way between Orlando and Daytona, Cassadaga is known worldwide for accurate Certified Mediums who do readings daily throughout the year. Cassadaga is also known for numerous spiritual classes, workshops and events hosted throughout the year. None is bigger than the annual Fall Fest.

*Location: 1112 Stevens St., Cassadaga, FL (GPS City: Lake Helen). 386-228-2880. Cassadaga.org/calendar. Southern-Cassadaga-Spiritualist-Camp.square.site. See ad, page 27.*



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## Cleaner Air and Purest Water Event in Orlando

Central Florida residents are invited to the Hyatt House Orlando Airport for an event with guest speaker Robia Turner, hosted by Ingrid and Doug Swailes with Healing AMENities. The event is Saturday, November 8, 9:00 a.m. to 1:00 p.m., and is free.

Turner shares the latest technology designed to provide cleaner air and purer water for homes. His presentation will focus on advanced systems that effectively reduce toxins, allergens and impurities, offering families healthier living environments and greater peace of mind.

“Everyone deserves a safe and healthy home,” says Turner. “The technology we are bringing to Central Florida is making that possible in ways people have never experienced before.”

Attendees will gain insight into how these systems work, why they lead the field in innovation and how they can easily be integrated into homes to address respiratory issues, hydration deficiencies and skin conditions.

“We are committed to helping families improve their quality of life,” Turner says. “Cleaner air and purest water are essential for health and vitality.”

This informative event is open to homeowners, parents and anyone seeking to create a healthier living space. Seating is limited, so early registration is encouraged.

*Location: 5472 Gateway Village Circle, Orlando, Florida 32812. For more information, contact Ingrid Swailes at Healing AMENities. 407-463-8424. Ingrid@HealingAMENities.com. HealingAMENities.com. See ad, this page.*



*Ingrid and Doug Swailes*

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*The job of the artist is always to deepen the mystery.*

—Francis Bacon

# LIVE YOUR LIFE TO ITS FULLEST POTENTIAL



*"Dr. Sean has a unique practice which promotes improving overall health while also addressing specific issues. His wealth of knowledge and understanding is impressive. I highly recommend him." - Clif T.*



*"The absolute best! Dr. Olenek is very thorough and helps get to the source of the problem. I've never had a doctor take so much time and care to help me be the healthiest version of myself. If you're looking for answers, this is a beyond trustworthy practice." - Lauren P.*



*"Through acupuncture I have finally resolved the shoulder pain from a 25 year old injury." - Michelle D.*

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# Sustainable Halloween Costumes

Dressing up for Halloween is a fun way for kids and adults to express themselves, try on new personalities or celebrate their favorite movie characters, but the merriment may come with a hefty environmental price tag. Too many of us buy ready-made, fast-fashion costumes, wear them once and throw them away. Store-bought costumes tend to be made with unsustainable materials such as plastic and polyester, which can take hundreds of years to decompose in landfills, causing harmful microplastics to enter our waterways.

The eco-friendly alternative is to create a costume from items we already have or



skilisharewithadc from SkillsharewithADC, Diana Akhmetianova from baseimage/CanvaPro



Monstera Production from Pexels/CanvaPro

will use again. That means ditching the plastic, glitter and chemical-laden makeup. It is an opportunity to dial up our creativity and do-it-yourself spirit.

- **Check the closet, thrift stores and online marketplaces.** Outgrown clothes can be repurposed for a unique boho or witchy look. Layer items in unexpected combinations to make everyday garments take on new personalities. Mix colors. Add a vest. Tie a scarf around the head. Wear multiple hats and mismatched belts.
- **Go natural for makeup or effects.** Choose eco-friendly paints or natural

dyes, including black tea, coffee, turmeric and paprika to color fabrics or decorate handmade, creative costumes. For witchy green skin, slather on a face mask. For rosy cheeks and lips, use a slice of beet to stain the skin. Blend vibrant, shimmery mineral powders for eyes, face or lips. Use eco-friendly face paint kits, such as those available at [NaturalEarthPaint.com](http://NaturalEarthPaint.com).

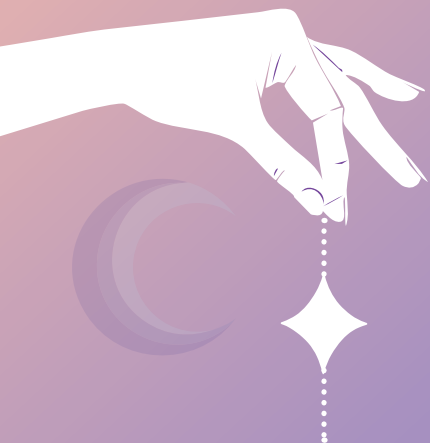
- **Use household items.** Cardboard boxes embellished with foil scraps and reused lids make great robots, astronauts or knights in armor. A white sheet with cut-out eyes is the quintessential ghost. Blankets and shower curtains can be fashioned into superhero capes.
- **Swap or borrow.** Get together with family and friends and choose from a pile of costumes from years gone by. Have fun tweaking them and making them new again.
- **Handcraft a mask.** Gather leaves, flowers, pinecones, feathers, acorns and other natural specimens, as well as paper bags, recycled paper, felt fabric and cardboard. Make a sturdy shape for the base of the mask and cut out an oval for the eyes, then glue the decorative elements. This is a great craft project for kids.

## Eco-Friendly Costume Ideas

- **Garden or Forest Fairy:** Wear practice clothing from dance class and layer it with colorful scarves, fake plants, leaves and flowers. Cut wings out of poster board.
- **Mother Nature:** Wear something green and make a crown from pinecones, sticks or leaves.
- **Bat or Owl:** Make wings from an old umbrella and use fabric scraps for feathers.



Yaroslav Shuraev from Pexels/CanvaPro



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## Our Reviews

"Jessica did a massage session for me today. It was everything I needed and more." - Annalisa D.

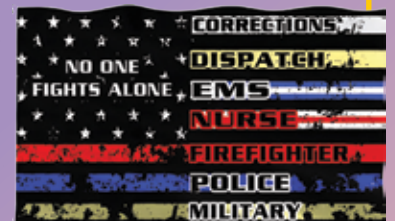
"I've been dealing with chronic neck and back pain for years. I have to say the treatment provided by Joseph and Jessica is by far the best I've received and provides the best results without the need for pain medication or surgical procedures." - Jorge

*Reviews are Heal.me verified*

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# Where Wellness Meets Polish

## The Rise of PAINT Nail Bar Winter Park

The first thing one notices when walking into PAINT Nail Bar in Winter Park is the sunlight. It pours through the windows, bouncing off blush walls and gilded mirrors, illuminating rows of meticulously displayed nail polishes in every imaginable hue. But it isn't just the aesthetic that draws people in—it's the unmistakable feeling of being well cared for.

Behind this boutique experience is a woman with a heart for health and a mind for beauty: Casey Kish. Kish bought into the franchise in 2023 and recently celebrated the one-year anniversary of the grand opening of the Winter Park location.

Kish had visited a PAINT Nail Bar in Sarasota and noticed that the space was very different from other nail salons. It was odor-free, clean, modern, non-toxic and welcoming—everything she wished for in a nail salon.

Indeed, PAINT Nail Bar is completely different and redefines what a nail salon can be. Gone are the chemical odors and rushed services. Instead, guests are welcomed into a luxurious, health-forward environment where wellness is just as important as beauty. Kish believes beauty rituals should never come at the cost of health, which is why every product and practice at PAINT is chosen with intention.

Her team of licensed nail technicians are trained in traditional nail artistry along with advanced safety and sanitation protocols. Using medical-grade sterilization and individually packaged tools, every service is executed with the highest standard of hygiene. All tools are either disposable after one use, such as files and buffers, or sterilized before being used again.

The salon only uses nail polishes and gels that are free of harmful chemicals like formaldehyde, toluene and DBP. This results in an environment that is completely free of fumes, which is safe for babies, kids, pregnant women and patients undergoing chemotherapy and more comfortable for everyone who enters. The emphasis on non-toxic beauty is not just a trend here—it's a principle.

Kish explains, "There's a confidence that comes when you know the products you're using aren't harming your health. We want people to feel pampered, protected and proud to be here."

The services at PAINT go beyond manicures and pedicures. It's a curated wellness experience. Guests are offered complementary coffee, mimosas, wine, herbal teas or a variety of waters while choosing from a seasonal palette of polishes. Skilled staff offer an array of services including drill-less gel removal techniques that protect the nail bed, jet-less pedicure bowls that ensure a bacteria-free soak, along



Casey Kish

with add-ons such as nail art, paraffin wax and nail strengthening treatments.

The shop is also a boutique that stocks trendy clothing, jewelry and gift items for style-savvy and wellness-minded people. Every item is hand-selected by Kish, who has a keen eye for products that elevate daily rituals and bring joy. There is an assortment of pampering products such as body butters, foot creams, scrubs and nourishing oils to complement the trend-forward clothing and accessories—imagine clean beauty meeting effortless fashion. Seasonal gifts ensure there is something for everyone.

Kish brings warmth and intention to every element of the business, creating a community culture. She often collaborates with local wellness practitioners, clean beauty influencers and non-profit organizations to host pop-up events and wellness nights, drawing people together in celebration of self-care and connection. The events are announced on the Instagram page.

As PAINT Nail Bar Winter Park grows, Kish envisions expanding into more community-based offerings—private group bookings, bridal parties and educational sessions on nail health and clean beauty. "We're here to make people feel beautiful, yes," she says. "But also, to educate and inspire them to prioritize themselves in ways that truly matter."

PAINT Nail Bar Winter Park is a place where time slows, senses awaken and beauty feels personal. Thanks to Kish's experience at the Sarasota location, she was inspired to bring PAINT to the Central Florida area and now, it is one of Winter Park's most beloved destinations for self-care.

*PAINT Nail Bar Winter Park is located at 1090 N. Orlando Ave., Ste. 106, Winter Park. For appointments or more information, call 407-589-9190 or visit [PAINTNailBar.com/Winter-Park-FL](https://www.PAINTNailBar.com/Winter-Park-FL). Instagram: [PAINTWinterParkFL](https://www.instagram.com/PAINTWinterParkFL).*



# Integrative Strategies to Nurture Nerve and Brain Health

by Eddie Rivera, MSOM



Ruslan Batjuk / Dreamstime.com

**M**ovement, sensations and thoughts are controlled by a complex network divided into two parts: the brain and spinal cord make up the central nervous system (CNS) and the network of nerves running throughout the body is the peripheral nervous system (PNS). The CNS is the body's command center and the PNS is its communication network. They work together, behind the scenes, to keep the body and mind running seamlessly. However, when there is a communication breakdown, the alarm bells sound in the form of bodily symptoms.

Numbness, pain, tingling, burning or muscle weakness are symptoms that could indicate neuropathy. It affects millions and can stem from various causes, including spinal issues, diabetes, injuries, infections, vitamin deficiencies and more. It results in nerve irritation or damage within the PNS that interrupts the signals from the CNS and can significantly impact quality of life.

Neuropathy often begins with subtle symptoms, but left unchecked chronic pain, weakness or balance problems can lead to changes in brain function and structure due to maladaptive neuroplasticity, where the brain becomes more sensitive to pain signals. This creates a vicious cycle. The brain must work harder to try to get signals to and from the PNS, which can lead to negative mental health effects like depression, anxiety and a reduced quality of life.

## Protect and Restore Brain and Nerve Vitality

Encouragingly, research in lifestyle medicine shows that caring for the nervous system is not only possible but strengthened when lifestyle foundations and targeted therapies work together. The following habits invite both cognitive and peripheral nerve resilience:

- **Move with purpose.** Regular aerobic and resistance exercise enhances circulation, steadies blood sugar and nourishes nerve growth factors.
- **Nourish your neurons.** Diets emphasizing vegetables, fruits, legumes, whole grains, nuts and omega-3-rich fish supply antioxidants and vitamins critical for nerve membrane stability.
- **Prioritize restorative sleep.** Consolidated, deep sleep clears metabolic waste from the brain and allows nerves to recover from micro-injury.
- **Manage stress effectively.** Mindfulness, breathing practices and time outdoors lower inflammatory signals that can intensify neuropathic pain.
- **Challenge the mind.** Reading, puzzles or learning a musical instrument stimulate neuroplasticity, helping maintain coordination and memory.
- **Cultivate social connection.** Friendships, volunteer work and group activities buffer depression and keep neurotransmitters balanced.

These steps open the door to recovery and provide a base for more focused interventions.

## Supportive Integrative Therapies

When neuropathy stems from metabolic, structural or toxic factors, clinicians often blend conventional evaluation with evidence-based complementary strategies. As everyone has a unique health picture, and some have additional medical conditions, it's important to consult a qualified provider for any new approaches.

**Acupuncture and Oriental Medicine:** A meta-analysis of randomized trials and a recent controlled study in diabetic neuropathy show that acupuncture can ease pain, improve circulation and trigger endorphin release. Herbal formulas—chosen to fit each individual's constitution—may calm inflammation and support tissue repair. Many people find that combining gentle exercise with acupuncture reduces foot pain and improves sleep.

**Photobiomodulation (Red Light Therapy):** Low-level light therapy delivers targeted wavelengths that energize mitochondria inside nerve cells. Clinical studies suggest it can lessen oxidative stress and spark axonal regeneration, offering hope for improved sensation when paired with lifestyle change.

**Non-Surgical Spinal Decompression:** For neuropathies linked to disc bulges or spinal stenosis (narrowing), gentle decompression invites relief by easing pressure on irritated nerve roots. Clinical studies are encouraging, and many people find it a comfortable option to explore with a qualified provider.

**Therapeutic Exercise and Functional Rehabilitation:** Strengthening and balance routines retrain muscles weakened by nerve damage and enhance coordination. Exercise also stimulates neurotrophic factors that preserve healthy connections between nerves and muscles.

**Targeted Nutrition and Supplementation:** Correcting deficiencies in B-complex vitamins, magnesium, vitamin D, or antioxidants such as alpha-lipoic acid is vital for nerve metabolism. Functional nutrition plans often pair supplements with anti-inflammatory meals to steady blood sugar and reduce oxidative stress.

**Relaxation-Focused Bodywork:** Massage therapy, myofascial release or reflexology soothe muscle tension, boost circulation and offer comfort. When combined with guided breathing, these therapies calm the autonomic nervous system, creating an environment for healing. Patients frequently report that adding periodic massage to their self-care helps them stay mobile and feel more at ease.

## Building a Community of Resilient Nerves

Central Floridians hoping to protect brain and nerve health have many inviting options—joining a neighborhood tai chi class, preparing a vibrant plant-forward dinner, scheduling an acupuncture session or trying supervised red-light therapy. The nervous system is adaptable and can respond positively when cared for holistically.

By blending sound lifestyle practices with thoughtful integrative care, the brain and nervous system can remain resilient and sharp, allowing one to live a full life well into later years.

*Eddie Rivera, MSOM, is a Central Florida health and wellness leader and co-founder of Family Integrative Medicine, where patients receive compassionate, evidence-guided functional care dedicated to supporting whole-body wellness. See ad, page 23.*



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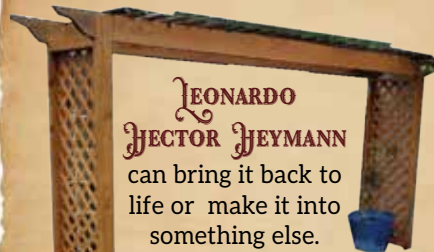


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# Clinical Use of Essential Oils for Stress and Tension

by Hope Clark

**S**tress touches everyone—at work, at home and sometimes during good times. People are increasingly turning to tools that soothe the mind and steady the body without side effects, such as doTERRA essential oils. Popular choices include lavender, copaiba and frankincense because they offer natural support that helps people feel calmer, breathe easier and stay more at peace.

## How They Work

When essential oil molecules enter the body, whether inhaled or absorbed, they bind to receptors that signal the brain's limbic system. Each oil affects the brain in a different way.

Lavender is widely known for its soft, relaxing scent. Studies show it can ease feelings of anxiety and help people feel calmer.

Copaiba contains beta-caryophyllene ( $\beta$ -CP), a plant compound that interacts with body receptors linked to mood and relaxation. Renowned essential oil expert Dr. Scott Johnson explains that  $\beta$ -CP-rich oils promote balance in the nervous and immune systems. Understandably, many users say it helps tension melt away.

Frankincense, often called the “king of oils,” has several effects. Rich in compounds like alpha-pinene (linked to clear breathing and an uplifting sense), limonene (known for mood elevation and antioxidant support) and incensole acetate (studied for its calming, grounding influence on the nervous system), frankincense is prized for both emotional steadiness



and overall cellular health. Many describe it as helping them feel “centered,” especially during high stress or grief.

These oils can be used in a variety of ways as anchors for calm in a busy life:

- **Diffusion:** Add a few drops of lavender, frankincense, or a calming blend to a diffuser or simply place a drop in the palm and breath directly from the hands.
- **Topical:** Dilute copaiba or frankincense and apply to wrists, chest or neck for steady calm.
- **Routine:** Use essential oils before meetings, during study sessions or at bedtime to release worries.

## St. Elizabeth's doTERRA Center

Patients facing cancer carry deeply rooted stress. In Kentucky, St. Elizabeth Healthcare has brought integrative support into cancer care with the doTERRA Center for Integrative Oncology. Opened in early 2021 within the new St. Elizabeth Cancer Center in Edgewood, this calming 8,400-square-foot space offers holistic services in a spa-like atmosphere.

Patients and families can access aromatherapy with doTERRA essential oils—lavender, copaiba, frankincense and more—alongside massage, meditation, yoga, music and art therapy, acupuncture, counseling and demonstration cooking. The idea is to care for the whole person: mind, body and spirit during a difficult journey.

Leaders at St. Elizabeth say this integrative center allows patients and caregivers to access support, all under one roof, reducing stress and improving quality of life during treatment and beyond.

While the aromatherapy component is one part, the greater goal is to provide evidence-based complementary resources. Clinical trials are planned to measure how integrative approaches—including doTERRA's certified pure tested grade essential oils—may improve symptom management, emotional well-being and survivorship.

## A Calming Bridge for Healing

Essential oils can't erase life's pressures, but they can help people feel better able to respond with clarity. In a cancer care setting, they may offer a moment of peace in chaos, assisting the body in its healing process. Lavender relaxes, copaiba balances and frankincense grounds—together offering powerful support for both everyday stress and moments of great challenge.

*Hope R. Clark, a local doTERRA Certified Essential Oil Specialist, has over a decade of experience in natural health education. She is the author of When Emotions Erupt and founder of Pure Hope Wellness. [PureHopeWellness.com](http://PureHopeWellness.com)*

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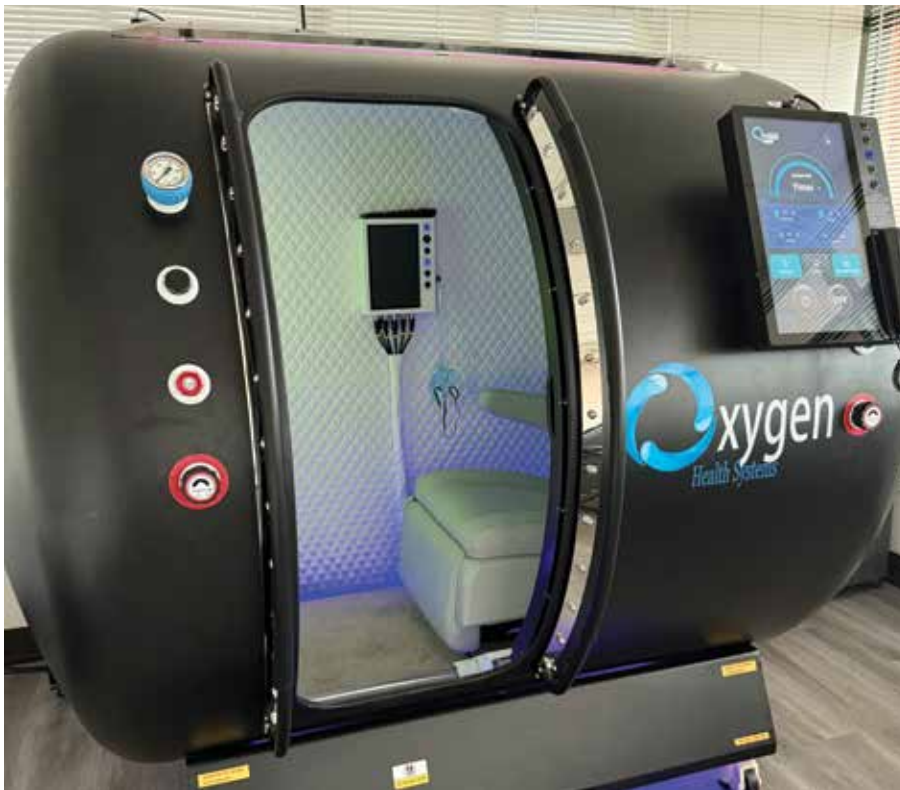


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# Breathe Life Back into Your Brain

Discover the Power of Hyperbaric Oxygen Therapy for Clarity, Focus and Healing

by Sean Olenek, DC



**W**eighing just a few pounds, the brain is the most complex part of the body. It is the center of intelligence. The brain controls thought, memory, emotion and perception and it interprets senses, initiates movement and enables our ability to understand and produce language. Brain health, therefore, is essential throughout life to support mental, physical, spiritual and social well-being. It allows one to have a meaningful and productive life.

The brain is a high-energy organ, consuming 20 percent of the body's oxygen

and glucose. This constant demand for fuel makes it highly susceptible to damage when oxygen supply is compromised, which can happen over time through life habits or disease, or in an instant due to injury or an acute medical incident. Alcohol, concussion, drugs, dementia, hypertension, obesity, sleep apnea, stress and stroke are all examples that can cause harm to the brain.

Fortunately, there are many things that can be done to protect and improve brain function, including good

nutrition, continued learning, exercise, meditation and social connection. Another tool to improve brain health is Hyperbaric Oxygen Therapy (HBOT).

## How Hyperbaric Oxygen Therapy Works

HBOT is a non-invasive medical procedure that's gaining traction in the world of brain health. It involves breathing 100 percent pure oxygen in a pressurized chamber and has been shown to offer profound benefits that start at the cellular level and extend deep into the central nervous system. The increased pressure in the chamber diffuses oxygen directly into the plasma, reaching tissues and organs that might not receive sufficient oxygen through normal breathing. The oxygen-saturated blood reaches areas of the body that have poor circulation or are otherwise oxygen-starved.

## Help for Aging Brains

Recent studies have shown that HBOT can lead to significant cognitive enhancements in healthy aging adults. Patients may notice enhanced focus, increased energy and improved mental clarity. The ability to process information speeds up and skills like planning, problem-solving and multitasking are boosted.

These benefits suggest that HBOT can actively counteract the natural cognitive decline associated with aging, offering a powerful non-pharmacological option for maintaining mental sharpness and independence. It holds promise for a sharper, more vibrant future as one ages.

## Therapy for Injuries and Disease

While the cellular benefits are widespread, HBOT's impact on the central nervous system is particularly noteworthy. The brain and spinal cord are complex networks, and their function relies on the integrity of neurons and the blood vessels that supply them. HBOT addresses both critical components.

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For individuals who have suffered a traumatic brain injury (TBI) or stroke, the pure oxygen and increased pressure reduces inflammation and swelling while stimulating the growth of new blood cells. HBOT has also been shown to alleviate cognitive difficulties, memory issues and mood disturbances that accompany TBI. Many patients find that neurological function, neurological recovery and sleep patterns improve post-therapy.

A damaged brain often has an area surrounding the primary injury that is severely compromised and at risk of dying. HBOT can rescue these hibernating neurons by providing the oxygen needed to recover. This process promotes neuroplasticity, the brain's ability to reorganize itself by forming new neural connections, which is key to functional recovery. Furthermore, HBOT has been shown to stimulate angiogenesis, the formation of new blood vessels.

New pathways for blood flow and new neural connections not only aid in the recovery from acute injuries but also hold promise for chronic neurodegenerative diseases like Alzheimer's and Parkinson's. While not a cure, studies on HBOT suggest that improved cerebral blood flow, reduced inflammation and growth of new neural stem cells can potentially slow the progression of these conditions and improve cognitive function.

### Long-Term Benefits

With advanced brain imaging, researchers can see that HBOT increases blood flow to regions crucial for cognitive performance, such as the frontal and parietal lobes. These are the brain's command centers for higher-level functions, including attention, memory and decision-making.

Because of angiogenesis, the formation of new blood vessels, HBOT isn't about temporary relief; it's about stimulating long-term regenerative changes that can improve how the brain functions.

By leveraging pressure and pure oxygen, hyperbaric oxygen therapy acts as a potent biological tool. It doesn't just treat symptoms; it addresses the underlying cellular

and vascular issues that compromise brain health, offering a new pathway to recovery and a brighter future for those seeking to heal and optimize their most vital organ.

*Dr. Sean Olenek is a Chiropractor, certified in the state of Florida to practice acupuncture, and is also an adjunct professor at Everglades University's Alternative Medicine Department. His mission is to restore health through natural methods, allowing*

*individuals to attain lasting results with resolution of conditions.*

*Insight Chiropractic is located at 1551 Sandspur Rd., Ste. 101 (directly off the I-4 Maitland exit), Maitland, Florida. Hours: Mon to Fri, 8 a.m. to 6 p.m.; Sat, 8 a.m. to 1 p.m. For more information or to schedule, see InsightChiroHealth.com or call 321-926-2997. Specials and discounts are also posted on Facebook: Insight Chiropractic Health and Wellness Center and on Instagram: @insightchiropractic. See ad, page 9.*

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# Activating Neuroplasticity

## The Brain's Ultimate Rewind Button

by Hannah Tytus



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The brain has an amazing ability to rewire itself by strengthening, re-routing or growing new connections in response to learning, experience or injury. This continuous reshaping is known as neuroplasticity. The changes can be positive, such as regaining movement or speech after a stroke or learning a new skill. Sometimes they are neutral, and other times they can be harmful when maladaptive patterns reinforce chronic pain or anxiety. Fortunately, the brain can grow and adapt at any age, and there are many ways to help it thrive. Nourishing foods, mindful movement, meditation, social connection, clean air and restful sleep are everyday choices that can nurture the brain in powerful ways.

### Neuroplasticity Across the Lifespan

It has long been believed that children's brains are more malleable as they grow,

and that once they reach adulthood, the brain stops evolving. But new research suggests that this may not be the full story. While the brains of developing children are certainly very adaptable, the adult brain is far from fixed.

A variety of influences, including stress, hormones, neurotransmitters, growth factors, medications, environmental stimulation, learning and aging, can reshape how brain cells are built and function. These factors may trigger changes in the size or structure of brain regions, shift the brain's chemical makeup, alter the shape of individual neurons and even rewire networks of connections, sparking the growth of new neurons in a process called neurogenesis.

Scientists have long known that injuries, chronic stress and the natural process of aging can take a toll on the brain. Yet, new discoveries in neuroscience and integrative

medicine point to the remarkable potential for repair and renewal at every phase of life.

### Healthy Fats

"Nutrition is the foundation of everything in health. You can't build anything in the body without good food," says Dr. Kat Toups, a functional medicine psychiatrist, researcher and author of *Dementia Demythified: The Definitive Guide to Resurrecting Your Brain, Reversing Cognitive Decline and Regaining Your Memory*. Contrary to decades of marketing campaigns for low-fat and fat-free diets, Toups explains, healthy fats are essential for brain health. The spongy white and grey matter of the brain, where all the thinking and messaging happens, is made primarily of fat.

Found in fatty fish such as salmon, sardines and mackerel, as well as in walnuts and fish oil supplements, omega-3 fatty acids are some of the healthiest fats, increasing blood flow in the brain and nourishing its physical structures to help improve learning, memory and cognitive well-being.

### Mindful Movement

"The most validated ways to support neuroplasticity are exercise and meditation—and both are free," says Toups. Exercise is well-known to protect the brain and boost thinking skills. One way it may do this is by supporting the growth of new neurons and strengthening connections within the hippocampus, an area in the brain involved in the formation of fresh memories and the recall of past experiences. A 2017 study published in *Experimental Gerontology* found that regular exercise significantly increased hippocampus volume, while nonactive participants showed a shrinking hippocampus.

In addition to strength and cardio training, exercise that incorporates mindful and creative components may enrich the benefits. Engaging the body and mind at the same time can strengthen neural networks and support long-term cognitive function. Long walks, yoga classes or playful sessions with the kids or grandchildren are excellent ways to support the link between body and brain. Studies show that tai chi, a

mindful movement practice, may be even more effective than regular exercise in protecting cognitive function because it increases brain activation in regions associated with motor function and focus, and is accessible to those with mobility limitations.

## Daily Meditation

A regular mindfulness practice supports neuroplasticity, making it easier to regulate emotions and handle stress. A 2024 review found that regular meditation can physically reshape the brain, strengthening areas tied to focus, emotional control and self-awareness. One reason for this is meditation's effect on a protein called brain-derived neurotrophic factor (BDNF). This molecule acts like fertilizer for brain cells, helping them grow, form new connections and remain healthy. Meditation increases BDNF, and higher levels of BDNF are linked not only to sharper learning and memory, but also to longer lasting brain health.

Additional research has demonstrated that even a short daily meditation session can increase gray matter density in regions tied to learning, memory and emotional regulation. Over time, these changes help reduce stress reactivity and support long-term resilience. Even if formal seated meditation is not feasible, simple mindful presence can help. "I try to tell people to find small moments to come into their body, come into the moment and be present," Toups advises. "You can do that by washing the dishes. You don't need to sit in lotus position and chant for an hour."

## Creative Activities

"Every time you learn something new or do a novel task, you are promoting neuroplasticity," explains Toups. Learning new skills, from juggling to speaking a new language, produces measurable changes in brain structure, particularly in brain matter volume. These changes can occur in both early-learning phases and long-term practice, underscoring the brain's capacity for adaptation throughout life.

Making music and dancing can strengthen connections in the brain; even the act of listening to music has been shown to enhance neural plasticity and cognitive flexibility. Toups recommends rocking out to a favorite song in the kitchen and choreographing a few dance moves.

## Restorative Sleep

Rapid eye movement (REM), a stage of sleep marked by increased brain activity and vivid dreaming, plays an important role in neuroplasticity. During REM, the brain actively prunes unhelpful neural connections and reinforces others, supporting brain development, the learning of new skills and memory improvement.

To support consistent REM sleep, aim for seven to nine hours of shuteye and try to maintain a consistent bedtime and wake

time. A good night's rest after learning a new skill or information can help that lesson integrate into the brain, supporting behavioral change.

## Clean Air

Keeping the air in the home clean is important for overall brain health. Research suggests that mold toxicity may be a risk factor for developing Alzheimer's disease, after researchers discovered traces of fungi inside the central nervous system of many Alzheimer's patients—an infection that

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was absent in healthy individuals. Mold toxicity in the home can elicit an immune response and harm the brain. For example, a 2020 study found that black mold inhalation can cause inflammation in the hippocampus and reduce neurogenesis, the growth of new brain cells.

Practicing clean air habits can help assuage the risks of mold exposure at home. These include investing in an air purifier, ventilating regularly by opening windows, using exhaust fans and maintaining household ducts. Mold concerns can be investigated with a simple at-home testing kit, followed by professional testing and remediation, if needed.

### Light Therapy

“Photobiomodulation is a powerful way to create neuroplasticity, both quickly and over the long term,” says Dr. Lew Lim, founder of the Vielight photobiomodulation (PBM) device, which has been studied in collaboration with universities and medical institutions, including the University of Toronto, Harvard Medical School and Mount Sinai Hospital.

PBM, also called light therapy, uses gentle red or near-infrared light to stimulate brain cells, boost the energy-producing parts of cells known as mitochondria, improve blood flow and calm inflammation. “When we activate the mitochondria with PBM, the mitochondria actually release growth factors, which support growth of new cells in the brain,” Lim explains.

According to Lim, PBM may help the brain protect and repair its neurons, encourage the growth of new connections and support the clearing of harmful waste proteins linked to cognitive decline. He asserts that certain light pulse frequencies, such as 40 hertz, may also help tune brainwave patterns that are important for memory and learning. While most research so far has been in small human studies or animal models, the results suggest that regular PBM could strengthen the brain's natural ability to adapt and rewire itself. Some people use PBM as part of a daily routine to keep their minds sharp, while others use it to heal from more serious brain injuries.

### Finding Community

Research shows that staying connected to others offers powerful protection for the brain.



Alex Green from Pexels/CanvaPro

Older adults that feel lonely or spend long stretches without social contact face about a 50 percent higher risk of developing dementia, including Alzheimer's disease, even when other health factors are taken into account. One long-term study found that memory and thinking skills declined 20 percent faster in those that reported feeling lonely.

Being socially active can help guard the brain against decline. For 25 years, the Northwestern University SuperAging Program has studied people in their 80s and beyond with nimble minds that work as well as people decades younger. Brain scans show that these study participants called SuperAgers do not exhibit the usual thinning of the brain's outer layer normally seen with age, and one key area involved in attention and decision-making is thicker than even in middle-aged adults.

Under the microscope, SuperAger brain cells are larger, better connected and show fewer signs of Alzheimer's damage or inflammation. These resilient individuals tend to be very social, valuing close relationships and staying engaged with others—habits that may work hand-in-hand with their unusually healthy brain structures to help protect thinking skills late in life.

Even a weekly coffee with a friend or joining a class can be powerful brain fuel. People with rich social lives, including those that regularly share time with friends, family and communities, tend to keep their minds sharper for longer.

### An Evolving Brain

The brain is never truly fixed. It is a living, adapting system that can grow stronger, sharper and more resilient at any age, and we can guide those changes. Whether through movement, nutrition, light therapy, meditation or meaningful connection, every choice we make can help shape and rewire the mind for the better. The science is clear: it is never too late to nurture the brain's potential. Embrace neuroplasticity as a lifelong journey and let each new day be an opportunity to learn, adapt and thrive.

*Hannah Tytus is an integrative health coach, researcher and former writer at the National Institutes of Health. She also hosts "Root Shock", a podcast exploring how cultural and systemic forces shape our understanding of health.*



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# Feeding Our Brain Power

## What To Eat for Mental Acuity

by Maya Whitman

**T**he U.S. Centers for Disease Control and Prevention reports that about one in 10 adults aged 45 and older experience worsening memory loss or cognitive decline, a precursor to dementia. A 2022 study in *JAMA Neurology* indicates that 22 percent of adults over age 65 experience mild cognitive impairment. Our dietary choices significantly impact brain longevity, and what we avoid is equally important.

The late pioneering researcher Dr. Martha Clare Morris developed the MIND Diet, which merges the Mediterranean and

DASH (dietary approaches to stop hypertension) diets to enhance cognitive function with plenty of delicious versatility. A 2015 study published in *Alzheimer's & Dementia* found that strict adherence to the MIND Diet can reduce Alzheimer's risk by 53 percent, while moderate adherence can lower it by 35 percent.

The MIND Diet is a stress-free, lifelong plan with bountiful menu options, including fish, lean poultry, vegetables, nuts, berries, whole grains, legumes and high-quality olive oil. It accommodates gluten-free and plant-based preferences.

With satiating breakfast options like Greek yogurt or scrambled eggs, spicy chili for lunch and fun dinner burrito bowls, this diet is flexible and beginner-friendly, allowing for moderate consumption of pasta, potatoes and bread, with a focus on whole-grain, complex carbohydrates over refined ones. It also recommends oven roasting instead of high-heat frying.

### A Lifelong Investment

“You can never be too young to embrace brain-healthy dietary strategies in support of longevity. Early adoption of brain-healthy eating habits may also enhance cognitive reserve, strengthening the brain's resilience to neuropathological damage over time,” says neuroscientist Kristen Willeumier, founder and CEO of the Willeumier Center for Advanced Research in Neurotrauma & Brain Rehabilitation, in California.

Embracing variety is important. “I like to have people think of brain-healthy food groups, not superfoods,” states Annie Fenn, M.D., founder of the Brain Health Kitchen and author of *The Brain Health Kitchen: Preventing Alzheimer's Through Food*. Fenn notes that women are more likely to develop Alzheimer's than men “for reasons that have nothing to do with living longer. Alzheimer's can start in the brain up to 30 years before the first symptoms. It's never too early or too late. Data shows that switching to a brain-healthy diet can have benefits even in one's 70s.”

The Link Neuroscience Institute, in California, recommends eating more colorful berries, fatty fish such as sardines, dark leafy greens, nuts and seeds, and a moderate amount of high-quality dark chocolate to protect the brain from oxidative stress, which can lead to conditions like Alzheimer's and Parkinson's diseases, as well as mood disorders, including long-term depression. They also advise against consuming processed and fried foods, sugar, alcohol and sodium.



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### Cutting Out the Culprits

According to Willeumier, even a modest reduction in the intake of processed foods, including packaged products, sweetened cereals, deli meats and sugary beverages, can have a positive impact on brain health. She recommends the complete elimination of alcoholic beverages. “Neuroimaging studies, including the Whitehall II Study, which followed 550 participants over a 30-year period tracking alcohol intake and cognitive performance, suggest that there is no protective effect of alcohol on the brain, even from light drinking. Eliminate alcohol for the preservation of your long-term brain health.”









Certain foods accelerate brain aging, and Fenn recommends limiting or eliminating fast and fried foods, sugar, artificially sweetened drinks, ultra-processed products and foods that are excessively high in saturated fat like butter and some cheeses. Certain cooking techniques are also problematic. “Frying, searing and grilling directly over high heat creates inflammatory particles called advanced glycation end products, or AGEs,” explains Fenn. “Think low-and-slow when you cook—low heat, slow cooking, braising, poaching, steaming and indirect grilling.”



Willeumier notes that these healthy eating habits can have an immediate effect on brain function by influencing neurotransmitter production, stabilizing blood sugar levels, reducing inflammation and improving cerebral blood flow, all of which can also help us to live longer, maintain our focus and thinking skills, and feel happier.

*Maya Whitman is a frequent writer for Natural Awakenings.*

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*1 medium ripe banana*  
*2 large eggs*  
*½ cup cottage cheese (nonfat or whole),  
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*¼ cup water*  
*½ cup almond, buckwheat, hazelnut or  
quinoa flour*  
*¼ cup protein powder, optional*  
*¼ cup hemp seeds, plus more for sprinkling*  
*1 tsp baking powder*  
*½ tsp ground cinnamon*  
*¼ tsp kosher salt*  
*¾ cup frozen wild blueberries  
(about 1 Tbsp per pancake)*  
*Yogurt to taste, optional*  
*Fresh berries or mashed frozen berries  
for toppings, optional*  
*Pure maple syrup, warmed, optional*  
*Extra virgin olive oil, drizzled*

Place the oats in a blender until ground into a coarse flour with a texture like almond meal. Add the banana, eggs, cottage cheese and ¼ cup water and blend on high until smooth and no pieces of banana remain. Add the flour, protein powder, hemp seeds, baking powder, cinnamon and salt,

in that order. Blend just until combined. Set aside while toppings are prepared.

Check the batter. If it is too thick to pour, add water 1 teaspoon at a time until it has a pourable consistency but not too thin—these should be thick, hearty pancakes.

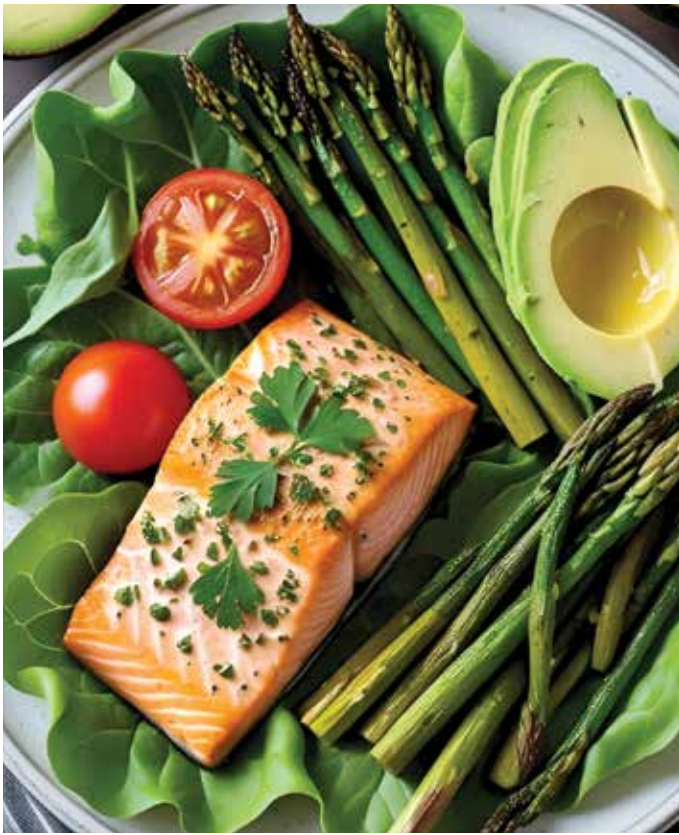
Warm a large, nonstick skillet over medium-high heat with a drizzle of olive oil, swirling to distribute evenly. Measure ¼ cup of batter for each pancake, about three per large skillet. Scatter 1 heaping tablespoon of blueberries over each pancake, pressing slightly so they adhere. Cook until the underside is crispy and brown and the center is set, about 3 to 4 minutes. Using a rigid spatula, carefully flip the pancake and cook until golden brown on the other side and the center is dry, another 3 to 4 minutes.

Serve right away or transfer to a plate and place in the oven to keep warm. Repeat, using the remaining batter and berries. Serve hot, dollop with yogurt, a sprinkle of hemp seeds and more berries on top. Drizzle with maple syrup.

Store leftover pancake batter in an airtight container in the refrigerator for up to four days. The batter will thicken as it sits, so thin with 1 teaspoon of water at a time.

*Recipe courtesy of Annie Fenn.*

NaturalAwakeningsCentralFlorida.com



Gen AI/CanvaPro

## SALMON AND ROASTED ASPARAGUS

**YIELD: 2 SERVINGS**

- |   |  |
|---|--|
| <i>2 wild-caught salmon fillets</i>           | <i>1 to 2 cloves of fresh garlic, finely chopped</i> |
| <i>1 lb fresh asparagus, washed</i>           | <i>1 Tbsp fresh or dried thyme leaves</i>            |
| <i>2 Roma tomatoes</i>                        | <i>Sprinkle of oregano</i>                           |
| <i>1 avocado, sliced</i>                      | <i>Himalayan salt, to taste</i>                      |
| <i>1 head butter lettuce, divided in half</i> | <i>Black pepper, to taste</i>                        |
| <i>½ lemon, sliced in two</i>                 | <i>Extra virgin olive oil, drizzled</i>              |

Preheat the oven to 400° F.

Place salmon in a baking dish and squeeze an even amount of lemon juice on each fillet. Season filets evenly with chopped garlic and thyme leaves. Add Himalayan salt and black pepper to taste. Drizzle with olive oil.

Bake salmon in the oven for 25 minutes.

Place asparagus on a baking sheet and drizzle about a tablespoon of olive oil on top. Add Himalayan sea salt and black pepper to taste. Roast the asparagus in the oven for 15 minutes.

Serve salmon on a bed of butter lettuce with chopped Roma tomatoes, avocado and roasted asparagus on the side.

*Recipe courtesy of Dr. Kristen Willeumier.*

 A poster for the Cassadaga Spiritualist Camp Fall Fest 2025. The background is a textured, parchment-like surface with various occult-themed illustrations: a sunflower, a spider, an eye, a crow, and a candle. The text provides event details:
 

**Cassadaga Spiritualist Camp**  
**FALL FEST 2025**  
 Fri.-Sun. Oct. 24th-26th & Fri. and Sat. Oct. 31st-Nov. 1st  
 1112 Stevens Street, Cassadaga, FL  
 Mini Readings from 3pm-9pm, Thomas Berkner House, 1090 Stevens Street  
 Vendors (Hours Vary Daily)  
 Nightly "Encounter the Spirits" Orb Tour 9pm, \$32.00 (16 and Up), Andrew Jackson Davis Ed. Bldg. and Bookstore  
 QR code: Scan here for tour tickets  
 386.228.2880 (Bookstore) 386.228.3171 (Office) www.cassadaga.org

 An advertisement for Earthquake Eddie Bee Superfoods. The background is yellow with a honeycomb pattern. It features three product images: Eddie Bee Champ Original Mix, Eddie Bee Pollen Power Punch, and Eddie Bee Liquid Multivitamin Mineral Supplement. The text reads:
 

**EARTHQUAKE EDDIE BEE SUPERFOODS**  
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 We welcome inquiries about distributorships or wholesale opportunity of this superfood  
 To order online please visit the website **EBSF.com**



# Frederick “Ted” Carrick

## on The Transformative Power of Functional Neurology

by Sandra Yeyati

**D**r. Frederick (Ted) Carrick is recognized as the founder of functional neurology, with nearly five decades of research and clinical practice. He established the Carrick Institute for Graduate Studies, offering more than 100 courses and a master’s degree in clinical neuroscience, with a global presence in 13 countries.

With about 100 peer-reviewed, published studies to his credit, Carrick is a senior research fellow at the Centre for Mental Health



Courtesy Frederick “Ted” Carrick

Research in association with the University of Cambridge, in the UK. He is a full professor of neurology at the University of Central Florida College of Medicine and an adjunct professor at the MGH Institute of Health Professions, in Boston.

His work has been featured in print and television, including PBS and ABC News *Nightline* documentaries. Carrick holds a doctor of chiropractic degree from Canadian Memorial Chiropractic College, a Ph.D. in education from Walden University and a master of science in health professions education from both the Harvard Macy Institute and MGH Institute of Health Professions. He remains dedicated to patient care, offering in-person and virtual consultations worldwide.

### ***What is functional neurology?***

It is an evidence-based, multi-disciplinary approach that enhances human function through the nervous system, regardless of diseases or disorders. My rehabilitation protocols focus on movement of the head, neck, trunk, extremities and eyes to activate different areas of the nervous system and restore function. These protocols are applied only after a comprehensive neurological examination and testing.

### ***How does this treatment work?***

Intentionally moving your right arm is a consequence of the interaction of your brain, spinal cord, peripheral nerves, muscles and joints. When you move your arm, muscle and joint receptors provide feedback to the brain, while the brain sends motor commands in a feedforward mechanism. The brain also sends out what we call efferent copies of that motor command to other areas of the body, such as the core muscles or the back, to steady yourself so that the lever forces of the arm don’t hurt your back.

Functional neurologists work to increase muscle activity when there is weakness and to reduce muscle activation when it is excessive, as in seizures, epilepsy, dystonia and movement disorders. They also treat neurodegenerative syndromes, memory problems, concussions and neurological issues related to digestion.

### ***What tactics do you employ to improve function?***

The Carrick Institute is renowned for therapies that enhance the performance of professional athletes and Olympians, not just in injury recovery, but also in functional improvement. For elite runners, we boost race speed with tailored eye exercises developed over four decades, including fast and slow eye movements in different directions, focusing on individual nervous system needs. Using this technology, we can increase the speed of swimmers, improve the agility of skiers, increase the number of baskets a person can make and the list goes on.

Beyond athletes, our methods can help the average person walk better and safer by addressing falls, a leading cause of accidental death. We’ve developed movement strategies to enhance balance and stance using advanced tools to measure various factors. For

instance, in Parkinson's patients, we address postural misalignment by improving visual feedback. Our expertise in balance, gait and running parameters is well-established, with extensive published research.

**What other treatments do you employ besides eye exercises?**

Eye and head movements are central to what we do, but they are usually not done in isolation of other things. For a balance exercise, we might use a pole like a tightrope walker's. We adjust arm swing ratios, foot placement and hip rotation. Additionally, we employ electrical stimulation and physical therapy, which are beneficial for stroke survivors.

**Are positive results long-lasting?**

Our goal is to make patients autonomous so they don't have to come back to see us. We give patients lifestyle changes, exercises and regimens that they can do on their own. Those who adhere to these strategies generally do well long-term. However, many people stop exercising and start getting symptoms again, so they have to come back in.

**Who should consult with a specialist in functional neurology?**

Conditions that have symptoms typically bring a patient to the functional neurologist. If severe migraines disrupt your daily tasks, if you struggle with basic activities like using a knife and fork to cut your food, or if your head injury affects your vision or memory, consult a functional neurologist. However, many neurological conditions do not have recognizable symptoms but still need to be addressed. I think everyone should visit a functional neurologist annually to ensure optimal functioning. Many discover imbalances, such as uneven hand movement or poor memory.

We treat all ages. Many younger patients are suffering from accidents like motorcycle falls or sports injuries, while older patients face neurodegenerative issues. We also assist kids with learning and developmental challenges.

*Sandra Yeyati is the national editor of Natural Awakenings.*



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

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## Wednesday, October 1

**Underground Networking Circle for Health & Wellness Professionals, Oviedo** – 7-8pm. A monthly after-hours meetup for local health and wellness professionals in Oviedo area. Hosted by Hope Clark and Amanda Charles, this gathering offers a refreshing, intentional approach to networking. Each month, a new host shares their specialty in a brief spotlight, followed by short introductions from attendees. No dues, no referral quotas, just meaningful, word-of-mouth connections. Free. Various offices in Oviedo area. Text "Oviedo" to 386-280-7511.

## Saturday, October 4

**How to Grow House Plants with Jim Hunter** – 10-11am. Join horticulturist Jim Hunter for a beginner-friendly session on choosing and caring for indoor plants in Central Florida. Learn about light, watering, soil and common pest issues tailored to our climate. Free. South Seminole Farm & Nursery, 2010 E Lake Dr, Casselberry. SSeminoleFarmAndNursery.com.

**Willsol Wellness Grand Opening Celebration** – 11am-3pm. Celebrate the grand opening of Willsol Wellness, a new health collective in Sanford uniting experts in Pilates, colon hydrotherapy, holistic aesthetics, hormone therapy, pelvic floor care, massage and performance training. Festivities begin with a ribbon-cutting and free swag for the first 100 guests, followed by raffles, giveaways and opportunities to meet practitioners. Discover a welcoming space designed to nurture mind, body and spirit under one roof. Willsol Wellness, 307 E 2nd St, Sanford. WillsolWellness.com.

**Aromatherapy Mindful Flow Series: Boost Immunity & Inner Strength with Bevalie Pritchard** – 2:30-4pm. Strengthen your body, mind and spirit in this heart-opening workshop that blends gentle yoga, breath work and aromatherapy. Using essential oils such as White Angelica, Ravintsara and Thieves, you will learn a self-care ritual that supports immunity, reduces stress and restores balance. Open to all levels, this class offers natural tools to help you stay grounded and resilient through the season. Cost: \$25 members, \$22 non-members. Magnolia Yoga & Wellness Center, 111 W Magnolia Ave, Longwood. MagnoliaWellnessCenter.org/events.



Owen / Pixels.com

**Plant Walk at Mead Botanical Garden** – 1-3pm. Join Holistic Living School for a peaceful afternoon plant walk through Mead Botanical Garden. Together we will identify 15 to 20 edible and medicinal plants, share practical ID techniques and connect with the beauty of the season. Bring a water bottle, notebook and your curiosity to enjoy this enriching outdoor experience. \$35. Mead Botanical Garden, Winter Park. Info@HolisticLivingSchool.org. HolisticLivingSchool.org.

## Tuesday, October 7

**Underground Networking Circle for Health & Wellness Professionals, Winter Park** – 7-8pm. A monthly after-hours meetup for local health and wellness professionals in Winter Park area. Hosted by Hope Clark and Amanda Charles, this gathering offers a refreshing, intentional approach to networking. Each month, a new host shares their specialty in a brief spotlight, followed by short introductions from attendees. No dues, no referral quotas, just meaningful, word-of-mouth connections. Free. Various offices in Winter Park area. Text "Winter Park" to 386-280-7511.

**Healing Relationships with Charlie Ray – Part 1: Uncovering the Roots** – 7-8pm. Explore how childhood experiences and family dynamics shaped your relationship patterns. Charlie Ray guides participants through processes to release old wounds and break free from limiting beliefs. This is the first session in a four-part transformational series. \$300 per person for 4-part series (limited to 10). InhaleLight, 1444 Lexington Green Ln, Sanford. 414-748-1708. Limitless-Believing.com. Sign up at Relationship.limitless-believing.com/inhalelight.

## Monday, October 8

**We Know. If You Won't Tell Them the Truth, We Will** – 10am to evening (end times vary). 10/8-12. Explore UFOs, secret space programs, Super Soldiers, healing workshops and ceremonies during this five-day gathering. More than 35 insiders share their knowledge and experiences. Proceeds benefit Healing Soul Survivors Inc., a 501(c)(3) nonprofit dedicated to support and recovery. Daily admission \$2. Wyndham I-Drive Avanti Resort, Orlando. Healing Soul Survivors Inc, info@SuperSoldierCon.com. SuperSoldierCon.com.

## Saturday, October 11

**Organic Vegetable Gardening with Jim Hunter** – 10-11am. Delve into sustainable practices for growing vegetables in Central Florida's warm humid conditions. Jim Hunter covers soil prep, pest and disease management, crop rotation and seasonal planting strategies. Free. South Seminole Farm & Nursery, 2010 E Lake Dr, Casselberry. SSeminoleFarmAndNursery.com.

**Sound Meditation** – 4-6pm. Sink into a restorative sound bath with Amy Anthony inside MMC's Crystal Temple of Global Healing. Seats are limited; registration required. Pricing: \$55 solo/\$80 duet with cushioned mats and blankets included, or BYO mat \$40 solo/\$50 duet. Details: SacredTempleHealingArts.com/sacred-sound. Location: Mehta Metaphysical Center, One Purlieu Pl, Ste 250, Winter Park. MehtaMetaphysicalCenter.com/events.

## Tuesday, October 14

**Healing Relationships with Charlie Ray – Part 2: Releasing the Past** – 7-8pm. Address unresolved pain from heartbreak, betrayal and rejection that lingers in the subconscious. This session focuses on forgiveness and creating space for peace, helping you open your heart for healthier future connections. \$300 per person for 4-part series (limited to 10). \$300 per person for 4-part series (limited to 10). InhaleLight, 1444 Lexington Green Ln, Sanford. 414-748-1708. Limitless-Believing.com. Sign up at Relationship.limitless-believing.com/inhalelight.

**Underground Networking Circle for Health & Wellness Professionals, Lake Mary** – 7-8pm. A monthly after-hours meetup for local health and wellness professionals in Lake Mary area. Hosted by Hope Clark and Amanda Charles, this gathering offers a refreshing, intentional approach to networking. Each month, a new host shares their specialty in a brief spotlight, followed by short introductions from attendees. No dues, no referral quo-

## Special Event

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Enjoy complimentary 15-minute stress relief sessions designed to restore balance and renewal. Open to all first responders with valid ID, including nursing staff, veterans, firefighters, police officers and hospital employees.

Take time to recharge, relax and experience simple techniques that promote well-being.

**Saturday, Oct 18 & Sunday, Oct 19**  
10am-4pm. Free.

**InhaleLight, 1444 Lexington**  
Green Ln, Sanford. 407-420-3884.  
Info@InhaleLight.com.InhaleLight.com.

tas, just meaningful, word-of-mouth connections. Free. Various offices in Lake Mary area. Text "Lake Mary" to 386-280-7511.

## Saturday, October 18

**Florida Native Plants with Rebekah St. John** – 10-11am. Discover which Florida native plants thrive in different conditions. Learn which plants work best in dry or wet areas, and which varieties attract bees and butterflies. Florida natives are easy to maintain and can add beauty and resilience to your yard. Free. South Seminole Farm & Nursery, 2010 E Lake Dr, Casselberry. SSeminoleFarmAndNursery.com.

**Health, Harmony & Balance by Chakras** – 11:30 opens, 12:30-2pm Meditation. Closes at 4:30pm. Awaken your inner peace and vitality through guided meditation, chakra alignment and holistic practices designed to foster health, harmony and balance. Join others in an immersive experience to elevate your energy, release blockages and deepen connection to your highest self. Check ticket pricing on Eventbrite. Mehta Metaphysical Center, 1 Purlieu Place #100, Winter Park. MehtaMetaphysicalCenter.com/events.

## Tuesday, October 21

**Healing Relationships with Charlie Ray – Part 3: Healing the Present** – 7-8pm. Learn how to bring presence, communication and healing energy into your most important current relationships. This session helps transform conflict into connection and emotional distance into intimacy, guided by Charlie Ray's proven methods. \$300 per person for 4-part series (limited to 10). InhaleLight, 1444 Lexington Green Ln, Sanford. 414-748-1708. Limitless-Believing.com. Sign up at Relationship.limitless-believing.com/inhalelight.

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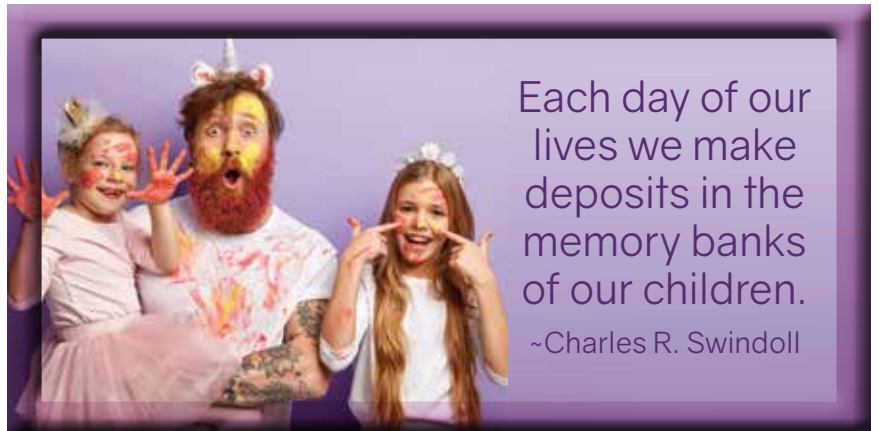


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Each day of our lives we make deposits in the memory banks of our children.

~Charles R. Swindoll

## Saturday, October 25

**Landscape Design with Judy Halpin** – 10-11am. Bring your landscape questions to Judy Halpin and gain inspiration for creating a more functional and beautiful yard. Learn practical design ideas and discover solutions that fit your home and style. Free. South Seminole Farm & Nursery, 2010 E Lake Dr, Casselberry. [SSeminoleFarmAndNursery.com](http://SSeminoleFarmAndNursery.com).

**20th Annual Central Florida Veg Fest** – 10am-6pm. Orlando Festival Park with free admission and a full day of family- and dog-friendly fun. This nationally recognized vegan festival features more than 200 veg-friendly vendors, food demonstrations, live music, inspiring speakers, a Kid Zone, Humane Education Center, Animal Haven and Artist Corner. Attendees can enjoy delicious plant-based foods and discover products and ideas that support health, sustainability and compassion. [CFVegFest.org](http://CFVegFest.org).

## Tuesday, October 28

**Healing Relationships with Charlie Ray – Part 4: Creating Empowering Connections** – 7-8pm. Step into clarity and intention as you design the healthy relationships you desire. In this final session, Charlie Ray helps anchor new empowering beliefs and practices to cultivate authentic, lasting connections built on love and respect. \$300 per person for 4-part series (limited to 10). [InhaleLight](http://InhaleLight.com), 1444 Lexington Green Ln, Sanford. 414-748-1708. [Limitless-Believing.com](http://Limitless-Believing.com). Sign up at [Relationship.limitless-believing.com/inhalelight](http://Relationship.limitless-believing.com/inhalelight).

## Plan Ahead



## Saturday, November 8

**Cleaner Air and Purer Water for Your Home with Robia Turner** – 9am-1pm. Robia Turner shares leading technology that helps families create healthier homes with cleaner air and purer water. He explains how advanced systems reduce toxins and impurities and how to integrate them easily. Hosted by Ingrid and Doug Swailes with Healing AMENities, this informative session is ideal for homeowners and wellness-minded attendees who want practical solutions that support daily well-being. Seating is limited; early arrival is encouraged. Free. Ingrid and Doug Swailes, Healing AMENities, 5472 Gateway Village Circle, Orlando. 407-463-8424.

## Ongoing Events



### Monday

**Audubon Park Community Market** – 5-8pm. Local food and artisan vendors. Live music. 1842 E Winter Park Rd (NW corner of Corrine Dr & Winter Park Rd in Stardust Coffee parking lot). [AudubonMarket.com](http://AudubonMarket.com).

### Tuesday

**Free Magnolia Wellness Hour: The Three Doshas of Ayurveda** – 11am-noon. Join Sidney Walters, NAMA Certified Ayurvedic Practitioner, for a free community workshop exploring the three Ayurvedic doshas—the energies that shape body constitution, health and wellbeing. Learn how to identify your unique dosha makeup, recognize when doshas are in or out of balance and apply practices to restore harmony. Space limited. Reg req. Magnolia Yoga & Wellness Center, 111 W Magnolia Ave, Longwood. Reg @ [MagnoliaWellnessCenter.org/events](http://MagnoliaWellnessCenter.org/events).

**Soothing Yin/Meditation** – 6pm. A class that combines breath with longer hold poses for flexibility and to ease stress and anxiety. 75 mins. \$20. Sweet Surrender Yoga & Holistic Wellness, 1750 W Broadway St, #112, Oviedo. 786-520-6736. [CathrynValor-HolisticWellness.com](http://CathrynValor-HolisticWellness.com).

**Storytellers of Central Florida** – 7-8:30pm. 1st Tues. Monthly. Winter Park Public Library, 1052 W Morse Blvd. 407-623-3300. [WinterParkLibrary.org](http://WinterParkLibrary.org).

### Wednesday

**Tai Chi Introductory Class** – 6-7pm. Taught by Jim Moltzan, this introductory class will help enhance your range of motion, improve balance and increase strength and flexibility. Open to all ages, it's a great way to get started with this ancient practice in a supportive environment. Free. Insight Chiropractic Health & Wellness Center, 1551 Sandspur Rd, Ste 101, Maitland. [InsightChiroHealth.com](http://InsightChiroHealth.com). Info@[InsightChiroHealth.com](http://InsightChiroHealth.com). 321-926-2997.

**Composing Your Life – Free Series by Gnosis Orlando** – 7:30-9pm, starting March 12. Learn to become the conductor of your journey through meditation and self-knowledge techniques. To register, see: [GnosticsOrlando@gmail.com](mailto:GnosticsOrlando@gmail.com).

### Thursday

**Cosmic Yoga Flow** – 6pm. This class combines breath, movement, muscle-toning and balance poses in this gentle Hatha movement class. 75 mins. \$20. Sweet Surrender Yoga & Holistic Wellness, 1750 W Broadway St, #112, Oviedo. 786-520-6736. [CathrynValorHolisticWellness.com](http://CathrynValorHolisticWellness.com).

### Friday

**Sound Bowl Meditation** – 6-6:45pm. Immerse yourself in 45 minutes of deep relaxation while you naturally increase your vibration as the sound bowls emit a miracle tone of healing at a 432-hertz frequency. Bring a mat, blanket, pillow and water. \$10. Insight Chiropractic Health & Wellness, 1551 Sandspur Rd, Ste 101, Maitland. 321-926-2997. [InsightChiroHealth.com](http://InsightChiroHealth.com). Facebook: [Insight-Chiropractic-Health-and-Wellness-Center](https://www.facebook.com/Insight-Chiropractic-Health-and-Wellness-Center).

### Saturday

**Free Yoga at Reiter Park** – 7:30-8:30am. An all-levels flow class held on the bandshell stage, next to the Longwood Farmers Market. BYO mat and water. Location: 111 W Warren Ave, Longwood. Register at [MagnoliaWellnessCenter.org/book-a-class](http://MagnoliaWellnessCenter.org/book-a-class).

**Saturday Gardening Workshop Series** – 10-11am. Free weekly hourlong workshop exploring Central Florida gardening topics—from native plants and seasonal care to pollinator habitats—all led by local nursery experts. Each session offers practical, hands-on guidance to help gardeners cultivate thriving landscapes suited to our region's climate. Free. South Seminole Farm & Nursery, 2010 E. Lake Dr, Casselberry. [SSeminoleFarmAndNursery.com](http://SSeminoleFarmAndNursery.com).

**Stretch N' Balance** – 10:30am. A practice to tone muscle and build stamina with movement and breath in a series of standing and balance poses. 75 mins. \$20. Sweet Surrender Yoga & Holistic Wellness, 1750 W Broadway St, #112, Oviedo. 786-520-6736. [CathrynValor-HolisticWellness.com](http://CathrynValor-HolisticWellness.com).

**Free Oncology Yoga** – 11am-Noon. A gentle yoga session designed specifically for survivors and their caregivers. Magnolia Yoga & Wellness Center, 111 W Magnolia Ave, Longwood. 407-900-6499.

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- North Central New Jersey
- North New Jersey
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- Phoenix, AZ
- Rhode Island
- Richmond, VA
- Sarasota, Manatee, Charlotte and DeSoto Counties, FL
- South Central Pennsylvania
- South Jersey, NJ
- Southeast North Carolina
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- Western Michigan



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Longwood • 407-900-6499  
[LadyMasterNada.Gray@gmail.com](mailto:LadyMasterNada.Gray@gmail.com)  
[LadyMasterNada.com](http://LadyMasterNada.com)



Certified theta energy and intuitive anatomy healer. Certified spiritual life coach. Healing body level up (HBLU) facilitator. Sacred geometry meditation facilitator. Certified reiki practitioner. *See ad, page 8.*

### FAMILY INTEGRATIVE MEDICINE

982 Douglas Ave, Ste 102  
Altamonte Springs  
407-751-2192  
[FamilyIntegrativeMedicine.com](http://FamilyIntegrativeMedicine.com)



Regenerative medicine, acupuncture, chiropractic, herbal therapy, and physical rehabilitation to address root causes of chronic pain—offering personalized, non-surgical care for lasting wellness. *See ad, page 15.*

### RIVER OF LIFE

11101 W Colonial Dr, Ocoee  
407-574-2880  
[RiverOfLifeDO.com](http://RiverOfLifeDO.com)



Provides holistic care through osteopathic manipulation, family medicine, and natural healing, helping patients restore balance, relieve pain and achieve lasting wellness. *See ad, page 23.*

### THE CENTER FOR NATURAL & INTEGRATIVE MEDICINE

Kirti Kalidas, MD, ND  
Amar Kalidas, DO  
Sara King DNP, ARNP, FNP-BC  
Kushang Shah, MD  
6651 Vineland Rd, #150, Orlando  
407-355-9246, [DrKalidas.com](http://DrKalidas.com)  
[Instagram@cnmedicine](https://www.instagram.com/cnmedicine)



We offer functional, integrative and naturopathic medicine modalities, including IV therapies, hormone replacement, weight loss, ozone therapy and more. *See ad, page 26.*

## Beauty

### PAINT NAIL BAR

1090 N Orlando Ave, Ste 106  
Winter Park • 407-589-9190  
[PaintNailBar.com/winter-park-fl](http://PaintNailBar.com/winter-park-fl)



Whether it is cleanliness, color selection, client service, nail art, environment, attention to detail or the wonderful energy at PAINT...you name it, we've thought of it. We are a non-toxic fume free nail bar with your health in mind. *See ad, page 19.*

## Bodywork

### JLEE BODYWORK

Josh Lee, LMT, CTM  
By appointment only/Maitland  
407-283-7768



Josh uses the Ida P. Rolf Structural Integration method and Connective Tissue Massage to target the root causes of discomfort. His Ten-Series releases fascia restrictions, enhancing posture, mobility, and body awareness for lasting relief. MM46109 *See ad, page 29.*

## Breast Screenings

### HOLISTIC OPTIONS, INC.

635 Primera Blvd, Lake Mary 32746  
407-333-1059  
[HolisticOptionsInc.com](http://HolisticOptionsInc.com)



Digital infrared thermal imaging is a totally non-invasive clinical imaging procedure for detecting and monitoring several diseases and physical injuries, by showing the thermal abnormalities present in the body. It is used as an aid for diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries. *See ad, page 29.*

## Chiropractic

### INSIGHT CHIROPRACTIC HEALTH & WELLNESS CENTER

Sean Olenek, DC  
1551 Sandspur Rd, Ste 101, Maitland  
407-565-3085  
[InsightChiroHealth.com](http://InsightChiroHealth.com)



We provide effective and individualized care for optimal patient outcomes. Our insights come from integrating chiropractic, acupuncture, nutrition, exercise, energy balancing, integrative medicine, functional medicine and alternative medicine. *See ad, page 9.*

*Learn from the mistakes  
of others. You can't live  
long enough to make them  
all yourself.*

—Eleanor Roosevelt

## Clothing & Shoes

### BIJOU'S BOUTIQUE

2501 Edgewater Dr, Orlando  
Mon-Sat 10am-6pm  
407-841-9728  
BijousBoutique.com



For 30+ yrs, find designer brands and unusual fashion, shoes, accessories and more.

With Euro and Caribbean influences, French owner Bijou specializes in natural fibers. We carry sizes XS to XXL. 20% OFF during your birthday month!

## Colon Hydrotherapy

### HOLISTIC OPTIONS, INC.

635 Primera Blvd, Lake Mary 32746  
407-333-1059  
HolisticOptionsInc.com



Experience the best-kept secret for optimal health!

We use a closed system. All disease begins in the gut! See ad, page 29.

## Dentistry

### HOLISTIC DENTAL HEALTH

David W. Edwards, DMD  
541 N Palmetto Ave, #101, Sanford  
HolisticDentalHealth.com  
407-322-6143



Since 2007, I specialize in holistic (biological), cosmetic, mercury-free family dentistry and offer safe amalgam removal. Enjoy our relaxing view overlooking Lake Monroe in Sanford.

See ad, page 7.

## Eco-Adventures

### WINTER PARK SCENIC BOAT TOURS

312 E Morse Blvd (just east of Park Ave)  
Winter Park  
407-644-4056  
ScenicBoatTours.com



Tours include 12 miles within the pristine Winter Park chain of lakes. Perfect for office parties and family gatherings. Please call ahead for large groups. Gift certificates available.

## Energy Healing

### INHALELIGHT

1444 Lexington Green Ln, Sanford  
407-420-3884  
InhaleLight.com



We provide holistic and customized options for chronic pain and emotional distress. We help people see their condition in a different light by understanding the power of self-healing, stress relief and individualized empowerment. MM43094.

See ad, page 12.

## Essential Oils

### DOTERRA/PURE HOPE

#### WELLNESS

Hope Clark  
Longwood, FL  
719-963-3330  
PureHopeWellness.com



Hope Clark, doTERRA Certified Essential Oil Specialist and founder of Pure Hope Wellness, brings over a decade of natural health expertise, leading group trainings and clinical workshops on

the effective use of doTERRA's essential oils.

### TACHYON CHAMBER

Orlando • 407-473-6401  
Stephanie Ray  
TachyonEnergetics.com



Move into the high vibrational energies of Love, Joy & Bliss. This Chamber can address all levels: Physical, Emotional, Spiritual. Our website lists many benefits and pricing. See ad, page 23.

## Event Space Rental

### MEHTA METAPHYSICAL CENTER

1 Purlieu Place, Suite 250, Winter Park  
321-203-4688  
MehtametaphysicalCenter.com



Host your next event in stunning crystal-infused spaces. Four unique spaces for healing, love, spirit and creativity. Available for hourly rental. See ad, page 39.

## Farmers' Markets Local Vendors

### AIN'T Y MAMA'S BAKED BEANS

Arlene J. Guffin, Owner Operator  
AintYoMamasBakedBeans@gmail.com  
AintYoMamasBakedBeans.com  
407-579-0404



Beaning a Taste of Diversity to Your Table. Come get your bean shot samples! Lady Lake Farmers' Mkt (Tues 9am-2pm) • Bountiful Farms Mkt (Wed 9am-2pm) • Brownwood Farmers Mkt (Sat 8am-2pm) • Mount Dora Village Mkt (Sun 9am-2pm). Call/txt for special orders.

## Health Coach

### YOUR FAIRYTALE LIFE

Tashina, Certified Professional Coach  
Virtual From Anywhere  
Dreams@DesignYourFairytale.com  
DesignYourFairytale.com  
For Women Who Want to Write Their Own Story.



Dream Coaching is for women who want to reclaim their individuality and create a life that reflects their unique desires and values. Connect at DesignYourFairytale.com and receive The Unconventional Woman's Guide to Life straight to your inbox.

## Health Food

### CHAMBERLIN'S NATURAL FOODS

Alt Spgs/Wekiva 407-774-8866  
East Ori/Herndon 407-228-1373  
Lake Mary 407-936-9470  
Kissimmee 407-846-7454  
Lakeland 863-815-0001  
Chamberlins.com



For more than 85 years, proudly serving the Central Florida community with organics and local products.

### M & M VITAMINS & HEALTH FOODS

118 Middle St (SW corner of Lake Mary Blvd)  
Lake Mary • 407-330-2666  
MandMVitamins.com



Serving CFL since 2006, we may be little, but we are loyal. Get the lowest prices guaranteed on protein powders. Visit our website and sign up for exclusive monthly discounts! Mon-Sat 10am-6pm, Sun 12-4pm.

## YOUR HOLISTIC CENTER

Paula White, Nutrition Practitioner  
Topher White, Sound Therapist  
400 Church St, Ste101, Kissimmee  
407-350-5370 • YHCLife.com



Balancing mind, body and soul through natural therapies including sound healing, ionic detox, tuning forks, chakra cleansing and nutrition needs based on hair analysis to support whole body wellness and holistic healing. See ad, page 25.

## Hyperbaric Oxygen Therapy

### INSIGHT CHIROPRACTIC HEALTH & WELLNESS CENTER

Sean Olenek, DC  
1551 Sandspur Rd, Ste 101, Maitland  
407-565-3085  
InsightChiroHealth.com



Boost healing, reduce inflammation, and support cellular repair with Hyperbaric Oxygen Therapy. This non-invasive treatment delivers pure oxygen in a pressurized chamber to naturally enhance recovery and overall wellness. See

ad, page 9.

## Infrared Light Therapy

### BEEM LIGHT SAUNA

2305 Edgewater Dr, Orlando  
407-203-1721  
BeemLightSauna.com



Relax in your own private suite at beem®, where full-spectrum infrared therapy (near, mid and far wavelengths) promotes deep detoxification, boosts circulation, supports calorie burn up to 600 per session and enhances overall wellness from the inside out. See ad, page 21.

*You must learn a new way  
to think before you can  
master a new way to be.*

—Marianne Williamson

## Life Coach

### CONFIDENTIAL PHONE SESSIONS

Dr. Virginia Marie Love, PhD, DDiv  
305-982-7570  
Contact@DrVirginiaMarie.com



Psychotherapy and coaching tailored to individual needs, focusing on root causes to accelerate transformation and healing. Each session offers a personalized approach that supports lasting change and emotional well-being.

## Metaphysical

### MEHTA METAPHYSICAL CENTER

1 Purlieu Place, Ste 250, Winter Park  
321-203-4688  
MehtametaphysicalCenter.com



Explore the largest metaphysical center in the U.S. 15,000 sqft of crystal galleries, guided meditations, healers, crystal boutique, and event space rentals available. See ad, page 39.

## Nail Salon

### PAINT NAIL BAR

1090 N Orlando Ave, Ste 106  
Winter Park • 407-589-9190  
PaintNailBar.com/winter-park-fl



Whether it is cleanliness, color selection, client service, nail art, environment, attention to detail or the wonderful energy at PAINT...you name it, we've thought of it. We are a non-toxic fume free nail bar with your health in mind. See ad, page 19.

## Nutrition Practitioner

### YOUR HOLISTIC CENTER

Paula White, Nutrition Practitioner  
Topher White, Sound Therapist  
400 Church St, Ste101, Kissimmee  
407-350-5370 • YHCLife.com



Nutrition Practitioner supporting optimal wellness through personalized plans, nutrition hair analysis and holistic guidance tailored to uncover imbalances, promote healing and help clients thrive naturally from the inside out. See ad, page 25.

## Pediatrician

### CANNIZZARO INTEGRATIVE PEDIATRIC CENTER

357 Wekiva Springs Rd, Longwood  
321-280-5867 • MyCIPC.com



Cannizzaro  
Integrative  
Pediatric Center

Functional, evidence-based medicine providing effective and non-invasive ways to treat the root cause of your child's illness. Newborn to 21 years. ADHD, autism, allergies, asthma.

## Pharmacies

### MAYASCRIP COMPOUNDING PHARMACY

1141 Orange Ave, WP  
407-740-6292  
MayaScript.com



Very competitive prices. Fast turnaround time. Free delivery/shipping to your home or work. We offer free bio-identical hormone consultations.

## Psychotherapist

### SACRED LOVE INSTITUTE

Dr. Virginia Marie Love, CEO & Founder  
305-982-7570  
Contact@DrVirginiaMarie.com



Internationally known intuitive specializing in relationships, sacred sexuality and trauma recovery. Offers confidential phone sessions and Ericksonian hypnotherapy, addressing everything from infidelity to sexual concerns with compassion where no subject is off-limits.

## Real Estate

### JOANNE HARRIS MONROE

LPT Realty  
1400 International Pkwy, Lake Mary  
MonroeJH@Outlook.com  
RealtorJHM.com  
689-500-1568



I'm passionate about helping clients find their dream homes and achieve real estate goals with personalized service. Local expertise and a seamless, enjoyable experience at LPT Realty.

## Saunas

### BEEM LIGHT SAUNA

2305 Edgewater Dr, Orlando  
407-203-1721  
BeemLightSauna.com

**beem** Relax in your own private suite at beem®, where full-spectrum infrared therapy (near, mid and far wavelengths) promotes deep detoxification, boosts circulation, supports calorie burn up to 600 per session and enhances overall wellness from the inside out. See ad, page 21.

## Schools

### CENTRAL FLORIDA SCHOOL OF MASSAGE THERAPY

450 N Lakemont Ave, Ste A, Winter Park  
MassageTherapy.cc  
407-673-6776



Take a tour and enroll for the upcoming March 2025 session. Our graduates quickly become certified with our comprehensive programs. This school also offers discounted massage therapy appointments for readers who apply in advance.

### FLORIDA SCHOOL OF HOLISTIC LIVING

Local to Central Florida and Online  
407-595-3731  
HolisticLivingSchool.org



Herbalist training, workshops, classes and continuing education units (CEUs) available. Live in-person and online, plus an entire catalog of on-demand classes.

## Shoe And Accessory Repair

### THE PROFESSIONAL SHOE REPAIR, INC.

Luis Restrepo  
407-767-8118



Located inside the Altamonte Springs Mall on the lower level west of JC Penney, I repair all types of shoes, sandals, handbags and clothing alterations. Call for hours. Sometimes I can complete while you wait!

## Skin Care

### TS SKIN CARE

1520 Edgewater Dr, #A, Orlando  
407-999-5008  
Mon-Sat: 9am-6pm • Sun: By Appt Only  
TSSkinCare.com

**TS SKIN CARE** Acne Treatment Specialists For over 20 years, we formulate our own natural products and offer a variety of skin care services. We also specialize in acne treatments and deep pore cleansing. Visit our website and sign up for discounts!

## Spiritual Centers

### CASSADAGA SPIRITUALIST CAMP & BOOKSTORE

1112 Stevens St, Cassadaga  
(GPS city: Lake Helen)  
386-228-2880  
Cassadaga.org



Established in 1894, our community has mediums, healers, classes, workshops, tours and events year-round. Seekers are welcome and self-exploration is encouraged. Check out our large spiritual book & gift store. More info on website. See ad, page 27.

### MEHTA METAPHYSICAL CENTER

1 Purlieu Pl, Ste 250, Winter Park  
321-203-4688  
MehtametaphysicalCenter.com



Explore the largest metaphysical center in the U.S. 15,000 sqft of crystal galleries, guided meditations, healers, crystal boutique and event space rentals available. See ad, page 39.

## Structural Integration

### JLEE BODYWORK

Josh Lee, LMT, CTM  
By appointment only/Maitland  
407-283-7768



Josh uses the Ida P. Rolf Structural Integration method and connective tissue massage to target the root causes of discomfort. His ten-series releases fascia restrictions, enhancing posture, mobility, and body awareness for lasting relief. MM46109. See ad, page 29.



Pick Up the Current Natural Awakenings Magazine at Select Vendor Tables

### AUDUBON PARK

1842 Winter Park Rd, Orl  
Mondays 5pm  
Vendor:  
GoodFills.co  
Instagram: CMBakari.fl

### MAITLAND

1776 Independence Ln  
(next to City Hall)  
Sundays 9am-1pm

### MOUNT DORA

239 W 4th Ave #237, Mt Dora  
Sundays 9am  
Vendor:  
AintYoMamasBakedBeans.com

### WINDERMERE

Fridays 9am-1:30pm  
Vendor:  
GoodFills.co

### WINTER PARK

Central Park West Meadow  
Saturdays 8am-1pm

**WANTED!**  
**ARE YOU A VENDOR AT A LOCAL MARKET?**  
**We Want to Promote Your Products!**

850-687-0825 or email:

Publisher@NaturalAwakeningsCentralFlorida.com

## Supplements

### BALANXED LIFE

903-572-0567

BalanxedLife@gmail.com

BalanxedLife.com

# BALANXED Life

Water structuring device for the entire home and a portable solution. Plant based,

energy infused wellness products—Electralife, Alkalife, Biotic-Life—designed to revitalize hydration, enhance vitality and simplify natural living. See ad, page 17.

## Thermography

### CENTRAL FLORIDA THERMOGRAPHY

1555 Howell Branch Rd, Ste B-2

Winter Park

407-622-9090

CflThermography.com



### Central Florida Thermography, LLC

Safe, no-contact, no-radiation thermography exams. Interpreted by Certified MD Thermologists. Offering breast, half body and full body scans. Early detection is key!

### FLORIDA MEDICAL THERMOGRAPHY

June Drennon, CCT 2008

727-729-2711

FloridaMedicalThermography.com



Certified Clinical Thermographer 2008. Mindful wellness with thermography! Knowledge is power. Know your risk factors to make corrections and avoid developing pathology. Call for location convenient for you.

### HOLISTIC OPTIONS, INC.

635 Primera Blvd, Lake Mary 32746

407-333-1059

HolisticOptionsInc.com



Digital infrared thermal imaging is a totally non-invasive clinical imaging procedure for detecting and monitoring several diseases and physical injuries, by showing the thermal abnormalities present in the body. It is used as an aid for diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries. See ad, page 29.

See ad, page 29.

## Vegan

### VEGETARIANS OF CENTRAL FLORIDA

Meetup.com/VegetariansCF

CFVegFest.org



We are a non-profit, volunteer-run organization. Since 2005 we have hosted monthly potlucks and special events, including the annual CFL Earth Day Festival & VegFest. Sign up to receive notices for future events. All are welcome! See ad, page 2.

See ad, page 2.

## Water Enhancer

### BALANXED LIFE

903-572-0567

BalanxedLife@gmail.com

BalanxedLife.com

# BALANXED Life

Water structuring device for the entire home and a portable solution. Plant based, energy infused wellness products—Electralife, Alkalife, Biotic-Life—designed to revitalize hydration, enhance vitality and simplify natural living. See ad, page 17.

See ad, page 17.

### HEALING AMENITIES

Doug and Ingrid Swailes

407-463-8424



Provides wellness technologies that support cleaner air, purer water, and healthier living. Solutions help relieve sinus issues, allergies, asthma, pet odors and smoke. Beauty water hydrates and nourishes skin at the deepest level. See ad, page 8.

See ad, page 8.

## Wellness Centers

### SERENITY CENTER AND COMMUNITY SPACE

2040 Winter Springs Blvd, Oviedo

407-719-8883

Cassandracurley@aol.com

SerenityCenter.com

(MM# 13024)



Our nurturing environment promotes and supports health, well-being and commUNITY. We offer massage therapy, acupuncture, skin care, counseling and more. Space is also available for workshops and special events.

## Yoga

### SWEET SURRENDER YOGA & HOLISTIC WELLNESS

Cathy Valor

1750 W Broadway St #112, Oviedo

786-520-6736

CathrynValorHolisticWellness.com



Discover a brand-new studio that offers tranquil-enhancing yoga, tai chi, sound bowl and day spa services. Studio rental with a kitchen is available for various get-togethers and small weddings.

## Editorial Calendar Three-Month Planner



**Balancing Energy**  
November



**Embrace Joy**  
December



**Health & Wellness**  
January

**natural**  
awakenings

# LARGEST

## METAPHYSICAL CENTER IN THE UNITED STATES!

### 15,000 SQUARE FT. ORLANDO, FL



- GUIDED MEDITATIONS
- CRYSTAL GALLERIES
- HEALERS AVAILABLE
- CRYSTAL BOUTIQUE
- EVENT SPACE RENTAL

MEHTAMETAPHYSICALCENTER.COM

321-203-4688

## MEDITATION EVENT

# HEALTH, HARMONY & BALANCE



## SATURDAY, OCTOBER 18TH

LOVE DONATIONS ARE APPRECIATED BUT NOT MANDATORY!

CHECK IN STARTS AT 11:30AM WITH  
REFRESHMENTS & REGISTRATION!

MMC OPEN FROM:  
11:30AM-4:30PM

MEDITATION FROM:  
12:30PM-2PM

[www.mehtametaphysicalcenter.com/events](http://www.mehtametaphysicalcenter.com/events)

### REGISTER NOW ON EVENTBRITE

Mehta Metaphysical Center | 1 Purlieu Place, Winter Park, FL 32792

# Relax Rebalance RESET

## We help your brain help you.

Cereset helps your brain relax and reset itself, enabling you to achieve higher levels of well-being and balance throughout your life.

- ✓ Support Restful Sleep
- ✓ Clear Brain Fog & Cognitive Issues
- ✓ Promote Mental Clarity & Anti-Aging
- ✓ Increase Energy & Peak-Performance

Safe, Effective & Drug-Free.



## Amy Grant's TESTIMONY OF HEALING

*"An imbalanced brain is one that reacts from the past... everything is a trigger. For the brain to actually have a chance to harmonize itself, allows a person to respond in the present moment instead of being triggered by the past."*

Scan the QR code to enjoy this in-depth interview with Amy Grant, singer-songwriter & Grammy award-winning artist, discussing her testimony of healing and her personal involvement with Cereset



## DO YOU EXPERIENCE ANY OF THESE CHALLENGES?

- |   |   |                                     |
|---|---|-------------------------------------|
| <input type="checkbox"/> Depression     | <input type="checkbox"/> PTSD                       | <input type="checkbox"/> ADD & ADHD |
| <input type="checkbox"/> Anxiety/Stress | <input type="checkbox"/> Insomnia                   | <input type="checkbox"/> Long Covid |
| <input type="checkbox"/> Low Energy     | <input type="checkbox"/> Foggy Thinking             | <input type="checkbox"/> Addictions |
| <input type="checkbox"/> Memory Loss    | <input type="checkbox"/> Post-Concussion Syndrome   |                                     |
| <input type="checkbox"/> Anger          | <input type="checkbox"/> Many Other Life Challenges |                                     |



Contact: Bart or Judy Johnson  
407-775-2600

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1971 Lee Road, # 100, Winter Park