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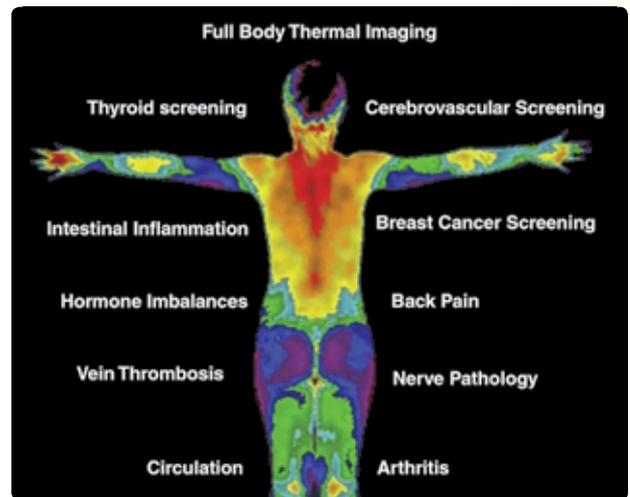
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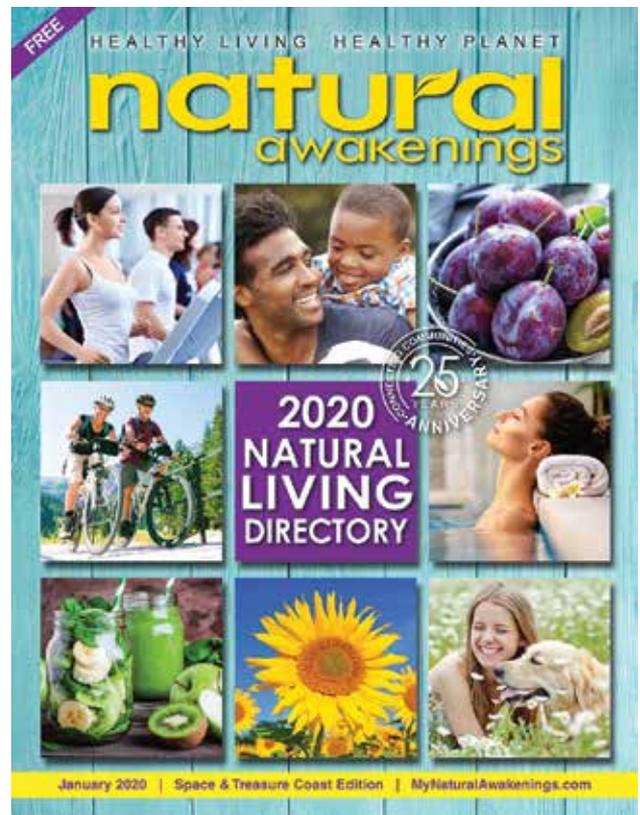
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Email articles, news items and ideas to: Kris@mynaturalawakenings.com. Deadline for editorial: the 5th of the month.

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All calendar events must be submitted online at: MyNaturalAwakenings.com. E-mail calendar questions to: Laurie@mynaturalawakenings.com. Deadline for Calendar: the 10th of the month.

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Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

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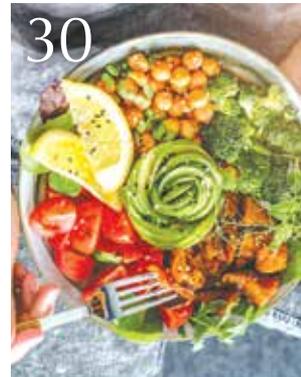
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letter from the publisher

An Attitude of Gratitude Brings Peace



“**K**ris, Dad passed this morning.” I received this call from my sister, Laurie, last month. It isn’t a call you are ever ready to receive; however, I did know it was coming. Dad had been on hospice care and they let us know he was in his final days. Our family is very blessed, we have always been a tight-knit group. We came together and shared stories expressing how thankful we were to be raised in such a loving household filled with good times and a sense of humor.

Emerging research shows gratitude to be one of the easiest, most effective ways to kickstart happiness and wellbeing. “The good news about gratitude is that it is one of the more growable character strengths—and it’s never too late,” says Giacomo Bono, Ph.D. in our article *Kids With Gratitude* [page 36]. During my mother’s illness, prior to her passing in 2016, my father found it very difficult to express gratitude for anything. His grief was so heavy that the process of emerging back into life seemed to be his last great metamorphosis. During this time, we supported him by finding opportunities to demonstrate appreciation and encourage happiness. As he healed, he was able to appreciate many things, especially his children, and his burden seemed to lighten. During the last phase of his life, as his body declined, he had reached a state of peace and consistent gratitude for those around him. My sister and I believe it was what allowed him to finally let go.

During this month of Thanksgiving, it is a great time to reflect on the many blessings in my life. I am grateful for my family, friends, colleagues, our natural health community and readers of this publication. Our family is so grateful for the caring staff at Zon Beachside and our hospice nurse that helped our father during his last phase of life. And I am thankful that my father is pain-free and so very happy for him that he is finally with mom where he always wanted to be.

As you enjoy Thanksgiving Day, I hope you find opportunities to appreciate the ones you love. Expressing gratitude can bring us peace right here on Earth.

In gratitude,

Kris Urquhart, Publisher



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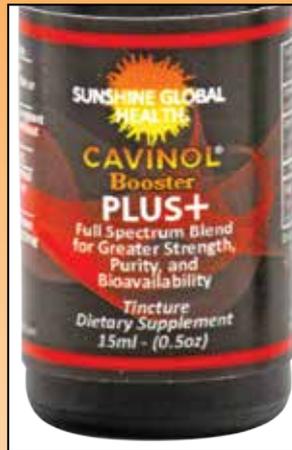


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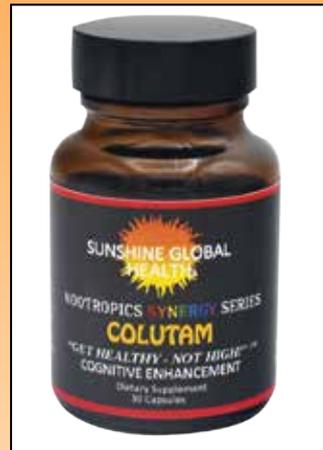
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news briefs



Natural Awakenings Launches New Community Website

Natural Awakenings has unveiled a brand-new, comprehensive online hub for all things healthy and sustainable on the Space and Treasure Coast. Partnering with the Locable Publisher Network, a software company that works exclusively with local publications like *Natural Awakenings*, the new website has many exciting features for readers and advertisers alike.

The enhanced online calendar will make it easy to share events and discover local happenings in the community. Business owners can list their natural health and eco-friendly products or services for visitors to discover in the new searchable directory. There are opportunities for advertisers to increase their online reach through a community sponsorship, featured event packages, focused area guides, display advertisements and more. Also, the articles and sections that readers have grown to love can be easily found and shared through the new website.

Publisher Kris Urquhart says, "I'm excited to be working with website experts that can help us create and nurture a true local hub for our holistic community."

For more information, visit myNaturalAwakenings.com. If you are interested in digital advertising opportunities with certain online placements available on a first-come, first-serve basis, please call 321-426-0080 or email Kris@myNaturalAwakenings.com.

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Candice Klein Gordon Returns to Health Connections

Candice Klein Gordon will be back in the office at Health Connections: Massage & Colon Hydrotherapy on Friday, November 8, after spending the summer in North Carolina.

“Colon health has been linked to more energy, increased immunity, decreased gas and bloating and even better brain health,” states Gordon. “In my absence, I studied lectins and their effect on digestion and belly fat and I am currently studying Alzheimer’s disease; which has been dubbed Type 3 diabetes with leaky brain syndrome. With lifestyle changes, like colon health, it can be managed, and some researchers say, even prevented. It’s now known that the brain disease process begins as early as in our twenties and thirties and diet is one of five major lifestyle habits that must be managed.”

Gordon is looking forward to resuming work with her previous massage and colon-hydrotherapy clients and is eager to meet and work with any and all who desire to be empowered to live a healthy lifestyle.

Candice Klein Gordon has owned and operated Health Connections: Massage & Colon Hydrotherapy at 320 Fourth Ave, Indialantic since 1988. All personalized treatments are by appointment on Fridays from 1 to 5 p.m. and on Sundays from 10 a.m. to 5 p.m. For more information, call 321-480-8654. (MA8163, MM4010)

Brevard Humane Society Offers “Animeals”

The Brevard Humane Society offers a variety of free and low-cost food services to people struggling financially to feed their pets.

“For years, the Brevard Humane Society has been proud to aid local families by providing needed pet food,” stated Theresa Clifton, Executive Director of the Brevard Humane Society. “While some pet owners might need food on a short-term, emergency basis, other individuals that may be unemployed, disabled or on government assistance might require long-term solutions. It is our goal to ensure no animals are ever surrendered due to their guardian’s inability to feed them.”

A partnership with Aging Matters in Brevard for their “Pets on Wheels” program has enabled the Brevard Humane Society to assist homebound and elderly citizens who would otherwise be unable to travel to their facilities. Launched in 2016, the program currently distributes approximately 150 to 200 pounds of free pet food per month to community recipients.

Pet food assistance is available to all Brevard County residents currently experiencing financial hardship, based upon demonstrated financial need. Support is made possible solely through generous donations from the local community, therefore pet food brands will vary and special requests or prescription diet plans cannot be accommodated.

For those wishing to help, food may be donated to either adoption center location: 155 Pioneer Road in Merritt Island or 1020 Cox Road in Cocoa. To volunteer and organize food, call 321-636-3343 ext. 207 or email Volunteer@BrevardHumaneSociety.org.



Share the Gift of an Experience at Nourish

If you are looking for a unique way to gift this Holiday Season, Shoshanna Walker, owner of Nourish invites you to Share the Gift of an Experience with your friends, family and loved ones. “We love the idea of spending time with your family and we have created a private area in our store where you can make face masks, salt scrubs, glycerin soap and lip scrubs.”

Guests will create natural bath products while spending time together and learning about the benefits of natural body care. In addition to the bath products, each guest can choose a Bath Fizzie and decorate a goody bag to take home their handmade products.

Each event has its own party host and the party room for two hours. Refreshments and presents may be brought in for guests to enjoy during the last 35-45 minutes of the event.

Nourish has been in Downtown Melbourne for almost 19 years providing environmentally-friendly, non-toxic, and biodegradable products that are good for the body and good for the earth. Their products contain no parabens, sodium lauryl sulphate or sodium laureth sulfate, animal products, petroleum, harsh detergents, or mineral oil.

Parties are available at Nourish at 849 E. New Haven Ave., Downtown Melbourne. Call 321-723-6464 or email PartyMlbNourish@gmail.com for more details or to schedule an Experience. NourishSavannah.com. See ad, page 43.



Plant-Based Holidays: Vegan Workshop with Keenun Barley

Aquarian Dreams will host Plant-Based Holidays: Vegan Workshop with Keenun Barley on Saturday, November 23 from 3 to 5 p.m.

“This workshop will offer attendees the opportunity to view demos and then sample dishes that could be a great addition to the holiday table. Every vegan recipe will be fast, simple and delicious,” says Barley.

The menu includes Roasted Asparagus with Hollandaise Sauce, Garlicky Mashed Potatoes, The Best Vegetarian Gravy Ever, Delicious Winter Salad, Mushroom Crostini with Vegan-Cheese Spread, Creamy Cauliflower Soup, Cranberry Sauce and Mini Chocolate Cheesecakes.

Cost is \$35/\$30 pre-paid before November 15. Pre-registration requested. For more information or to register, call 321-729-9495 or see AquarianDreams.com. Location: Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. See ad, page 3.

Health For Life Hosts Wellness Seminar in Cocoa Beach

Health for Life is offering free wellness seminars on November 7 from 1 to 5 p.m. and all are welcome to attend. Attendees can join in educational conversations with nine different licensed professional practitioners. There will also be instruction on the newest trends or technologies in the health and wellness industry, including improving vision with microacupuncture, alternatives to CPAP (Continuous Positive Airway Pressure) machines, differences among CBD products, how to measure antioxidant levels, alternatives to Botox and fillers, taking care of the neck, homeopathy for eye health, transforming skin with smart botanicals and phyto stem cells and crystal light healing. Special purchase options will be available at this event.

Space is limited, RSVP your arrival time at 321-259-0555. Health For Life Wellness Centers, 1727 N Atlantic Ave, Cocoa Beach. For more information, visit HealthForLifeWellnessCenters.com.



Dr. Yale R Smith Accepting New Patients for Integrative Medical Practice



Yale R. Smith, M.D. is pleased to announce the opening of his new integrative medical practice specializing in anti-aging medicine.

Integrative medicine works on re-establishing a person's unique physiology by analyzing outside factors that impact health and well-being. “Stressors from the outside world lead to alterations of the body that can cause harmful diseases,” says Dr. Smith. “Such impacts will harm the human body at the cellular level wreaking havoc on the physiology.” The focus is to get to the root cause and stop the problem in its tracks.

Dr. Smith offers unique modalities including the PULS (Protein Unstable Lesion Signature) cardiac test. The PULS Test measures the most clinically-significant protein biomarkers that measure the body's immune system response to arterial injury. “These injuries lead to the formation and progression of cardiac lesions which may become unstable and rupture, and lead to death,” says Dr. Smith.

Another state-of-the-art treatment offered is Acoustic Pressure Wave Therapy (APWT), a time-tested procedure from Europe for men to improve sexual performance, treat erectile dysfunction (ED) and keep the penile tissue healthy. “This will benefit any man seeking to enhance performance or alleviate dysfunction,” explains Dr. Smith.

In addition, the medical spa offers services such as Botox and fillers, anti-aging treatments, treatments for acne, acne scarring, chemical peels, microneedling and more.

The Center for Anti-Aging Aesthetic and Rejuvenation Medicine is located at 7000 Spyglass Ct, Ste 300, Viera. For more information, call 321-421-7111 or visit AntiAgingIM.com. See ad, page 8.

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New Phone Number & Hours for The Organic Lifestyle Store

The Organic Lifestyle Store on Wickham Road in Melbourne has a new phone number: 321-372-1029. They have also changed their office hours to 9 a.m. to 4:30 p.m. The owners Bruce and Patricia Prince take pride in offering free consultations and an affordable, a high-quality line of cannabidiol (CBD) products. They formulated and developed the products under the name Beautiful Earth Organics based on extensive research.



The products available include Full Spectrum 1500mg CBD oil and a lower-priced High-Grade Full Spectrum CBD Paste. "We designed a product with a lower price point so everyone may have a better quality of life and a fighting chance against discomfort and disease," says Prince. If you are taking blood thinners, they offer CBD with hempseed oil carrier.

The Organic Lifestyle Store is located at 996 S Wickham Road in Melbourne. Open Monday through Saturday 9 a.m. to 4:30 p.m. For more information or a free phone consultation, call 321-372-1029. For more information and testimonies, visit EarthOrganicsCBD.com. See ad, page 8.

Hoot In The Park

Families, kids and friendly dogs are all welcome to join a free and fun day in the park. Hoot in the Park will be held on Saturday, November 23, from 10 a.m. to 2 p.m. at Wickham Park in the pavilion and is sponsored by Swift Paws. Festivities will include a dog lure course, live ambassador animals from Florida Wildlife Hospital, food, activities, Brevard County Sheriff Office-Animal Services Mobile Adoption Unit and vendors with great holiday gift ideas. In addition, Santa will be on hand for photos while he is vacationing in Florida before the holiday rush.

The lure course is great fun for dogs and spectators alike and participants can reserve a spot ahead of time at LureCourseBrevard.com. This year, a smaller lure course will be added for those who would like to try it for the first time. Proceeds from this event benefit the many patients at Florida Wildlife Hospital & Sanctuary, Inc. There is still time to add your logo to the sponsor list. This event is not recommended for pets other than dogs.

For more information, call Tracy Frampton, Executive Director, 321-254-8843 or email Tracy@FloridaWildlifeHospital.org.

Chad Taylor Joins Massages With Purpose



Ginger Taylor, LMT and owner of Massages With Purpose, is proud to announce that her son Chad Taylor, LMT, has joined the practice. Chad is accepting new clients for CranioSacral Therapy, Lymphatic Drainage, Thai Massage, Scar Release, and Deep Tissue Massage. He is especially excited to work with clients using Foot Massage and Reflexology Therapy.

"Reflexology is based on the ancient Chinese belief in 'vital energy,'" said Taylor. "When a person feels stressed or suffers from physical trauma, their body blocks vital energy. This can cause an imbalance in the body that leads to illness. Reflexology aims to keep energy flowing through the body, keeping it balanced and disease free. A regular foot massage, along with reflexology, helps to promote physiological and physical health."

During reflexology treatment, clients can enter a state of deep relaxation and healing in the comfort of their own clothes.

For more information about Chad Taylor and his massage services, visit MassagesWithPurpose.com or call him directly at 321-652-3946. During November Chad is offering \$10 off any initial massage service. Massages With Purpose is located near Hwy 192 to serve both Melbourne and Palm Bay. (MA93522/MM35261)

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Blood & Bugs Event at Smile Design and Wellness Center



The Smile Design and Wellness Center is partnering with Nature's Market to offer participants the opportunity to see their own blood cells live under a microscope and the bacteria and

organisms living on their teeth and under their gums.

The event takes place at Smile Design and Wellness Center on Wednesday, November 13 from 5:30 to 7 p.m. After a short presentation, participants will have the opportunity to see the microbiome of the mouth and the status and composition of their own blood cells *live*, in a discreet, non-judgmental setting.

"We are pleased to explore how these technologies can give a glimpse into the status of one's health," says Dr. Chris Edwards.

Smile Design & Wellness Center is an Innovative Comprehensive Biologic dental practice. Drs. Chris Edwards, Rob Brown, Haley Freymiller and their team, pride themselves in working diligently to provide exemplary customer service and dental treatment in a warm and caring environment. They have an extensive array of dental technology that enables them to provide quality care that results in the highest levels of oral health.

Wine and light refreshments will be served. RSVP recommended: 321-751-7775. Smile Design Center is located at 5445 Village Drive, Suite 100 in Viera. SmileDesignCenter.us. See ad, page 45.



Achieve Connectedness at Bliss Retreat

Kumari Mullin is thrilled to offer the BLISS Retreat on Friday, November 15 to Sunday, November 17. In this 3-day beach retreat, participants will immerse

into cutting-edge energy alchemy techniques, sacred sound healing, Archangelic guidance, and initiations to euphoric Dolphin energy.

"Each participant receives 'The Anointing' with Yeshua, a life-altering transmission of Higher Love, well-being, deep peace, and an unmatched sense of connectedness," says Kumari.

Kumari shares that one retreat participant had serious doubts she could achieve bliss as she suffered life-long depression. "Jen Adams almost left early feeling sick, but during one of the retreat's unique initiations she said, 'I felt Yeshua hug me, then watched in amazement as He lovingly removed painful memories from my body', leaving her looking 25 pounds lighter and on top of the world!"

Kumari claims this rare mystical experience of Bliss is closer than you think. "When you learn how to consistently create high energetic states, Bliss and healing is a natural side effect. It is not an emotion but a state of being composed of joy, unconditional love, inner peace, connectedness, and wisdom."

For more information, visit KumariHealing.com/bliss-retreat or call 321-729-9495. Location: Aquarium Dreams, 414 North Hwy. A1A, Indialantic.

God can use any of us to warn others about unexpected events.

Author La Verne Moore-Slaughter shares personal life experiences in *God Encounters are Real* in hopes of inspiring others to listen and act upon their higher power's guiding voice.

I teared-up, giggled and gasped while reading God Encounters are Real. The take-away from this entertaining book—Everyone should pay attention to their intuitive flashes, they are truly a gift from God. M.M. 2019



Available now on Amazon or contact La Verne directly:
EncountersAreReal.net • LaVerneMoore01@gmail.com

Everyone looks so much better when they smile.
~Jimmy Fallon



treasure coast news briefs

Change your Mindset at the Speed of Thought

Stephanie DeWayne is a Certified Clinical Hypnotist who provides her clients with mind-shift tools and strategies so that they can make the changes they desire quickly and easily resulting in a healthy mind, body and lifestyle. A teacher at heart, her true passion is helping others be inspired, educated and ready to achieve unlimited success.



DeWayne has been in the health care profession for almost three decades, and has experience in a myriad of therapies and protocols including: Neuro-linguistic Programming (NLP), Regression Therapy, Alcohol and Drug Abuse, Smoking Cessation, Test Anxiety, Virtual Gastric Band, Emotional Freedom Technique (EFT), Sports Performance for Athletes and Teams and Medical and Dental.

Join DeWayne on Tuesday, November 12 via Zoom for a 6-week hypnosis program focused on overcoming Epstein-Barr virus. She will use a combination of modalities including diet, mindset and the subconscious mind to help reprogram the body and the mind.

"I absolutely love what I do; The mind is so powerful and at the speed of thought the positive results are there," explains DeWayne.

By The Sea Hypnosis is located at 850 NW Federal Hwy in Stuart. For more information or to register for the Zoom class, call 772-207-0824 or visit BytheSeaHypnosis.com.

Dean Wellness Institute Offers Obagi Anti-aging Products



Dean Wellness Institute is pleased to offer Obagi products to help protect and preserve youthful-looking skin. Dr. Melissa Dean has hand selected this product line due to the high-quality

ingredients and its clinically proven results. Each product is specifically formulated to address each and every skin type.

"Skin is the largest organ in our body and serves at the first line of defense against aging and the external environment. With age, skin naturally becomes less resilient, causing the appearance of fine lines and wrinkles," says Dr. Dean. "As part of our anti-aging services we are proud to offer our clients these products to address existing skincare concerns and prevent future damage."

Dean Wellness Institute provides an integrative approach to medicine, providing their clients with a customized plan of care tailored to their individual needs. Services include Anti-aging medicine, Bio-Identical Hormone Replacement Therapy, Chelation Therapy, Nutritional programs, Oxygen Therapy and much more.

Ask about the Fall special on the Obagi Skincare Kit. For more information, call 772-567-1500 or visit DeanWellnessInstitute.com. Dean Wellness Institute is located at 1345 36th St, Suite B in Vero Beach. See ad, back cover.

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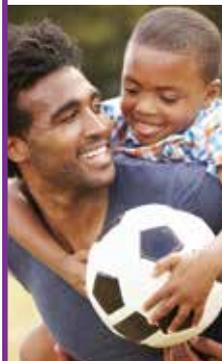
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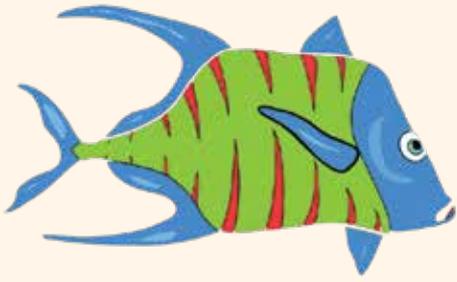
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Ubuntu Fish Gallery and Intuitive Lounge Now Open in Stuart

Metaphysical channel, Ann Marie Skordy and artist, Dana Sardano are pleased to announce the opening of Ubuntu Fish Gallery, an artists' gallery created by artists for artists. The gallery offers workshops, services, and events. Its in-house giftshop showcases a variety of unique and eclectic gifts handmade by local artists, many of which are exclusive to the Ubuntu Fish Gallery.

Also featured at Ubuntu Fish Gallery are individual and group spiritual readings with co-creator Skordy, as well as a variety of workshops and events designed for the development of spiritual and creative gifts including painting, holistic wellness, crystals, and meditation.

Stop by and meet resident artist and co-creator Sardano and heart-centered artist duo The Pixie and The Bull as they create artwork on premises. Also, watch for featured artist receptions beginning with the first in December, facilitated to celebrate local talent.

“What we have learned through our own personal journeys is that spiritual connectedness and creativity go hand in hand. One may argue which came first, the chicken or the egg, but we contend that it doesn't matter. What does matter, however, is that these gifts flourish in tandem,” says Sardano.

Visit UbuntuFishGallery.com for updated event schedules, to sign up for their newsletter and to find information about specials and promotions. 508 Osceola St. in Stuart. 772-210-2931. See ad, page 22.

Flower Essence Therapy Available in Stuart

Gina Kearney, Certified Herbalist and Flower Essence Practitioner, is pleased to offer Flower Essence Consultations.

“Flower Essences are vibrational, energetic remedies derived straight from living flowers, that assist with healing our chakras (our energetic system that receives, assimilates, and transmits life energy),” says Kearney. “They do this by shifting deep-seated trauma, wounds and limiting beliefs that have been imprinted into our energetic system (typically starting in childhood) and moving the energy from the subconscious to the conscious mind.”



During a 60-minute session, Kearney works with clients to determine how Flower Essences can best support them. She creates a custom Flower Essence blend and assists in harmonizing the client's emotional and energetic bodies with the vibration of the flowers. Clients take home the custom blend to work with over the next 3 weeks until the next session. A minimum of 3 sessions is recommended to allow the essences to take root.

“The response to taking Flower Essences is different for each individual. Some report immediate and profound results, while others experience subtle shifts as they move through their healing journey,” shares Kearney.

For more information, call or text 516-984-4615 or visit HerbsAndOwls.com. Gina Kearney is located at 422 SW Akron Ave, #4, in Stuart (inside Salt of the Earth).

New Ownership and Management at Down to Earth Yoga Studio



Dhyana & Michelle

Michelle Miles and Dhyana Houghtaling are pleased to announce their new ownership of Down to Earth Yoga studio. Miles, originally from Arizona, is a Health Coach and 200-hour Registered Yoga Teacher. Houghtaling, from New York, holds a degree in Holistic Health and Wellness and is a 500-hour Registered Yoga Teacher. They have come together to bring their passion for holistic healing practices to the Treasure Coast.

“Down to Earth Yoga has always been non-competitive, warm and inviting. We are planning to extend on what has already been a success and bring more opportunities to practice self-healing modalities and safe space to explore the mind and the body in a diversity of practices,” says Miles.

Down to Earth Yoga will be adding a variety of classes and workshops including Restorative, YIN, YinYasa, slow flow, Kundalini, Hatha, Ashtanga, Yoga Nidra and meditation. There will be also be a special for an express lunch hour yoga for local businesses.

“We are looking to build relationships and/or partnerships with local schools, organizations and public employees, offering education and healing practices,” states Houghtaling.

The studio is also offering continuing education to local yoga instructors and will host a grand opening in 2020. There is space available to rent for people interested in hosting workshops.

Down to Earth Yoga, 1649 SE Port Saint Lucie Blvd., Port Saint Lucie. 772-224-2444, DTE-Yoga.com. See ad, page 21.

Healing Touch Buddies Celebrates 15 years

Healing Touch Buddies

marks fifteen years providing energy support, care and comfort to those diagnosed with breast cancer, from Vero Beach south to Miami-Dade.

Energy therapy providers called "Buddies" volunteer

to provide therapy and support for a full year to matched clients. Volunteers come already trained in energy therapies: Healing Touch, Reiki Energy or Brennan Healing Science, and then participate in a unique Volunteer Training Program to acquire the skills specific to working with breast cancer clients. Buddy training is offered once per year and scholarships are available, through donations, for those who qualify.

"Regardless of stage of diagnosis or treatment protocol, our Buddies offer consistent, reassuring and long-term therapeutic support through what is often the most challenging year of a person's life," says Betty Ann Baker, Executive Director.

Baker shares "When a woman enrolls in our program, she receives our very special brand of care, compassion and our healing touch to support her. Imagine giving a woman the gift of a sacred, safe space to reach a place of deep relaxation and a "time out" from the anxiety, pain, depression and fear that accompanies a diagnosis. Often bearing the unbearable, women speak of our presence as something that helped them to survive, endure, even thrive. This is what our supporters and volunteers are able to provide."

Healing Touch Buddies is a Florida 501(c)3 non-profit grateful for donations of all kinds, financial, clerical, website assistance and of course those interested in becoming Buddies. For more information, visit HealingTouchBuddies.org, email HTBuddiesinc@cs.com or call 561-741-1671.



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Take Hibiscus to Fight Breast Cancer



Hibiscus rosa-sinensis is much more than a brilliant scarlet tropical flower: New laboratory research from Canada's University of Windsor found that a hibiscus flower extract selectively kills off triple-negative breast cancer cells. This is one of the most difficult to treat types that affects 15 to 20 percent of breast cancer patients. Hibiscus is particularly effective when combined with chemotherapy, researchers say, and works as well with very low doses of the chemicals as with higher doses. The flower's low toxicity and precise targeting of cancer cells also offers hope for long-term treatment. Previous studies have shown hibiscus to be effective on prostate cancer, leukemia, gastric cancer and human squamous cell carcinoma.

Eat Organic to Shed Insecticides

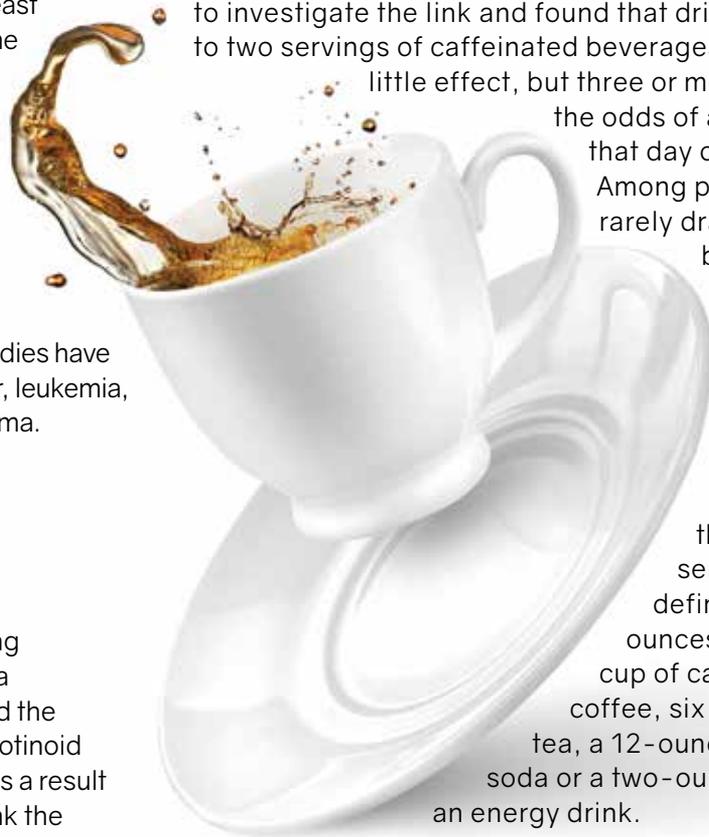
Switching to organics has quick payoffs, reducing agrochemicals in the body by 94 percent within a month, Japanese researchers report. They tested the urine of study participants looking for six neonicotinoid insecticides and another substance generated as a result of their decomposition in the human body. "I think the research results are almost without precedent and are highly valuable in that they present actual measurement values showing that you can dramatically reduce the content levels of agrochemicals in your body simply by changing the way you select vegetable products," commented Nobuhiko Hoshi, a professor of animal molecular morphology with the Kobe University.

Another study from researchers at the University of California at Berkeley studied 16 children and showed that one week after switching to an organic diet, malathion pesticide urine levels were reduced by 95 percent; clothianidin pesticide levels by 83 percent; and chlorpyrifos pesticide levels by 60 percent.



Say No to the Third Cup of Joe to Avoid Migraines

Caffeine has been the subject of controversy among the one in six adults worldwide that suffer from periodic migraines: Some say it triggers symptoms, while others report it wards them off. A new study from Harvard and two other teaching hospitals of 98 migraine sufferers used six weeks of daily journals to investigate the link and found that drinking up to two servings of caffeinated beverages a day had little effect, but three or more raised



the odds of a headache that day or the next. Among people that rarely drank such beverages, even one or two servings increased the odds of having a headache that day. A serving was defined as eight ounces or one cup of caffeinated coffee, six ounces of tea, a 12-ounce can of soda or a two-ounce can of an energy drink.

Dance to Improve Quality of Life With Dementia

Older people with dementia, often viewed as being passive and immobile, responded to simple dance movement lessons with visible humor and imagination and reported a higher quality of life after six sessions, say researchers from New Zealand's University of Otago. The 22 participants between the ages of early 60s and mid-90s had dementia ranging from mild to advanced. They took 10 weekly classes in which the music was "reminiscent" and the movement routines were intuitively easy. "Positive responses such as memory recalling, spontaneous dancing and joking with each other were observed in every session," reports lead author Ting Choo.



A Natural Solution to Sleep Apnea

According to a National Institutes of Health study, most people believe that sleep apnea is caused by

a sagging soft pallet or by some other obstructive tissue in the throat. Actually, it's the result of a diminishing signal from the brain to the diaphragm (causing one to breathe) that can occur during the transition from initial semi-wakefulness into the next stage of lighter sleep prior to REM sleep. In some people, the unintended reduction in the signal is significant enough that breathing goes beyond being shallow and completely stops.

After a short period of time, the brain, realizing the need to breathe, forces a rapid inhalation to restart respiration that literally drags the sagging localized soft tissues into the airway, as reported in Sleep Apnea: A New Approach to an Emergent Problem by Master Herbalist Steven Frank, of Nature's Rite. For some, there's no indication of potential problems when they are awake as the tissues remain in their normal state and the throat doesn't close off during the day or when relaxing or resting, but then they can experience an obstruction problem when trying to go to sleep.

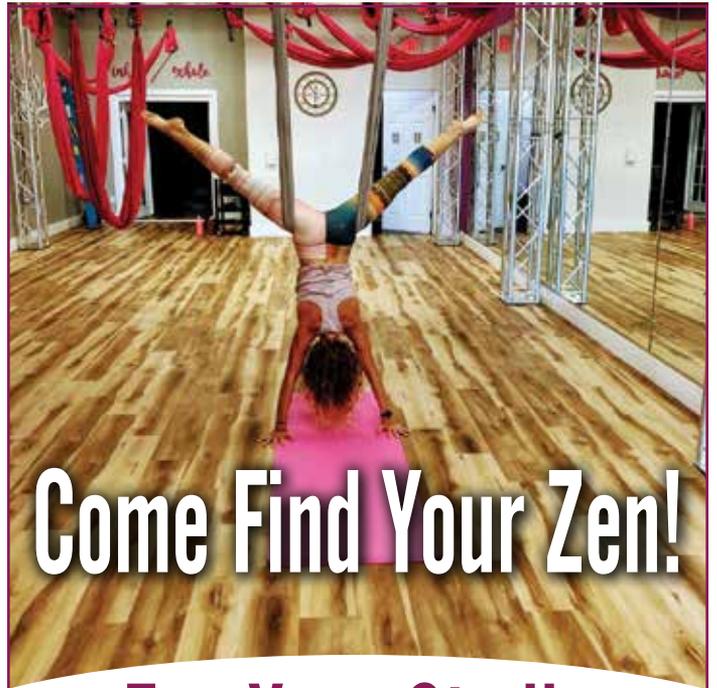
Instead of resorting to surgery to remove neck tissue or using a machine to force air into lungs, try a natural, herbal solution that has been used for thousands of years. Lobelia acts as a respiratory stimulant and maintains deep, steady breathing through the stage 2 sleep period. Thyme improves the ability of the lungs to exchange CO2 for oxygen. While Chamomile and Cramp Bark helps the upper trapezius muscles to relax supporting better nerve transmission.

For more information, call 888-465-4404 or visit MyNaturesRite.com See ad, page 44.

Try Acupuncture for Pain-Free Sleep

Chronic pain, affecting 10 to 25 percent of adults, disturbs sleep for two-thirds of them, increasing the risk of depression and

aggravating pain symptoms. Chinese researchers analyzed nine studies of 944 chronic-pain patients and found that acupuncture treatments were significantly better than drugs at helping patients sleep. It also improved their quality of sleep as self-measured by the Pittsburgh Sleep Quality Index and lowered their scores of perceived pain.



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“Mid-Life Crisis”: Navigating the Mid-Life Years

by Lori Burke

“Mid-Life Crisis.” Decades ago, it was a term used to explain why a middle-aged man bought an expensive sports car, became obsessed with his appearance, or disconnected from close relationships because he felt “tied down.” However, in today’s world, middle-aged women are likewise dealing with this transitional time in their lives which generally occurs between the ages of 40 and 60. With increased responsibilities that may include single parenthood, caring for aging parents, meeting career obligations, providing financial support, along with the added burden of changing hormones and pressure to retain a youthful profile, it’s no wonder that women are experiencing increased levels of anxiety, insomnia and weight gain, along with diminishing energy levels and lack of hope for a fulfilling future.

The tell-tale signs of the so-called “mid-life crisis” can include feelings of emptiness, thoughts about unmet goals and missed opportunities, feeling “stuck in a rut” in your career or relationships, and even an identity crisis, marked by difficulty in



answering the question, who am I? This can naturally result in anxiety, depression, panic attacks, sadness, resentment, guilt and overall boredom and lack of passion for life.

So how does one effectively navigate the mid-life years? There are many ways of dealing with symptoms of the mid-life transitional period, from prescription medications to self-help books. However, hypnotherapy is an effective way of dealing with many aspects of the typical “mid-life

crisis” at the root cause. A well-trained clinical hypnotherapist can help the client to identify and clear emotional blocks and self-limiting beliefs that prevent her from feeling good about herself and moving forward in life. Emotional blocks and self-limiting beliefs reside in the subconscious mind, making hypnosis and hypnotherapy an ideal modality for reaching and resolving them, many of which have existed there for decades. Hypnotherapy can also help the client address grief and loss, whether resulting from the loss of a close personal relationship, empty nest syndrome, or the loss of who the client wanted to be in life. It can help re-build self-confidence and raise the client’s self-esteem to allow for a sense of self-empowerment. A clinical hypnotherapist can also help the client re-gain her self-identity and assist in setting goals and charting a course for achieving them. Hypnotherapy can help re-ignite the client’s passion for life from within, providing a firm foundation for renewal and the confidence to navigate the mid-life years.

Lori Burke is a Certified Clinical Hypnotherapist (IAIH Cert. #7596890) in Viera. She offers a full range of hypnotherapy services, including some of the most advanced protocols and techniques in hypnotherapy today. For more information, visit LoriBurkeHypnosis.com, or call or text 321-652-1039.



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Dr. Steve Alukonis, D.C., DABCO

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global briefs

Golden Rules

Moms Launch Eco-Friendly Certification

The nonprofit MomsAcrossAmerica.org (MAA) has launched its Moms Across America Gold Standard, a multi-tiered verification program for food, beverages and supplements that creates a simple, trustworthy resource for consumers while encouraging best practices by suppliers. It will be awarded to those brands that have achieved superior levels of organic practices and eco-friendly procedures, and is intended to make it simple for people to choose the healthiest products and use their wallets to take a stand against unhealthy alternatives and unethical business practices. The standard also provides a path for companies that know better and do better to prosper by shifting the buying power of millions of dedicated mothers behind their products.



Jaws of Life

California Bans Fur Trapping

California has enacted a ban on fur trapping for animal pelts, making it the first state to outlaw a centuries-old livelihood that was intertwined with the rise of the Western frontier. The Wildlife Protection Act of 2019 prohibits commercial and recreational trapping on both public and private lands. Legislators are considering proposals to ban the sale of all fur products, including fur coats, and to outlaw the use of animals in any circus in the state, with the exception of domesticated horses, dogs and cats.



Bhang Bhang

Gun Control in India Goes Green

In a northern India district, regulators require that applicants for gun licenses, in addition to normal background checks, must plant 10 trees and submit selfies as photographic evidence of having done so. To mark World Environment



Day in June, Chander Gaiid, the deputy commissioner of the district of Ferozepur in Punjab State, had an idea. "I thought about how much Punjabi people love guns," he says. "We receive hundreds of applications for gun licenses from this district every year. Maybe I could get them to love caring for the environment, too." India has more than 3.3 million active gun licenses. Tajinder Singh, 47, a farmer in the district, says he wants to protect himself from wild animals and bands of armed robbers.

Methane Matters

Fracking Linked to Global Warming

As methane concentrations increase in the atmosphere, evidence points to shale oil and gas as the probable source, but the U.S. Environmental Protection Agency has taken steps to stop regulating it. New Cornell University research published in *Biogeosciences*, a journal of the European Geosciences Union, suggests that the methane released by high-volume hydraulic fracturing, or fracking, has different characteristics than the methane from conventional natural gas and other fossil fuels such as coal. About two-thirds of all new gas production over the last decade has been shale gas produced in the U.S. and Canada, says the paper's author, Robert Howarth, a professor of ecology and environmental biology: "If we can stop pouring methane into the atmosphere, it will dissipate. It goes away pretty quickly compared to carbon dioxide. It's the low-hanging fruit to slow global warming."

Species Setback

EPA Weakens Protective Regulations

The U.S. Department of the Interior is effecting significant changes that weaken how the Endangered Species Act is implemented, a move critics fear

will allow for more oil and gas drilling on land that is currently habitat-protected, and will limit how much regulators consider the impacts of the climate crisis. The changes affect how the U.S. Fish and Wildlife Service and National Oceanic and Atmospheric Administration consider whether species qualify for protections, as well as how the agencies determine what habitats deserve special protections. It could make it more difficult to factor in the impact of climate change on species.

Healing Hazard

Health Care Sector Impacts Climate

A new study by the international nonprofit Health Care Without Harm (HCWH), in collaboration with Arup, a British multinational professional services firm,



claims that if the global health care sector were a country, it would be the fifth-largest greenhouse gas emitter on the planet. It provides, for the first time, an estimate of health care's global climate footprint. Josh Karliner, HCWH international director of program and strategy and report co-author, says, "The health sector needs to transition to clean, renewable energy and deploy other primary prevention strategies to achieve net zero greenhouse gas emissions by 2050."



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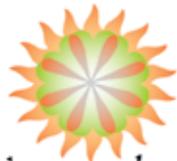
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global briefs

Hot Habits

Phoenix Shifts to a Cooler Night Mode



Phoenix, which had 128 days at or above 100 degrees Fahrenheit last year, is one of the hottest and fastest-warming cities in the U.S., and most American cities are expected to drastically heat up in the next decades with heat waves and triple-digit days. In the Valley of the Sun, work and play are shifting into the cooler hours.

Neighborhoods are active at dawn and dusk when residents hike, jog and paddleboard. Last year, heat caused or contributed to the deaths of 182 people in Maricopa County, which includes Phoenix. Ariane Middel, a professor of urban climate at Arizona State University, says, "We are almost a living laboratory. We can test strategies and see different ways to keep adapting and mitigating. By the time it gets hot in other places, they can take what we have learned here."

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Abandoned Crops

Economics Drive Farm Food Losses

Farmer Cannon Michael left more than 100 acres of ripe cantaloupes unharvested last year because he couldn't sell them for enough to cover the cost of labor, packing and shipping. According to a new study from Santa Clara University, in California, about one-third of edible produce remains unharvested in the fields, where it rots and gets plowed under. Most research on food loss and food waste has focused on post-harvest, retail and consumer levels. The new study offers a far more accurate look at on-farm food loss by relying on in-field measurements. ReFED, a coalition of nonprofits, businesses and government agencies that fight food loss and food waste, estimates that 21 percent of water, 18 percent of cropland and 19 percent of fertilizer in the U.S. are dedicated to food that is never eaten.



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eco tip

Sustainable Skiing

Eco-Practices Grow on Winter Slopes



From mountain peaks to base lodges, many alpine ski resorts are working to reduce the environmental impact of their operations. Skiers will discover that sustainability is the watchword at a growing number of facilities, with a focus on reducing energy usage and cutting back on waste.

In Vermont, Killington Resort uses four offsite solar farms, as well as the AllEarth Solar tracking system that rotates panels using GPS technology to produce enough energy to run all the lifts for the resort and nearby Pico Mountain for the entire season (*Killington.com*). To prepare for this winter, Bromley Mountain upgraded its snowmaking system with state-of-the-art, variable-frequency drive motors to conserve energy. Stratton Mountain Resort will now offer drinking straws by request only and feature a bamboo option; retail shops have switched to bags made of 100 percent recycled paper.

Aspen Snowmass, in Colorado, has begun using a dirt-based pipe at its Buttermilk section to reduce snowmaking, saving more than \$15,000 in electricity and 4 million gallons of water each year. Winter Park has installed a small wind turbine at the top of Parsenn Bowl to power its lift shack there. Arapahoe Basin, Copper Mountain and Purgatory are among the many resorts in the state that offer carpooling incentives for skiers (*ColoradoSki.com*).

After pledging in January to expand on energy-efficient operations, seven state ski trade associations—Ski Vermont, Colorado Ski Country USA, Ski Utah, Ski California, Ski Areas of New York, Ski New Mexico and the Pacific Northwest Ski Areas Association—along with 70-plus other organizations and companies of the Outdoor Business Climate Partnership gathered on Capitol Hill in May to “advocate for immediate and bipartisan climate action, specifically, putting a price on carbon” (*SnowSports.org*).

Families can forego the expenses, travel time and Earth impacts of alpine skiing by turning to the cross-country version. A few inches of snow and strapping on longer, thinner skis can transform a flat or gently hilly park, wooded trail or spacious backyard into a quiet, serene, eco-playground. “This low-impact exercise delivers amazing cardiovascular benefits, works all the major muscle groups, challenges your balance, keeps your joints healthy and is good for your mental health,” according to *CrossCountrySkiColorado.com*.

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Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health.

~Stacy Thewis

in iodine. However, too much of a good thing can tip the balance in the other direction, so practice moderation with super-charged iodine foods like cranberries: A four-ounce serving contains twice the daily requirement. In addition, our thyroids need selenium (one or two Brazil nuts a day will do it) and zinc (nuts, legumes and chocolate) to function optimally.

The Happy Thyroid

Seven Ways to Keep It Humming

by Ronica O'Hara

Much of our day-to-day well-being—how energetic we feel, how clear our thinking is and how our body processes food—is governed by the activity of the butterfly-shaped, thumb-sized thyroid gland at the base of the throat. When it's working as it should, life is good. However, about one in eight Americans suffers from a malfunctioning thyroid, and women are five to eight times more likely than men to face the consequences.

It's a delicate balancing act. A thyroid that produces too few hormones makes us feel sluggish and constipated. We gain weight easily, have muscle cramps and experience heavy periods. Hypothyroidism, as it's called, is linked to chronic fatigue syndrome, infertility and autism in newborns. A 2013 study published in *Annals of Neurology* found that pregnant women deficient in thyroid hormone are four times more

likely than healthy women to produce a child with autism.

If the thyroid produces too many hormones, we suffer from hyperthyroidism with a racing heart, irritability, light periods, unexplained weight loss and insomnia; it can lead to hardening of the arteries and heart failure later in life, according to a study in *Circulation Research*.

The good news is that there are simple and effective strategies that can optimize thyroid function and avoid these potential health setbacks, say experts. Their recommendations:

1 Keep up mineral levels. The thyroid needs iodine to churn out hormones, and usually iodized salt or sea salt with natural iodine can supply most of our daily needs of 150 micrograms. Sardines, shrimp, seaweed, yogurt, eggs and capers are also rich

2 Eat fermented foods. About 20 percent of the conversion of inactive thyroid hormone (T4) into active hormone (T3) takes place in our gut, which makes “good” bacteria critically important. Andrea Beaman, a New York City health coach and author of *Happy Healthy Thyroid: The Essential Steps to Healing Naturally*, recommends probiotics like cultured vegetables, kimchi, sauerkraut and sourdough bread, as well as prebiotics like root vegetables, plantain, burdock and dandelion root.

3 Filter drinking water. “Fluoride and chlorine are elements that can block the absorption of iodine into the thyroid,” says Elizabeth Boham, M.D., a functional medicine doctor at the UltraWellness Center, in Lenox, Massachusetts. A reverse-osmosis filter or a high-end pitcher filter will remove chlorine, as well as fluoride, which British researchers have linked to a 30 percent higher rate of hypothyroidism.

4 Detox cosmetics. Phthalates are endocrine-disrupting chemicals found in cosmetics, nail polish and shampoos; they are also in plastic toys,

and 3-year-old girls exposed to phthalates have shown depressed thyroid function, Columbia University scientists report. Research cosmetics and find toxin-free alternatives at the Environmental Working Group Skin Deep Cosmetics Database. (ewg.org/skindeep).

5 Wake up easy. About 85 percent of thyroid diseases involve an underactive thyroid, says Beaman, adding that it is often the body's pushback against frenzied, stressful lifestyles: "The thyroid is literally slowing down—our body is saying, 'Slow, slow, go slow.'" For a low-key start to the day, she suggests not using an alarm clock if possible, and then doing some long, slow stretching and deep breathing. "It takes just five minutes, and you're starting the day not in fight-or-flight mode, but in a fully relaxed and fully oxygenated body."

6 Talk it out. In Eastern philosophy, the thyroid in the throat is located at the fifth chakra, the energy center of expression and communication, Beaman says. If we find ourselves either regularly shouting or choking back our words, "it helps, if you want to support your thyroid on a deep emotional level, to express yourself somehow, some way, to someone somewhere," such as to a therapist, family member or good friend.

7 Do yoga asanas. "Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health," says Stacy Thewis, a registered nurse, certified wellness coach and gut-brain expert in Mellen, Wisconsin. In a study in the *Journal of Complementary and Integrative Medicine*, 22 women with hypothyroidism that practiced yoga for six months needed significantly less thyroid medication.

Ronica A. O'Hara is a Denver-based natural-health writer. Connect at OHaraRonica@gmail.com.



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Local Experts Explain the Functional Medicine Approach to Thyroid Health

by Julie Peterson

The thyroid gland, although quite small, plays a major role in the body. When imbalanced, it can cause a multitude of symptoms.

Practitioners of functional medicine commonly see patients who have undiagnosed or mismanaged thyroid disorders. The consensus within our local community of functional medicine doctors is that this is due to conventional medical doctors being trained to test only for thyroid-stimulation hormone (TSH). A TSH test can show normal levels in a patient who, when given a wider range of tests, is found to have an imbalance.

Additional tests can reveal underlying problems in the body or the surrounding environment causing a dysfunctional thyroid. Poor gut health, toxic body care products, nutritional deficiencies, too much stress, too little sleep along with hormones being out of whack can provide important clues, that once discovered, can often be resolved and improve function of the thyroid.

Another issue that functional medicine providers agree on is that there are better approaches to treating thyroid malfunctions beyond the synthetic pharmaceuticals typically offered by conventional medical doctors. Functional medicine doctors generally prefer a natural thyroid medication such as Armour or treatments that include bio-identical, compounded or combination T4/T3 therapies. Depending on what is triggering the dysfunction, prescribed remedies may include supplemental

iodine or vitamins, diet changes and herbal or homeopathic remedies.

The Space and Treasure Coast area is fortunate to have multiple functional medicine practitioners who are helping people with their troubled thyroids.



Dr. Deborah DeMarta at the Institute of Health and Wellness in Stuart points out that functional medicine

is so much more than just analyzing the numbers that tests provide, it's about discovering all of the symptoms a patient presents with and then digging deep into these issues and finding out why they exist. Even when test results seem to be normal, if a patient has bothersome symptoms, further investigation needs to take place.

"The endocrine system is a like a symphony, all the hormones speak to one another, so it's important not to look at things in isolation," explains DeMarta.

In addition to a thorough consult, DeMarta's patients get a full lab workup to look for hormonal imbalances, nutritional issues and toxic burden. By taking into consideration a patient's comprehensive exam and the complex interaction between genes and the environment, the Institute of Health and Wellness offers individualized therapies to restore health and balance and improve function.

"The endocrine system is a like a symphony, all the hormones speak to one another, so it's important not to look at things in isolation," explains DeMarta.



Dr. Rebecca Hunton at Radiantly Healthy MD in Indialantic says that they commonly see patients who have been dealing with mismanaged thyroid disorders.

The functional approach to a thyroid imbalance at Radiantly Healthy MD starts with an in-depth analysis of the patient to look at the foundations of a healthy immune system, including the gut's microbiome, genetics, nutrient deficiencies, lifestyle, toxicity and sleep. Comprehensive diagnostic and laboratory tests thoroughly analyze a patient's health.

Gut health is very important because gluten is a potential trigger of Hashimoto's since the gluten protein is thought to be very similar to that within the thyroid gland. "If your gut-immune barrier is impaired, your immune system may create antibodies to your thyroid," says Hunton.

There is also a test for a genetic trait that indicates whether gluten is likely to impact autoimmune disease. Hunton says that traditional labs can look like a normal thyroid panel while the antibodies can wreak havoc with metabolism and energy; which is why it's important to have a good partnership between the patient and the healer to find the root cause of symptoms that will dictate the personalized treatment plan.



Dr. Steve Alukonis at Space Coast Advanced Health in Melbourne says that they often have patients state that their general doctor did blood work and everything was normal, but the patient is still tired, weak, gaining weight or losing hair.

Space Coast Advanced Health does a wider range of tests to look for thyroid antibodies, yeast, bacteria, plaque and parasites. There is also a saliva test to look for cortisol and adrenal levels. In addition, the patient fills out a metabolic questionnaire that assists Alukonis to find the root cause.

As a chiropractic doctor, Alukonis encourages patients to get chiropractic adjustments weekly during functional medicine treatments. In some cases, exercises, low level laser, ultrasound therapy, adrenal support and nutritional coaching are recommended.



Dr. Melissa Dean at Dean Wellness Institute in Vero Beach says that the thyroid does not function on its own, it works in collaboration

with the hypothalamic-pituitary-adrenal axis, which is our central stress response system.

“The thyroid affects every organ system in the body, so it's important to look not just at the thyroid function, but the associated systems as well,” says Dean, who will evaluate these systems to find the breakdown.

Dean points out that how a patient feels clinically is always more

important than the lab values and that undiagnosed or untreated autoimmune disorders can lead to full-blown thyroid dysfunction.

“If we are able to catch these autoimmune disruptions earlier, we can better control the thyroid,” says Dean.



Dr. Brian Walsh at CARE Natural Wellness Center in Melbourne is a chiropractic physician who uses functional nutrition, blood tests, saliva tests

and genetic testing in addition to looking at lifestyle, emotional wellness and environmental factors when evaluating thyroid function.

“Nutrition response testing, a form of muscle testing, helps determine the cause of ill health and the best remedies for an individual's physiology,” says Walsh.

In addition, because the causes of thyroid problems are often multi-factorial, once the problems are identified, a Designed Clinical Nutrition program is recommended to heal the gut, detox, strengthen the immune system and nourish the thyroid gland.

“Lifestyle issues to address stress management, diet and exercise are an integral part of the healing process,” says Walsh.



Terri Pinder, ARNP at Intentionally Well in Palm City uses a comprehensive approach that includes alleviating toxic burden and

addressing effective digestion and nutrition for thyroid function.

“The evidence is mounting that the increasing load of toxicants in our environment, food and other personal products, combined with the inflammatory effects of ongoing emotional stress, is resulting in a defensive response that leads to immune dysfunction that is at the root cause of much of the thyroid dysfunction people are struggling with today,” says Pinder.

LOCAL FUNCTIONAL MEDICINE RESOURCES

SPACE COAST

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Rebecca Hunton, M.D.
Radiantly Healthy MD
RH-MD.com

MELBOURNE

Dr. Steve Alukonis
Space Coast Advanced Health
SpaceCoastAdvancedHealth.com

Dr. Brian Walsh
CARE Natural Wellness Center
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Terri Pinder, ARNP
Intentionally Well
IntentionallyWell.com

STUART

Deborah DeMarta, M.D.
The Institute of Health and Wellness
InstituteHealthWellness.com

VERO BEACH

Melissa Dean, M.D.
Dean Wellness Institute
DeanWellnessInstitute.com





“If your gut-immune barrier is impaired, your immune system may create antibodies to your thyroid,” says Hunton.

Normalizing sleep, blood sugar and insulin balance are all addressed in Pinder’s comprehensive program. She implements a group setting to encourage that the lifestyle changes take hold. In addition to individual visits she provides telephone support with a nutritional and health coach, self-paced, on-line education and group visits shared with others on the same journey.



Yale R. Smith, M.D. at Center for Anti-Aging Aesthetic and Rejuvenation Medicine in Viera feels it is imperative to check TSH, Free T4, Free T3, Reverse T3, ATA and TPO as well as a four-point salivary cortisol level. He feels hypothyroidism is especially common in women. “Common symptoms include excessive tiredness, weakness, thinning hair, brittle nails and an overall low energy level,” says Dr. Smith. “Hashimoto’s

disease is the most common autoimmune disease of the thyroid.”

Depending on the test results, Dr. Smith may prescribe anything from replacement of thyroid hormone to using natural T-Cell modulating pharmaceutical supplementation, such as Moducare. Some patients may also require a low dose of Naltrexone for autoimmune disease.

Dr. Smith is an advanced fellow of an esteemed board made up of national and international physicians who meet weekly to discuss difficult cases. “This dialogue creates a more diverse outlook of different physiological issues and concerns and how to remedy them holistically,” says Dr. Smith.

Local functional medicine practitioners concur that the treatment of any and all thyroid conditions provides the best long-term results when the whole person – mind, body and spirit – is considered.



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ZENFUL EATING

Mindful Meals in Quiet Gratitude

by April Thompson

In Zen monasteries, the head cook (known as the *tenzo*) is one of the most important positions a monk can hold; Eihei Dogen, founder of Soto Zen, one of the longest-established sects of Buddhism, said this is “because the position requires wholehearted practice.” In the 13th-century volume *Instructions for the Zen Cook*, Dogen wrote, “In preparing food, it is essential to be sincere and to respect each ingredient, regardless of how coarse or fine.”

Rituals around food are an important element of Buddhism, as with many spiritual traditions. But we don’t have to be a Buddhist or a practiced meditator to learn how to cook more mindfully, enjoy meals more fully and eat in better balance.

“Cooking can be a meditation. We cook with all our senses: We taste, touch and listen to determine if the pan is hot enough. You just have to be mindful,” says Jean-Philippe Cyr, author of *The Buddhist Chef: 100 Simple, Feel-Good Vegan Recipes*.

“Cooking is an act of love and generosity, so cooking should be done with care—taking the time to consider the ingredients and overall flavors of the meal, storing the vegetables properly, paying attention while you chop. These things are the foundation of a great

meal,” says Gesshin Claire Greenwood, an ordained Zen priest in San Francisco. Greenwood trained in Buddhist monasteries in Japan for more than five years, experiences she draws from in her recent memoir and cookbook *Just Enough: Vegan Recipes and Stories from Japan’s Buddhist Temples*.

While vegetarianism is encouraged in all schools of Buddhism and most monasteries abstain from meat, it is not a strict requirement. Cyr, a vegan and practicing Buddhist of 20 years, takes seriously the concept of *ahimsa*, or “do no harm”, as a chef. “Veganism and Buddhism share the common value of compassion—compassion towards animals, as well as the Earth. Climate change caused by meat consumption causes a lot of harm, too,” says Cyr, of rural Quebec, Canada.

The “middle way” is an important Buddhist principle in the kitchen—striking the balance between indulgence and deprivation—the “just enough” in Greenwood’s cookbook title. “It’s important to use enough salt so that the food tastes good, but not so much that it’s overpowering. When we shop for food or eat a meal, we can also pay attention to when we’ve had enough,” she says.

Mind Over Mouth

Mindful eating can open up a beautiful new relationship to food, says Jan Chozen Bays, a Zen Buddhist priest and co-abbot of Great Vow Zen Monastery, in Clatskanie, Oregon. “This country is in an epidemic of out-of-balance eating. People are stressed out and fearful about eating, but cooking and eating should be inherently pleasurable human activities,” says Bays, the author of *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food*. “In Zen practice, mindful rituals help us learn to be present and peaceful during meals.”

Mindful eating is not about restrictions, but rather about curiosity and investigation—an adventure for the senses, says Bays. “Research shows that diets don’t work, as they rely on external sources rather than helping you to go inward and tap into the innate wisdom of your body.”

Tuning In at Mealtimes

Rushing through meals mindlessly, we’ve become deaf to our body’s own signals of satiety, says Bays. “Go to the supermarket when you’re hungry, and head to the perimeter where the real food is and stop and ask your body, ‘Would you like oranges? Would broccoli be good for us?’ Tune into your cellular hunger,” she says.

At the Great Vow Zen Monastery, the first morning meal is conducted in silence, along “with a prayer to bring gratitude for the food and to all living beings whose life flows to us in our food,” says Bays, adding that research shows ceremonies and moments of reflection lead to more mindful, healthy eating.

“Instead of talking on the phone, try cooking in silence. Drawing your awareness to details like the smell of basil, the color of tomato and the touch of the spoon brings so much richness to the act of cooking,” says Bays.

Such a focus leads to a sense of appreciation for the ingredients of meals and life, says Myoju Erin Merk, a priest at the San Francisco Zen Center. “Making a meal is an active extension of our ‘sitting’ (meditation) practice.”

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

COOKING LIKE A ZEN MASTER



Buddha Bowl

Cookbook author Jean-Phillippe Cyr says, “I love bowl recipes: they’re generous and colorful, and they let us get creative. Layer grains or cereals, vegetables, legumes and dressing, and voilà! That’s all there is to it.”

Pumpkin seeds are an incredible source of protein, and tahini contains more protein than milk. Healthy cooks will be sure to keep this tahini dressing recipe close, because they can use it in everything.

Yields one bowl

1 sweet potato, peeled and diced
2 dried figs, sliced
2 Tbsp olive oil
Salt, to taste
1½ cups cooked quinoa
¼ cup frozen shelled edamame, cooked

For the dressing:

1 (¾-inch) piece fresh ginger, minced
1 clove garlic, minced
Pinch of sea salt
2 Tbsp tahini
1 Tbsp soy sauce
1 Tbsp lemon juice
1 Tbsp maple syrup
1 Tbsp olive oil

Garnish:

Pumpkin seeds
Microgreens

Preheat the oven to 350° F. Place the sweet potato and figs in a baking dish.

Drizzle with oil, then season with salt and bake for 30 minutes.

Place the ginger, garlic and salt in a mortar (preferred) or blender, then mash the ingredients together.

Transfer to a bowl and add the tahini, soy sauce, lemon juice, maple syrup and oil. Stir to combine.

Place the sweet potatoes and figs in a large serving bowl. Add the quinoa and edamame. Drizzle with the dressing and garnish. Serve immediately.

Tip: For those that can’t digest raw garlic, don’t use it, or cook it before adding it to the dressing.

Hearty Moroccan Soup

“This is hands-down my favorite soup,” says Cyr. “It reminds me of a Moroccan *tajine*, a savory stew made with vegetables and spices. The name *tajine* comes from the particular type of roasting dish in which Moroccan stews are cooked. There’s no need to buy any special equipment to make this recipe, but you will want to hunt down harissa, a North African chili paste you can find in most grocery stores nowadays. Be careful, though—it’s hot!”

Yields 8 to 10 servings

3 Tbsp olive oil
1 onion, diced
1 tsp mustard seeds
1 tsp celery seeds
1 tsp ground cumin
1 tsp ground coriander
1 tsp dried oregano
½ tsp turmeric

1 clove garlic, minced
8 cups vegetable broth
1 (28 oz) can diced tomatoes
1 (19 oz) can green lentils, rinsed and drained
2 yellow-fleshed potatoes, peeled and diced
2 carrots, diced
1 Tbsp harissa paste
3 bay leaves
Salt and black pepper, to taste

In a large pot over medium heat, heat the oil, then add the onions and sweat for 4 minutes.

Add the mustard seeds, celery seeds, cumin, coriander, oregano, turmeric and garlic. Continue cooking for 2 minutes.

Add the remaining ingredients and bring to a boil. Lower the heat, cover and simmer for 1 hour, stirring occasionally. Remove the bay leaves. Serve hot.

Excerpted with permission from The Buddhist Chef, by Jean-Phillippe Cyr.



Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.



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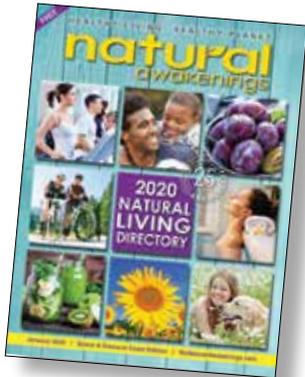
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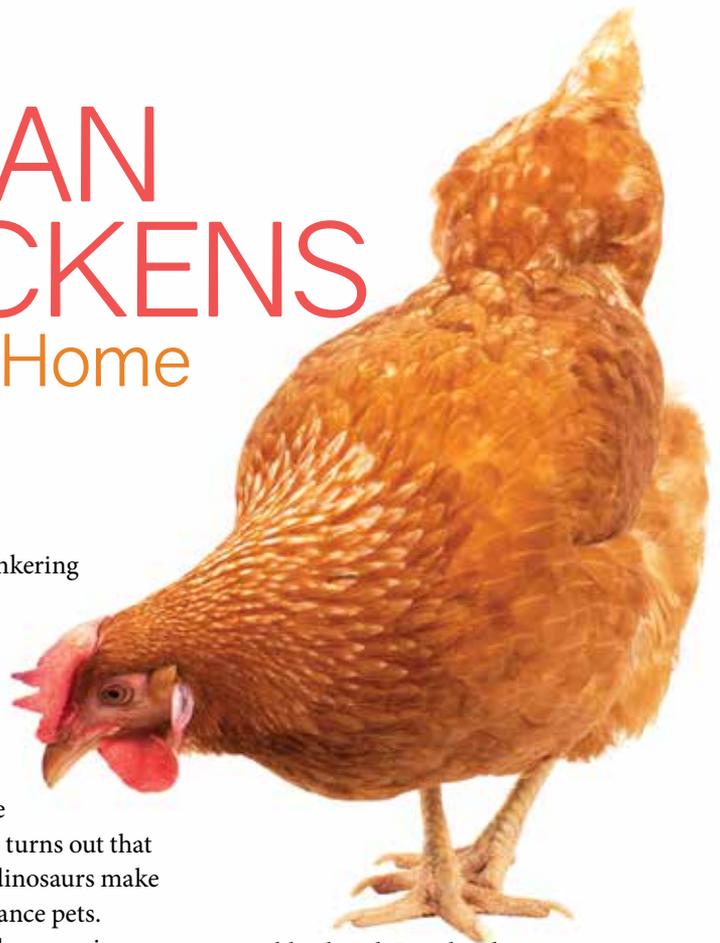
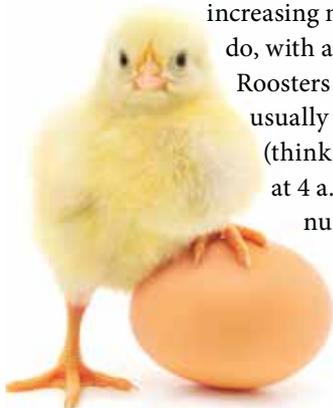
Coming Home to Roost

by Julie Peterson

Locavores with a hankering for fresh, organic eggs produced close to home have sparked a resurgence in backyard chicken keeping; even people that don't like omelets are getting in on the trend. It turns out that the little descendants of dinosaurs make fascinating, low-maintenance pets.

“You can't watch a chicken running across the yard and not have your mood lifted,” says Shana Cobin, who has owned chickens for four years. A veterinary staff member, she takes in rescues on her small farm in Foster, Rhode Island. Her current flock of eight chickens has room to forage with a turkey, some goats and sheep. At night, her birds sleep in a predator-proof chicken coop. As a vegan, Cobin gifts the eggs to others. “It's gratifying to give eggs to friends and family who might otherwise buy eggs from factory farms,” says Cobin. “It's as if I'm helping those hens, too.”

Those country chickens could be city chickens—if the municipality allows. An increasing number do, with a few rules. Roosters aren't usually allowed (think crowing at 4 a.m.); the number of hens is limited; and they can't roam the



neighborhood. Local ordinances vary widely and change frequently, so be sure to get the facts for each area.

Bird Benefits

Chickens are relatively simple and inexpensive to maintain. They come in a variety of sizes and colors, are easy to bond with and their entertainment value can't be underrated. “You will enjoy watching them for hours,” says Andy G. Schneider, of Georgia, the national spokesperson for the Avian Health Program run by the Animal Plant Health and Inspection Service of the U.S. Department of Agriculture who has authored three books on chickens.

He says that keeping chickens is also a good way for children to learn responsibility and where their food comes from. He says, “They are living animals that depend on their owners and can live for 10 years or longer.”

Backyard flocks readily compost food waste and hunt insects to eat. Their nitrogen-rich droppings and old bedding from the coop can fertilize gardens, or the chickens can be let loose in garden areas to fertilize and weed at the same time. However, they will eat desirable plants,

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so consider fencing off a fallow section of garden where they can prepare the ground for the next crop. Composting, fertilizing, weeding and pest control are benefits that even matronly hens that have slowed egg production still provide.

The miracle of producing an egg is a journey of its own. Rarely does a child—or grownup—squeal with as much glee as when the pet hen lays her first egg. Add the excitement of double-yolkers and tiny, yolkless “fairy eggs”, and collecting the hens’ bounty is a daily adventure.

Drawbacks

Like all pets, chickens need regular maintenance. They can get parasites such as mites or worms, or become sick. But the hardest thing about maintaining chickens is keeping them safe, according to Lisa Steele, a rural Maine farmer and author of *101 Chicken Keeping Hacks From Fresh Eggs Daily: Tips, Tricks, and Ideas for You and Your Hens*.

“No matter where you live, there is something that wants to kill or eat your chickens. A secure coop and run or pen are important,” Steele says. The family dog, fox, coyotes, raccoons, owls and hawks are just some of the many potential predators.

If a rooster is in the flock, he instinctively protects hens from perceived danger—great for predators, but not necessarily a desirable pet. They crow louder, earlier and more often than most would expect. Unless eggs to hatch are wanted, no rooster is needed.

Starting a Flock

After selecting breeds, a new flock can be started with adult hens or chicks from a hatchery or breeder. Steele points out that it’s important to get chicks from a reputable breeder and start them off with good-quality feed, room to exercise, fresh air and clean water.

Coops can be built from plans or purchased. There is a trendy industry for palatial coops replete with window boxes, but the necessities include enough space for each chicken, roosting bars to sleep on, nesting boxes to lay eggs, good ventilation and predator-proofing. “The curtains, wallpaper and twinkle lights are fun, but not necessary,” says Steele.

Julie Peterson lives in rural Wisconsin with her husband, dogs and chickens. Contact her at JuliePeterson2222@gmail.com.

Chicken Facts

- Newly hatched chickens are “chicks”. The young males are cockerels, the young females are pullets. After one year, they are roosters and hens.
- Chickens see in color and can see UV rays, according to *FreshEggsDaily.com*. They have one eye sighted in for distance and one for close-up vision so that they can look for seeds and bugs on the ground while simultaneously searching the sky for aerial predators.
- The life expectancy of a hen varies from three to 12 years, depending on size, breed and safety from predators.
- Roosters instinctively protect hens from predators or any perceived danger (including people) by sounding an alarm, and then facing the danger as hens run and hide.
- Roosters have been known to ward off predators or die trying.
- A rooster is not needed for hens to lay eggs.
- Hens begin laying eggs as early as 16 to 20 weeks and have variable production, depending on breed and amount of daylight. Egg production can continue through life, but slows after about 3 years old (*Tinyurl.com/ChickensStopLaying*).
- Egg shell color can be white, pink, blue, green, brown or speckled, but it’s determined by genetics and will remain basically the same throughout a hen’s life (*Tinyurl.com/EggShellColorDetermination*).
- Fresh eggs have a coating that prevents bacteria from entering the pores of the shell. If eggs are washed, they must be refrigerated (*Tinyurl.com/WashedOrUnwashedEggs*).



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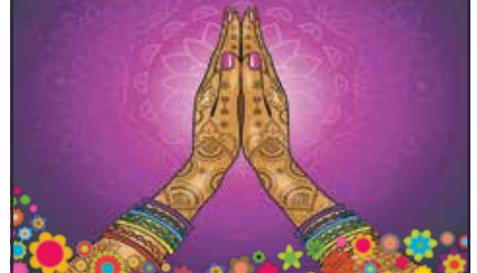
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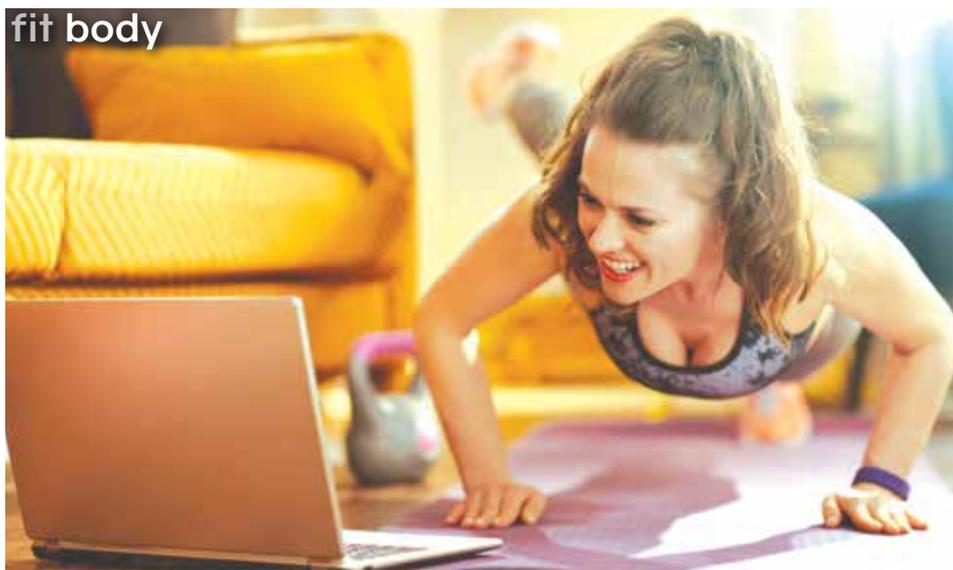
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Click and Sweat Virtual Workouts Change the Game

by Julie Peterson

Welcome to the digital age, where budding gym rats, former couch potatoes and schedule-challenged fitness freaks are finding new ways to get in shape. These days, virtually anyone with a smartphone or Wi-Fi connection can connect with a yoga video, a spin class or any number of personal exercise experiences.

Some folks are wearing devices that calculate distance and monitor bodily functions—then post it all to social media. Private trainers are offering online workout routines with motivational emails and text messages, while some gyms include online training as an add-on to membership or leverage technology to provide classes to consumers globally.

Virtual fitness is growing in leaps and bounds. The use of health and fitness apps has more than tripled since 2014, and three-quarters of active users open their apps at least twice a week, according to Flurry Analytics. Yet, it's not for everyone.

Erin Nitschke, Ed.D., of Cheyenne, Wyoming, the director of educational partnerships and programs at the National Federation of Professional

Trainers, is monitoring the upsurge in virtual fitness and believes it will take time to perfect the options. “While virtual training may be a best practice for a certain population of users, it may be a barrier to others,” she says.

Accessible, Flexible and Affordable

The convenience and affordability of virtual training has some clients thriving on their ability to marry technological tools to fitness goals. They can log in anytime, anywhere, even while travelling; take a variety of classes from famous trainers for a fraction of the cost of in-person sessions and receive emails or texts that provide encouragement to reach the next level.

For those new to exercising, virtual training eases self-consciousness. It's an opportunity to learn the basics and begin the process of toning up at home before venturing into an unfamiliar environment where everyone seems to know what they're doing. In this respect, virtual training can serve as a gateway to establishing a fitness routine that eventually leads to the local gym.

“One of the most frequent reasons people cite for not maintaining a regular exercise habit is lack of time,” says American Council on Exercise President and Chief Science Officer Cedric Bryant, Ph.D., of Redmond, Washington. He points out that virtual tools and devices may help eliminate some of those time barriers, allowing people to get quality workouts.

The Real Deal

But some people go to the gym or attend fitness classes because they enjoy the social connection more than the sweat. Nitschke says that social support can be a predictor of success, so it’s possible that virtual training can have a negative impact. Bryant agrees. “There are different fitness personality types, and some need the live and in-person experience.”

Bryant points out that gyms and trainers often request health information and fitness goals beforehand to provide clients a more customized program. In-person instruction also has the benefit of immediate feedback to ensure safe, effective and proper technique.

Erika Hetzel, a Pilates instructor and personal trainer in Dane County, Wisconsin, believes that virtual workouts are fine for people that have attended classes enough to know the exercises and have good body awareness. “For beginners, hands-on cues and modifications are important, especially if there are any contraindications for exercise.”

One of the most frequent reasons people cite for not maintaining a regular exercise habit is lack of time.

~Cedric Bryant

She carefully monitors her clients for form and doesn’t plan to offer virtual training because it’s impossible to give clients bodily adjustments. “It leaves trainees at risk of not getting full benefit or getting hurt,” Hetzel says. “An effective workout is about the quality of the movements.”

Bryant says that instructor interaction is a plus; however, the best virtual workouts give detailed instruction and regression or progression of all moves, allowing participants to choose an appropriate intensity level.

Making a Virtual Connection

Logging in with a high-speed internet connection, gathering required equipment in advance and possessing self-motivation might prevent getting discouraged. However, overconfidence can lead to injury, so being fully aware of limitations is essential before taking a dive off the recliner directly into a series of lunges. For social butterflies, a real-live friend to login with may be necessary to make virtual training fun.

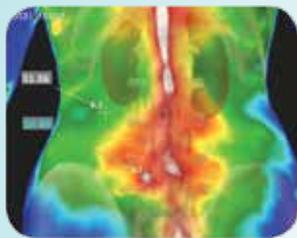
Fitness training may be forever changed by technology, but Nitschke says it remains to be seen if fitness professionals can respond to individual learning styles to foster success and elevate the fitness client’s virtual experience.

Julie Peterson writes from rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.

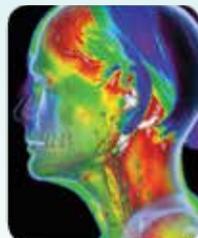
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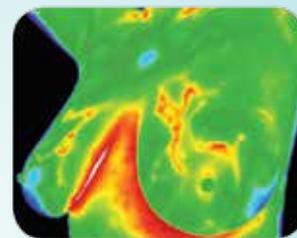
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healthy kids



The good news about gratitude is that it is one of the more growable character strengths—and it's never too late.

~Giacomo Bono

Kids With Gratitude

Making Thankfulness Second Nature

by Ronica O'Hara

This Thanksgiving, there's something to be especially thankful for—gratitude itself. Emerging research shows gratitude to be one of the easiest, most effective ways to kickstart happiness and well-being. "The good news about gratitude is that it is one of the more growable character strengths—and it's never too late," says Giacomo Bono, Ph.D., an assistant professor at California State University, in Dominguez Hills, and

co-author of *Making Grateful Kids: The Science of Building Character*.

It's also never too early to "plant" it: Even toddlers love to parrot, "Thank you." Research by Bono and others shows kids that are grateful are happier, more engaged and studious, and less envious, depressed, materialistic and prone to violence. It can be taught: After one week of daily 30-minute lessons on gratitude, 8- to 11-year-olds wrote thank-you notes for a PTA presentation that were 80 percent longer than notes by kids that didn't have the lessons.

To instill gratefulness in a child:

1 Be grateful and show it. "Kids are more likely to do something if they see adults around them doing it," says Bono. "Being specific with your words helps, too, because it shows what behavior mattered to you and why."

Adds psychologist Mary Jo Podgurski, founder and president of the Academy for Adolescent Health, in Washington, Pennsylvania: "If we express our gratitude by making eye contact, with sincerity and by providing an example of how much we are appreciative, the words are empowered. Telling the grocery clerk, 'I really like the way you packed my berries on top. Thanks for taking the time to be careful with my purchases,' will light up the clerk's face." That can translate into a child not simply saying, "Thank you" to a grandparent for birthday money, but also explaining how excited they are about the game they plan to buy with it.

2 Enact a small daily ritual. "It's also good for families to come up with gratitude rituals," says Bono. "Everyday conversations about the good things and people we have or encounter in life, and being specific with words, helps young children understand the connection between kindness and feeling grateful better."

For writer Judy Gruen's family in Los Angeles, this means a morning prayer: "When we wake up in the morning, the

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first words we say are those of gratitude that we have awakened and have the opportunity for a new day.”

At dinner time, some families play “a rose, a thorn, a bud”—with each person saying what happened that day that they’re grateful for, what problems came up and what they’re looking forward to. As a bedtime ritual, Heidi McBain, a counselor and author in Flower Mound, Texas, follows a routine with her two children that includes “reading, checking in about their day—the good/bad/ugly—and at least one thing they are grateful for from their day. And I often share mine, as well!”

3 Make gratitude fun.

By getting creative, we can make kids’ expressions of gratitude even more enjoyable. Business coach Kristi Andrus, in Denver, says that her family toasts a lot at mealtime, raising their glasses and clinking them. “Our toasts are simple, ‘Today I’m grateful, thankful, or happy to share _____.’ [fill in the blank]. The kids love it and the parents always smile at what the kids bring up.”

Charlene Hess, in Eagle Mountain, Utah, a blogger and homeschooling mom to seven kids, has set up a gratitude door with a sticky note added each day from each child. “This really helps the kids become more aware of all the good things in their lives, particularly as time goes on and they have to get more creative with their responses.”

“A rampage of appreciation” is what Jeannette Paxia, a motivational speaker and children’s book author in Modesto, California, does with her five children: “We spend 10 minutes walking around and appreciating all we see. My children love it!”

In the home of northern New Jersey therapist Shuli Sandler, when one family member shows gratitude to another, a coin is put in a jar. “When it is full, the whole family can go out and do something together, like grab ice cream or something fun—remembering of course to say thank you,” she says.

Ronica A. O’Hara is a Denver-based natural-health writer. Connect at OHaraRonica@gmail.com.

Gratitude-Building Resources

Gratefulness.org: Essays, practices and resources for grateful living.

Making Grateful Kids: Advice from leading researchers at *Psychology Today*: Tinyurl.com/MakingGratefulKids.

How to Teach Gratitude to Tweens and Teens: Tinyurl.com/TeachingGratitudeToTeens.

TED talks playlist: Videos that inspire gratitude: Ted.com/playlists/206/give_thanks.

Research on gratitude in children: Tinyurl.com/YouthGratitudeProject.

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Kenneth Davis on Learning From the Last Global Plague

by Randy Kambic

Along with annual flu season warnings, there's more news than usual on the dangers of microbes and transmittable diseases, including recent domestic measles outbreaks and the rise of resistant bacteria from the improper use of antibiotics. In his latest book released earlier this year, *More Deadly than War: The Hidden History of the Spanish Flu and the First World War*, Kenneth C. Davis describes the worldwide epidemic that killed millions only a century ago and warns of a potential relapse.

Davis is also the author of *In the Shadow of Liberty*, an American Library Association Notable Book and a finalist for the Youth Adult Library Service Association Award for Excellence in Nonfiction. His *New York Times* bestselling and critically acclaimed *Don't Know Much About* book series for both adults and children makes many, sometimes esoteric facts and figures on history, *The Bible*, the universe, geography and other subjects come alive. Davis is a TED-Ed educator whose lectures are globally available online.



What inspired you to tackle this deadly subject?

My editor had the flu and mentioned that her grandmother died of the Spanish Flu. I said that's a fascinating subject. She said if you ever want to write about it, I'd love to know, and it was around the time that I was beginning to think about the 100th anniversary of the flu and the end of World War I. These were two extraordinary moments in modern human history that many people don't understand.

What makes the Spanish Flu epidemic relevant today?

It was the most extraordinary pandemic in modern times, the worst since the Black Plague. So many aspects of the story can teach us lessons, like the role of propaganda that created the circumstances that allowed the flu to flourish, politicians ignoring sound science. In Philadelphia in September of 1918, the health commissioner was warned not to allow a big parade that was meant to sell war bonds. He did, and 200,000 people crowded the streets. Two days later, there was not a hospital bed left in the city. It was that sudden and explosive gathering of mass numbers of people that lit the fuse for a tremendous flu bomb to explode.

It's important to understand the connection between science and history. Often, we treat history as a collection of dates, battles and speeches, and we don't connect with what was going on in the scientific and medical world, but these things are always closely linked together. Disease has always been more deadly than war, and that makes it more relevant than ever, because there are crises and conflict zones all over the world today. The situation is ripe for that explosion of another infectious disease.

Should we take for granted that some health risks of the past have been totally eradicated via modern medicine?

We should not. It's dangerous to be complacent. All too often, there's a cost

photo by Nina Subin

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in disregarding sound medical advice—what we know to be true—because we might have heard something else, and this is truer than ever with social media. The nature of the flu virus, of infectious diseases, is that they change, evolve and mutate rapidly like the Spanish Flu did.

Why do you write, “Another pandemic is a distinct possibility”?

Such pandemic diseases are often diseases of crowds. We live in a world that’s more crowded, where high-speed transportation is much more readily capable of spreading a pandemic. When we have a world in which scientific risks and information is disregarded, that’s when we have the possibility of another pandemic. Then there’s climate change. We are living in a world that’s wetter and warmer. This breeds the possibilities for more disease. When we weaken guardrails, when we don’t fund science and disease prevention properly, we take great risks.

What do you think about the stronger enforcement of vaccinations because of measles outbreaks?

We’ve had the largest outbreak of measles in decades, and it’s a disease we thought we had pretty much defeated a long time ago. But because of the spread of misinformation, rumors and unverified scientific medical information, we have a dangerous outbreak of measles in this country. People have traveled to places where there were no vaccinations, then return home. This is a clear and very present danger of the “anti-vaxx” movement, as it’s called. It ignores long-established, peer-reviewed science over decades and unfortunately, we are in a time when someone with a megaphone or microphone or another platform can reach a lot of people with a lot of very dangerous information. We ignore sound science at great peril.

Randy Kambic, of Estero, Florida, is a freelance writer and editor.



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calendar of events

NEW CALENDAR FORMAT

SPACE COAST EVENT LISTINGS: PAGE 40
TREASURE COAST EVENT LISTINGS: PAGE 44

DEADLINE: All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: MyNaturalAwakenings.com.

SPACE COAST EVENTS

SATURDAY NOVEMBER 2

Reiki 3 (Advanced Reiki) Certification Class – 10am-6pm (with break). In this class, you will learn the Usui Master Symbol and its uses, Psychic Surgery, Moving Meditation, how to use crystals and create a Reiki grid. Included: Advanced Reiki placement, ICRT Master Manual, Certificate, laminated grid, lots of practice. Prerequisite: Reiki 1 & 2. Rev. Karen Hedley, Certified Reiki Master Teacher. \$215. Full Circle Yoga Studio 320 N Atlantic Ave. (Hwy A1A) Cocoa Beach. 305-998-8159. FullCircleYogaSchool.com. KarenHedley.com.

Detox Yoga – 1-3pm. This practice is designed to help release toxic buildup from your major organs/systems: the liver, kidneys, colon, lymph and skin. It is divided into 3 segments: decompressive poses, compressive poses and twists. Learn many surprising ways to reduce toxins from your diet, environment and personal life. This challenging practice is also accompanied by Maria's 3-Day Plant-Based Detox Nutrition Plan with her own original recipes. \$49. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.

Cocoa Beach Contra Dance – 7-10:30pm. Special dance with out-of-state band. New dancers welcome-come for the lesson at 7. Very friendly, no need to bring a partner, but do bring all lively music-loving friends. \$12 adults, \$6 under 25 years, \$25 families (2 adults + 2 or more kids). Cocoa Beach Rec. Center 321 Ramp Road, Cocoa Beach. 321-917-4529.

Kirtan with Rayananda and the Wandering Sadhus – 7-9pm. 10-year celebration of Kirtan, an ancient spiritual practice from India of call-and-response chant to the Divine and is an integral aspect of Bhakti, the Yoga of Love and Devotion.

Suggested Donation \$10-\$20. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) indialantic. AquarianDreams.com.

SUNDAY NOVEMBER 3

Superfoods for the Holidays Workshop – 4-6pm. Enhance the nutritional value of your holiday feast with Superfoods. Debby Jeffries will present a superfood discussion, demonstration and taste experience for the Holidays. Pre-paid \$15 or \$20 day of event. (includes superfood samples & recipes). Pre-register online at AquarianDreams.com or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

MONDAY NOVEMBER 4

Hatha Yoga Dance Workshop – 7-8:30pm. Blends the structure of a dance studio jazz or lyrical class with the scaffolding of an Integral-inspired Hatha Yoga class. Explore self-expression and emotional release through dance that incorporates breath work, chakra balancing, asanas, mudras, chanting, affirmations and meditation. Led by Brooke Deratany Goldfarb. \$15. Register online at AquarianDreams.com or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

TUESDAY NOVEMBER 5

Sacred Sound Immersion with Crystal Bowls – 7-8:15pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Sound has a profound power to focus the active mind and to clear and balance the body, allowing you to relax, detach and connect to the divine bliss within. Led by Susan Rizzo. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.



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SUNDAY NOVEMBER 17
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See calendar for details or visit
KumariHealing.com/BlissRetreat

WEDNESDAY NOVEMBER 6

Healing Chakra Meditation – 7-8pm. Become aware of the sensations and emotions related to these chakra energy centers that may be compromised allowing them to open and heal on their own. Improve the balance of your key chakras and bringing your health and mental attitude into a more peaceful state. Monica Lombardo is a certified Yoga & Meditation Instructor and Reiki Master. \$10 (or Yoga Membership). Register online or call 321-729-9495 Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

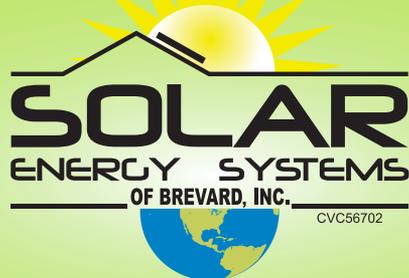
THURSDAY NOVEMBER 7

Open House-Special Event – 1-5pm. A Clear Vision View to 2020. Join in Education Conversation with our Professionals. RSVP as space is limited. Free. Health For Life Wellness Center 1727 N Atlantic Ave Cocoa Beach. 321-259-0555.

Artist Way Class – 6-8pm. This 10-week Thursday night course will develop your creative thought processes. This empowers you not only in artistic

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projects but in thinking outside the box. At 7pm Fred Goodnight facilitator will lead us in a drumming circle. \$10/ class. Unity on the Space Coast 2000 South St. Titusville. 321-383-0195.

Brain Health – 7-8pm. As we age cognitive function may naturally decline, but neurological disorders such as Alzheimer’s, dementia, etc. are becoming more prevalent. When it comes to brain health, prevention is key. Learn how simple lifestyle changes can be incorporated to improve your brain health and ultimately your quality of life. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd. Suite 102 Melbourne. CareWellnessFL.com.

FRIDAY NOVEMBER 8

Natural Solutions to the Common Cold and Flu – 10-11am. Don’t let the cold and flu season get you down. Sylvie Morin, DOM, will discuss how to prevent and combat your cold and flu symptoms with natural remedies. Free. Cocoa Beach Public Library 550 N. Brevard Ave Cocoa Beach. 321-259-0555.HealthForLifeWellnessCenters.com.

FRIDAY NOVEMBER 8- SUNDAY NOVEMBER 10

11th Annual Native Rhythms Festival – Friday & Saturday 10am-10pm, Sunday 10am-5:30pm. Family-friendly event celebrating Native American Heritage Month featuring performances by award winning artists, workshops, vendors and educational exhibits. Free Admission. Wickham Park Amphitheater 2500 Parkway Dr, Melbourne. 321-452-1672. NativeRhythmsFestival.com.

space coast save the date

SATURDAY DECEMBER 7

Combating Stress with Herbs – 9-10am. Learn which herbs can be used to combat stress. Led by Shelly. \$15 with a \$10 non-refundable deposit to hold place in class. Advance registration is required. Herb Corner 277 N. Babcock St, Melbourne. 321-757-7522. HerbCorner.net.

SATURDAY DECEMBER 14

Quick and Easy Herbal Crafts – 9-10am. Learn to make some wonderful holiday gifts for friends and family. Led by Shelly. \$15 with a \$10 non-refundable deposit to hold place in class. Advance registration is required. Herb Corner 277 N. Babcock St, Melbourne. 321-757-7522. HerbCorner.net.

SATURDAY MARCH 21, 2020

Gary Renard Workshop: Letting Go of Fear Through the Principles of A Course in Miracles - 10am-5pm. Glenda Carlin presents Special Melbourne Workshop with Gary Renard. Gary takes you through the process of awakening from the dream of separation using the purely non-dualistic thought system of *A Course in Miracles*. Principles and practices of undoing the ego through true forgiveness will be discussed. Gary is the best-selling author of *The Disappearance of the Universe* and *The Lifetimes When Jesus and Buddha Knew Each Other*. \$95 per person. To register email: GlendaCarlin1@gmail.com or call 321-704-1678. Unity of Melbourne 2401 N. Harbor Blvd Melbourne.

SATURDAY NOVEMBER 9

Create Self-Love: Kundalini Yoga Workshop – 10-11:30am. A special series of Kundalini Yoga and Meditation classes focusing on themes to release unconscious patterns and realign with truth. Each 90-minute class will include a meditation and gong relaxation. Led by Jessica Martin. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

Reiki 3 (Advanced Reiki) Certification Class – 10am-6pm (with lunch break). In this class, you will learn the Usui Master Symbol and its uses, Psychic Surgery, Moving Meditation, how to use crystals and create a Reiki grid. Included: Advanced Reiki placement, ICRT Master Manual, Certificate, laminated grid, lots of practice. Prerequisite: Reiki 1 & 2. Rev. Karen Hedley, Certified Reiki Master Teacher. \$215. Yoga Art Lounge West Melbourne 51 NW Carolina St. (off Rt. 192) Melbourne. 321-506-9444/ MIND-BODY app/ yogaartlounge.com. KarenHedley.com.



BLOOD SUGAR IMBALANCE

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Are you one of the millions who suffer with blood sugar problems? No matter how hard you try to keep the numbers in the safe range, you just can't overcome the struggle? Ready for an alternative?



You are invited to join Dr. Ni and Yang-Fen Sun
Wednesday, November 13th, 6pm
 for an in depth discussion on
'Balancing Your Blood Sugar The Natural Way'



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Ni's Chinese Medical Center
 Bo-Shih Ni, LAc, DOM
 Yang-Fen Sun, LAc, DOM

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 1250 W. Eau Gallie Blvd., Ste L, Melbourne, FL
www.drboni.com

Restorative Yoga & Vedic Thai Massage – 1-3pm. Explore new levels of relaxation as we layer Thai Yoga Massage techniques onto deeply calming Restorative Yoga poses. Class includes fully supported healing yoga postures enhanced with passive stretches, the gentle pressure and movement of Thai Yoga Massage. Restorative Yoga postures are created to gently open your body in restful postures with the use of supportive props. Pre-registration is required. \$35. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.

Kundalini Meditation with Deep Gong Healing – 1-2:15pm. Benefits of Healing Gong: Creates deep relaxation and clears the mind; Immediate reduction of stress and anxiety; Stimulates the glandular system and improves function; Stimulates circulation; Organizes emotional energy and more. Led by Jessica Martin. Bring a mat and or blanket and comfortable clothes. \$15. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

SUNDAY NOVEMBER 10

Essential Oils Basics Workshop – 11am-12pm. Learn what essential oils are, the three types of essential oils, ways to use them, when to use carrier oils and more. You will receive essential oil samples and information sheets. To ensure there are enough workshop materials, preregistration required by Wednesday, November 6. To register visit CheriFlauto.com/november-2019 or call 407-401-0890. \$40 Essential Elements Wellness 1010 E New Haven Ave Melbourne.

WEDNESDAY NOVEMBER 13

Balancing Your Blood Sugar, The Natural Way – 6-8pm. Millions suffer with blood sugar imbalances and the struggle to keep the numbers in the safe range. Join us for an in-depth discussion on how Chinese medicine can help to balance your sugar levels naturally. Ni's Chinese Medical Center 1250 W Eau Gallie Blvd, Ste L Melbourne. 321-757-9731.

Thermography: The Proactive Health Screening Tool – 7-8pm. Learn how you can take charge of your health with this radiation-free, non-invasive, FDA approved screening tool for total body health. More and more women are using this safe alternative to mammograms. Katie Ainsley of Thermography of Brevard will be speaking. Free but call 321-728-1387 to register. Care Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. CareWellnessFL.com.

FRIDAY NOVEMBER 15

Natural Solutions to the Common Cold and Flu – 10-11am. See description Friday November 8.

FRIDAY NOVEMBER 15- SUNDAY NOVEMBER 17

Bliss Retreat – In this experiential 3-day retreat, you will be immersed in many paths to bliss: cutting-edge energy alchemy techniques, attunements of sacred sound with alchemy bowls, new Soul Activations, and attunements to the euphoric Dolphin energy. Kumari will initiate each participant into "The Anointing" with Yeshua and the Magdalenes. Friday 6:30-8:30pm, Saturday 9am-4:30pm, Sunday 11am-4:30pm. \$297 pre-paid or \$350 at the door. Visit KumariHealing.com/BlissRetreat for more information. To register online visit AquarianDreams.com or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic.

SATURDAY NOVEMBER 16

Kombucha 101 – 9-10am. Learn the health benefits of using Kombucha, how to make it and how it is used. Led by Shelly. \$15 with a \$10 non-refundable deposit to hold place in class. Advance registration is required. Herb Corner 277 N. Babcock St, Melbourne. 321-757-7522. HerbCorner.net.

Satellite Beach Contra Dance – 7-10:30pm. Contra dancing is growing in popularity. Lively, fun and friendly, no partner required. Lots of info at CocoaBeachContra.org or YouTube contra dancing. \$10 adults over 24, \$5 under 25, \$20 for families (2 adults+2 or more kids). DRS Community Center 1089 S. Patrick Dr. Satellite Beach. 321-917-4529.

TUESDAY NOVEMBER 19

Energy Healings (with Massage Therapy) - Spiritual Healer, Teren Nichols will be offering free healings all day as a gift to our community. Teren is a licensed massage therapist and certified Pranic Healer. Call to register. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. 321-729-9495. AquarianDreams.com.

Tuesday Talks: Experience the ADIO Difference – 6:30-7:30pm. Come listen and learn for Free how Upper Cervical and Chiropractic Care can change your life. Free. FYZICAL Therapy and Balance Centers 150 5th Ave Ste. C Indialantic. 321-426-0446.

A Healing Journey Through Grief – 7-9pm. Hospice Nurse, Shannon Davis leads a healing journey to help release the daily stressors of grief from loss. Includes creating tools for coping and releasing our grief through ceremony and meditation techniques. Shannon is also a Reiki II practitioner and a student of Shamanism. \$10 (or Yoga membership). Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

WEDNESDAY NOVEMBER 20

Gratitude Meditation – 7-8:15pm. Take a breath and reflect on all the people and experiences in your life for which you feel gratitude, compassion and find resolution with any blocked resentment or grief. Monica Lombardo has been practicing meditation and energy healing for over ten years and is a certified yoga and meditation instructor and Reiki Master. \$10 (or Yoga membership). Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

THURSDAY NOVEMBER 21

Flow & Feast: Vinyasa Flow class and Ayurvedic-inspired Thanksgiving Feast – 2-4pm. Get your flow on and raise your vibration in an energizing Vinyasa flow yoga class. Afterwards, enjoy an Ayurvedic Thanksgiving-inspired feast centered around our community table. This vegan/vegetarian meal will be prepared with fresh, wholesome and organic ingredients using Ayurvedic food healing principles. \$40. Healing Elements Ayurveda 1290 Highway A1A Suite #102 Satellite Beach. 321-600-4560. HealingElementsAyurveda.com.

Mood Booster – 7-8pm. Our mood is often dictated by our emotions and external factors. By increasing our joy producing hormones with certain nutrients or activities, we can quickly boost our own mood. Learn to take control of your mood today and begin to thrive. Dr. Brian Walsh speaks. Free but call 321-728-1387. CARE Natural Wellness Center 1051 Eber Blvd. Suite 102 Melbourne. CareWellnessFL.com.

FRIDAY NOVEMBER 22

Qigong – 6-7pm. Begins with a powerful Qigong guided meditation that builds healing energy in your body. Recharge and learn how to respond to stressful situations with "Qigong Follow Your Breath" meditation ending with a Crystal Bowl Sound meditation. The benefits of Meditation and Breathing Exercise include deep relaxation and clearing the mind; reducing stress and anxiety and repairing damage to

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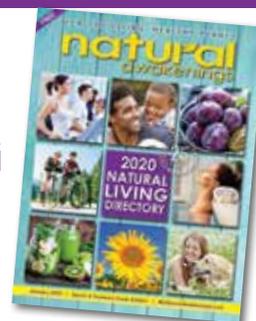
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the nervous system caused by stress. Preregistration Required. \$20. Zen Yoga Studio 1024 Hwy A1A #150 Satellite Beach. 866-820-9642.

SATURDAY NOVEMBER 23

Winter Wellness – 9-10am. Learn how to prevent illnesses and common ailments. How to make and use Fire Cider and Garlic Honey. Led by Shelly. \$15 with a \$10 non-refundable deposit to hold place in class. Advance registration is required. Herb Corner 277 N. Babcock St, Melbourne. 321-757-7522. HerbCorner.net.

2019 Tour Of Love-Tibetan Healing Bowls – 2-4pm. A chakra healing experience using Tibetan healing bowls, healing essential oils and chocolate. \$25 in advance or \$33 at the door. Unity on the Space Coast, 2000 South St., Titusville. 321-383-0195.

Heart Centered Flow - A Yoga Journaling Workshop – 11am-1pm. During this 2-hour workshop, Melissa Lopez will be sharing the intention of holding space for you to tap into heart healing and personal expansion through the practices of breathwork, yoga asana, meditation and journaling. The yoga class portion will be suitable for practitioners of all levels. \$20 pre-paid or \$25 day of event. To register online visit AquarianDreams.com or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic.

Plant-Based Holidays: Vegan Workshop – 3-5pm. Workshop includes demonstrations and Vegan samples of several dishes for your holiday table. All Vegan recipes will be fast, simple and delicious such as, Roasted Asparagus with Vegan Hollandaise Sauce, Garlicky Mashed Potatoes, Best Vegetarian Gravy, Winter Salad, Mushroom Crostini with Homemade Vegan Cheese Spread, Creamy Cauliflower Soup, Cranberry Sauce, Mini Chocolate Vegan Cheesecakes. \$30 Pre-paid discount before November 15 or \$35 after. Pre-registration requested. To register online visit AquarianDreams.com or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic.

SUNDAY NOVEMBER 24

Meet and Greet Calls with Dr. Ruth – 3-4pm. Meet and Greet Zoom calls with Dr. Ruth Rodriguez, Board Certified Osteopathic Pediatrician. Calls offered the last Sunday of every month. Zoom Link ID 4510160009.

WEDNESDAY NOVEMBER 27

Donation Reiki Healing Session - Reiki Master practitioner/teacher Maria Banas is a Usui/Holy Fire II and Karuna /Holy Fire II Master Teacher. These healing techniques work with helping the physical, mental, emotional, and karmic conditions of the individual. Pre-registration required call 321-729-9495. Suggested Donation \$20. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic.

SATURDAY NOVEMBER 30

Reiki 2 Certification Course – 10am-5pm. Reiki Level II / Usui/Holy Fire II is designed with the intention for the student to create a deeper commitment to healing themselves and others. Topics covered: 3 of the 4 primary symbols, Hand positions for healing, Distance healing techniques, Using crystals with Reiki and more. 7 CEU's for Yoga Alliance teachers. Instructor Maria Banas is a certified Reiki Master Teacher. \$185. Register online or call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

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TREASURE COAST EVENTS

SATURDAY NOVEMBER 2

Friends After Diagnosis – 10-11am. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Sebastian River Medical Center 13695 US Hwy 1 Sebastian. 772-770-9700. FriendsAfterDiagnosis.com.

FriendshipWork Gallery Opening – 1-4pm. The premier exhibit of FriendshipWorks Gallery will feature works from local artists, including cancer survivors, with proceeds benefitting Friends After Diagnosis. World-renowned flutist Judi Lambert will perform from 2:15 to 3:15. Free. Friendship House 3404 Aviation Blvd. Vero Beach. 772-770-9700. FriendsAfterDiagnosis.com.

SUNDAYS NOVEMBER 3

ISDTC Sunday Services – 10:30-11:45am. ISDTC Sunday Services. Nov. 3rd and Nov. 17th at 10:30 am. Our Sunday Service is an interactive experience celebrating the Divine in our lives through healing, healing meditation and Affirmation of Spirit. The services center on God's most precious gifts; Love and Understanding. Free. ISDTC, Co-located Spark of the Divine 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. isdtreasure.org/education.

TUESDAY NOVEMBER 5

Lunch Hour Yoga – 12:15-1pm. Express 45-minute Lunch Time Yoga class. All levels welcomed. \$10 1st class, \$15 drop in. Class packages available,

Down To Earth Yoga 1649 SE Port St Lucie Blvd PSL. 520-661-7798. Dte-Yoga.com.

Let's Talk About Your Heart – 6-7pm. Natural solutions to Cardiovascular Problems such as: Chest Pain or Discomfort, Heart Palpitations, Fainting and more. Find out what's wrong. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite #2 Vero Beach. 772-778-8877.

TUESDAY, NOVEMBER 5

Spirit Guides Speak - 6-7:30pm. Ann Marie Skordy is a metaphysical channel, acting as a conduit for beings of the highest realms and those they bring forward. The evening includes 20-30 minutes of channeling for the group, followed by a question and answer segment where participants will have the opportunity to ask questions and receive channeled answers. \$30. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com.

THURSDAY, NOVEMBER 7

Salt Room Chakra Activation w/ Flower Essences – 10-11am. Flower Essences are vibrational remedies made from living flowers, they assist with healing and harmonizing our Chakras, or energetic system. As we begin to heal and harmonize our emotional and energetic bodies our physical bodies begin to align and heal as well. Enjoy this Flower Essence session in our relaxing, therapeutic salt room. \$35. Salt of the Earth 422 SW Akron Street Stuart. 516-984-4615. HerbsAndOwls.com/classes.

Paint Your Animal Totem - 6-8pm. Ann Marie, gifted with the ability to read people's animal totems, will identify each participant's animal as well as help

participants to understand the deeper meaning of their animal, and Dana will guide each person in the class so to capture the essence of his or her totem on canvas. \$45. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com

FRIDAY NOVEMBER 8

The Sound of Soul Event – 6:30-7:30pm. All are invited to experience chanting HU, contemplative time, and authentic spiritual conversation with others of like heart. Discover some of the many benefits of HU: inner peace and calm, divine love, expanded awareness, spiritual self-discovery, growth and healing. HU is the sound of Soul. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

Sound Healing and Hypnosis – 7-8:30pm. This revolutionary therapeutic combination of Sound Healing and Hypnosis goes deeper and deeper through the layers of the physical, mental, spiritual and energetic bodies. You feel euphoric peaceful, rejuvenated, calm, happy and exhilarated all at the same time. Sound Healing Palm City. 772-245-6515. \$45. ASoundHealing.com.

SATURDAY NOVEMBER 9

Reiki Level I Certification Training – 11am-6pm. These Japanese healing art energy techniques enhance the immune system and help us to connect to our Divine nature. Class includes book, attunements, instruction, plenty of practice and continued mentoring if needed. Taught by Beth Franks. 6 CEUs Available. \$175 includes book, attunements, instruction, practice and continued mentoring if needed. Spark

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THURSDAY, DEC 5 – 5-7PM

Treasure Coast LIFT Networking

Holistic, natural health, eco-friendly practitioners and business owners are invited to attend. The group is a gathering place to connect, learn from each other, and support one another so we can learn, grow and flourish to reach our highest potential. Light refreshments. *Casual and comfortable encouraged. Free.*

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of Divine 1789 Old Dixie Hwy 1789 Old Dixie Hwy Vero Beach. 772-257-6499. SparkOfDivine.com.

SUNDAY NOVEMBER 10

Reiki Level II Training Certification – 9am-3pm. Learn the sacred symbols, how to heal long distance, how to bring harmony to any situation and empower yourself and others through this gentle healing modality. CEU's available. Taught by Beth Franks. Pre-requisite Reiki Level I. Call for more info. \$225 includes book, attunements, instruction, practice and continued mentoring if needed. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

The Sound of Soul Event – 11am-12pm. All are invited to experience chanting HU, contemplative time, and authentic spiritual conversation with oth-

treasure coast save the date

SUNDAY JANUARY 26, 2020

Awaken Wellness Fair – 10am-5pm. Plan your day around the speaker schedule, pre-book appointments for Readers and Healers at a discount and enjoy visiting unique vendors featuring unusual, hand-made, healthy natural products and services. \$10 admission. Exhibitor opportunities are available for products and services that explore the many paths to healing. Exhibitors are sought in four categories: Speakers, Healers, Vendors and Readers. Sign up now. AwakenFair.com. Port St. Lucie Civic Center, 9221 SE Civic Center Pl, Port St. Lucie (located at US 1 and Walton Road). 772-345-7218

ers of like heart. Discover some of the many benefits of HU: inner peace and calm, divine love, expanded awareness, spiritual self-discovery, growth and healing. HU is the sound of Soul. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

Forgiveness Workshop – 11:30-12:30pm. Facilitated by Rev Janice Cary, this workshop helps you in releasing any internalized stories, creating a spaciousness that allows you to celebrate the Holiday Season with a clear mind and open heart. (Love offering) Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Ascended Master Gatherings – 1-2:30pm. Meditation Masters Kumari and Kumara will lead sound healing with 5th Dimensional Alchemy bowls, chant & mantra, channeling, healing and meditation with the Ascended Masters. Second Sunday of every month. Gathering will take place both in person (limit 26 people) and livestream (replays too). Address will be emailed for in person gathering after registration. Love offering. Sebastian. Kumarihealing.com/Aruna

MONDAY NOVEMBER 11

Friends After Diagnosis – 2-3:30pm. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Friendship House 3404 Aviation Blvd. Vero Beach. 772-770-9700. FriendsAfterDiagnosis.com.

TUESDAY NOVEMBER 12

Kicking Epstein-Barr's A!** – 6-week hypnosis Program Via ZOOM. This combination of modalities using diet, mindset and the subconscious mind to help reprogram the body and the mind. People who use the program can reduce their symptoms by up to 95%. To find out more about the program go to ByTheSeaHypnosis.com/EBV.

Mental Clarity and Emotional Stability with NET – 6-7pm. Learn why stress is one of the leading underlying causes of many health problems and natural solutions to help yourself. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2 Vero Beach. 772-778-8877.

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Full Moon Sound Healing Chakra Balancing – 7-9pm. The Full Moon is a time to let go of what no longer serves us. Allowing us to begin anew with clear intentions and balanced energy. Barbara Spaulding, RN, Clinical Sound Therapist, guides you to, release, realign, and balance your chakras, with quartz crystal singing bowls and sound healing instruments. \$30. Sound Healing Palm City. 772-245-6515. ASoundHealing.com.

THURSDAY, NOVEMBER 14

Intro to Meditation - 6:30-7:45pm. Meditation gives us the opportunity to become aware and more present, developing acceptance and compassion for ourselves and one another. Being present in our lives will create a joyful, harmonious and equanimous life. Nicoleta teaches a transformational meditation workshop where you will connect with your inner peace and find tools to sustain a calm and happy life. \$35. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931. UbuntuFishGallery.com.

SATURDAY, NOVEMBER 16

Friends After Diagnosis – 10-11am. See description Monday November 11.

The Sound of Soul Event – 10:30-11:30am. All are invited to experience chanting HU, contemplative time, and authentic spiritual conversation with others of like heart. Discover some of the many benefits of HU: inner peace and calm, divine love, expanded awareness, spiritual self-discovery, growth and healing. HU is the sound of Soul. Vero Beach Main Library, 1st Floor Meeting room 1600 21st St. Vero Beach. 772-223-1188. ECK-Florida.org.

Angelology Healing with Angels Level I – 11am-1pm. Learn how to invite and invoke the angels to assist in your life. Learn about the chakra system, aura, meditation, affirmation techniques and more. Course dates dictated by the class (about 6 total). Includes book, crystals, instruction, Divine Angelic Attunements, plenty of practice time and continued support if needed. No pre-requisite. Pre-registration required. \$444 this is a 10-month class. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.

Energy 101 - 2-3:30pm. Learn and understand: How the law of attraction is at play in our daily lives; techniques to create an energy ball, and send healing energy into the body for healing; How to manipulate energy to manifest the lives that we desire and how and why crystal and energy healings work. Once we understand and take responsibility for our individual energy, we can heal and become more aware, thus, beginning the steps of active manifestation. \$33. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931. UbuntuFishGallery.com.

SUNDAY, NOVEMBER 17

Kashi Sunday Market – 10am-2pm. Vendors including Seasonal Organic Produce, local Artists & Crafters, Jewelry, Household and vintage items. Tarot readings, fairie hair and bodywork. Freshly Prepared organic Lunch Buffet from 12pm. -\$15. Children's Corner. Free. Kashi Ashram 11105 Roseland Rd. Sebastian. 404-308-8392.

Your Pets Speak - 12-4pm. Have you ever wondered what your pet is thinking? Or maybe you just want to say hello. You may even have a deceased pet that you'd like to connect with one more time. Ann Marie

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FRIDAY, NOV 29 • 10AM-6PM

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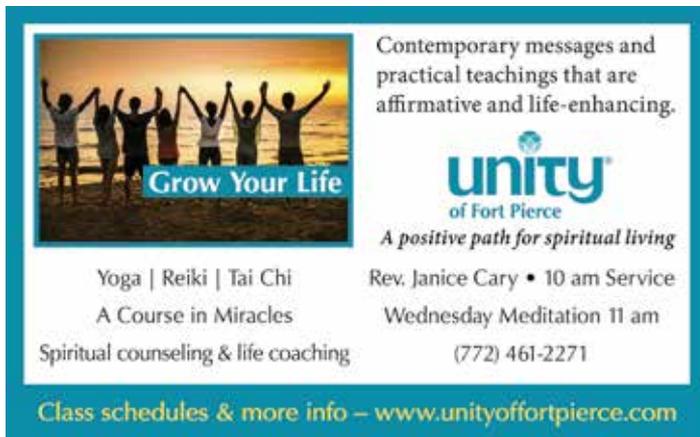
will channel your pet's higher self so you can find out what your critter is really thinking. Pet attendance is not required. \$20 for your first pet \$10 each additional pet. Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931. UbuntuFishGallery.com.

MONDAY NOVEMBER 18

Salt Room Chakra Activation w/ Flower Essences – 10-11am. See description Thursday November 7.

TUESDAY NOVEMBER 19

Hormones Getting the Best of You? Get Balanced Naturally – 6-7pm. Learn natural solutions to balance: PMS, Menopause, Hot Flashes, Mood Swings, Fatigue, Night Sweats, Trouble Sleeping and Abnormal Cramps. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2 Vero Beach. 772-778-8877.



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THURSDAY NOVEMBER 21

Sound Healing and Hypnosis – 7-9pm. See description Friday November 8.

FRIDAY NOVEMBER 22

Shamanic Drumming Circle – 6-7pm. Meditations to immerse us in Spirit as we connect with the heart-beat of mother earth. Extra drums are available. (Love Offerings appreciated) Reiki Circle follows drumming at 7pm. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityOfFortPierce.com.

SATURDAY NOVEMBER 23

Crystal Grid 101 - 2-4pm. Brenda and Guy Hoffman, owners of The Pixie and The Bull, are the creative heart centered duo with over 15 years combined experience in crystal grid work. Brenda and Guy will lead you in properly creating your very own personal grids, how to activate them to energize your intention, and enhance your personal power. Crystal grids can be used for protection, abundance, manifestation, healing, gratitude and so much more. \$59 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com.

SUNDAY NOVEMBER 24

ECK Light and Sound Service – 11am-12pm. “Dream Insight For Our Lives Today” Each service focuses on an aspect of Eckankar: a reading from the ECK works, singing HU, stories, music, and discussion of spiritual principles at work in daily life. Join others seeking divine love at this celebration of the Light and Sound of God. Free. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

Free Broadcast Video of Harold Klemp – 4-7pm. Spiritual Leader of Eckankar since 1981, giving his talk at the 2019 October World Wide Seminar in Minneapolis, Mn, entitled, “Realize Your Divine Dream”, at 4:00 pm - 5:30 pm followed by a social time and a potluck supper from 5:30 - 7pm. All welcome at the Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. eck-florida.org.

MONDAY NOVEMBER 25

Friends After Diagnosis – 2-3:30pm. See description Monday November 11

Vero Beach Community Interfaith Thanksgiving Service – 7-8:30pm. The Institute for Spiritual Development Treasure Coast is participating in the Vero Beach Community Interfaith Thanksgiving Service. Join Us as we worship together. The Thanksgiving Service is hosted by Unitarian Universalist Fellowship of Vero Beach 1590 27th Ave. Vero Beach. 772-404-1352. isdco.org.

TUESDAY NOVEMBER 26

Lowering Cholesterol: Get the Facts – 6-7pm. Do you have: High Cholesterol, High Blood Pressure, Thyroid Imbalances or Fatigue? Find out how to get your health back. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2 Vero Beach. 772-778-8877.

SATURDAY, NOVEMBER 30

Which “Clair” Are You? - 2-3:30pm. In this workshop, you will learn about the different “clairs,” what each one means and how to identify which one you (or your children) possess. You may even discover that you have more than one “clair”. During this workshop, you will learn techniques, tools, and what crystals with which to work to strengthen your “clair”. \$33 Ubuntu Fish Gallery 508 SE Osceola St., Stuart. 772-210-2931 UbuntuFishGallery.com

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on going events

To ensure we keep our community calendar current, ongoing events must be resubmitted each month.

DEADLINE: All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: www.MyNaturalAwakenings.com.

sunday

SPACE COAST

Donation Yoga for Everybody – 9:30-10:30am. Gentle flowing hatha yoga practice integrating body, mind and spirit with yoga postures (asana), breathing exercises (pranayama), cleansing practices (kriyas) and deep relaxation. All levels, families welcome. Led by Debby Jeffries. Use back door. Donation or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Lightworker Community Sunday Circle – 11am-Noon. An hour of universal inspiration, higher consciousness, meditation, healing and devotional chants. Everyone is invited. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Tai-Chi Beginner to Master Level – 11am-12pm. Learn how to develop the healing Chi energy; how to use internal energy for rooting, relaxing and self-defense; how to apply Chi energy with fan, sword, dou, etc. \$15 (\$10 - MAC member) Melbourne Athletic Club Studio 1218 Sarno Rd, Melbourne. 321-720-4694. MasterChungWang.com.

Yoga in the Village – 5-6pm. Restorative Yoga. Using bolsters, blankets, pillows and straps to fully support your body into supreme relaxation and bliss. Beginners welcome. \$10, The Zen Room, 631 Brevard Avenue #C, Cocoa Village. 321-544-8541. View full schedule at TheZenRoom.info.

TREASURE COAST

Unity of Ft. Pierce – 10am. Unity is an inclusive community, inspiring holistic spirit-led living. “We are a spiritual center based on practical Christianity” says Rev Janice. “We empower people to be mindful, peaceful and grateful, co-creating a world that works for all life.” Join us and become a healing presence on the planet. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

Chi Gong – 11:30am. Free class every first Sunday. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

Painting Classes – 3-6pm. First and third Sundays in August. Artist Christian Yong will be teaching a painting class for beginners and art enthusiast of all levels at the Scented Dragon. No prior knowledge needed, just an interest in creating your own piece of art on canvas. All materials will be provided. \$30 per student. Scented Dragon, just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie, 772-877-2102 to sign-up or ask questions.

Quaker Worship Group – 4:30-5:30pm. Spiritual seeker? Take time to listen to the Still Small Voice within. Open yourself to direct communion with the Divine. You are welcome to join us for silent/unprogrammed worship. Port St. Lucie Community Center 2195 SE Airoso Blvd., Port St Lucie. 772-267-9156. TCQuakers.org.

Restorative Yoga + Nidra – 5-6:30pm. Deep relaxation & guided meditation. \$15 drop in. Class packages also available. Down To Earth Yoga, 1649 SE Port Saint Lucie Blvd, PSL. 520-661-7798. Dte-Yoga.com.

monday

SPACE COAST

3 H's Exercise Class for Adults and Seniors – 8:45am-9:30am or 9:45am-10:30am. Monday – Friday. The Happy, Healthy, Heart program promotes increased agility, balance, and gives your heart a cardio workout. \$13 per month, join anytime. DRS Community Center, 1089 S. Patrick Dr., Satellite Beach. 321-773-6458.

Heal Your Eyes, Heal Your Vision – 9-10am. Learn about the benefits of Micro-Acupuncture for degenerative eye diseases and serious vision conditions. Led by Sylvie Morin, DOM. RSVP as seating space is limited. Free. Health For Life Wellness Centers, 1727 N. Atlantic Ave., Cocoa Beach. 321-259-0555. HealthForLifeWellnessCenters.com.

Bones Makers – 10:45-11:45am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley DRS Community Center Gym, 1089 S. Patrick Dr., Satellite Beach. 321-759-4962.

Yin Yoga – 4-5pm. Yin yoga is the practice of holding passive poses for several minutes long while following the breath. Long-held poses benefit the body by slowly lengthening the fascia, or the connective tissue, so the yogi can gain more growth and flexibility in both yoga and life. Led by Leah Dubois. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Monday Meditation Class – 5:30-6:30pm. Authentic experience of guided meditation and mantra. All level meditation is accompanied by using traditional Indian instruments and sacred mantras with Dr. Siddha. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Palchen Buddhist Study Group and/or Book Study – 6-8pm. 1st hour is Chenrezik, Buddha of Compassion prayer practice, 2nd hour book study. All welcome for one or both sessions. Donations appreciated. Space Coast Wellness Center 725 S. Apollo Blvd., Melbourne. 321-720-1519.

Hatha Yoga with Marilyn – 6:30-7:45pm. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

TREASURE COAST

Tarot Reader and Astrologer – 10am-5pm. Sarah Carvell is available at the Scented Dragon Mon-Fri for private Tarot and Astrology readings. Sarah has been gifted with intuitive wisdoms that help connect with her client's individual needs. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

Psychic Medium Readings & More – 11am-6:30pm. Readings offered 7 days a week. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome. Psychic Medium & Aura Reading with Christopher Johanson offered 11am-4pm. Tuesday-Sunday Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com

A Course in Miracles Study Group – 7-8:15pm. Facilitated by Kathryn Joy, everyone is invited, newcomers welcome. Come study, learn, practice and share experiences. (Love-Offering appreciated). Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

tuesday

SPACE COAST

Children's Yoga Class (ages 7-11) 4-5pm. Explore the breath and how it moves through the body, meditation techniques for calming and centering, and how to deal with stress and disappointment by moving energy and getting unstuck. Led by Robin Krasny. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Hatha Yoga – 5:45-6:45pm. Multi-level class for beginners and intermediates. Led by Ellen Cameron whose experience allows her to modify asana to the students' ability, so they get the benefits of the practice without strain. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

A Course in Miracles Meeting – 7-8:30pm. Glenda Carlin will facilitate the group. Attend to learn true forgiveness to save time in your awakening process. Unity of Melbourne, 2401 N Harbor City Blvd., Melbourne. 321-705-1678. GreatRayExperience.com.

TREASURE COAST

\$10 Tuesdays in the Salt Cave – 10am-6pm. 45-minute sessions in the Salt Cave every Tuesday for \$10. The Hair Tiki 735 Commerce Center Dr., Ste. B Sebastian. 772-228-8986.

Yoga for the Mature Body – 4:30-5:30pm. A gentle practice class that targets the needs of a maturing body. \$40 for 6 or \$10 per class. 772-461-2272. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. UnityofFortPierce.com.

Drum Circle – 6-7pm. Come be a part of this Community Rhythm Experience. Our circle will assist you to raise your personal vibration and release inner blocks. We offer a judgement free environment, and all are welcome! Donation. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

Reiki Healing Circle – 6-7:30pm. Is life too busy? Too Stressful? Experience the many benefits of Reiki. This Japanese technique reduces stress and brings balance to the body and mind, promoting healing on all levels with Tina. Donations. Spark of Divine 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Reiki Meditation Circle - 7-8pm. Experience our Reiki Meditation Circle for an hour of peace, comfort and harmony. Feel yourself shift into a peaceful place. Practitioners welcome. Donation. Scented Dragon, 6993 Hancock Drive Port Saint Lucie. 772-877-2102.

wednesday

SPACE COAST

Yoga in the Village – 8-9am. Early Birds get the Yoga. Rise and Shine with Cathy as she invites you through a flowing, invigorating, and mindful practice. Beginners welcome. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

Tai Chi - 9:30-10:30am. Learn Tai Chi as taught by Randy Sweany, student of Master William C.C. Chen. Focus is on balance, breathing, body mechanics and stress reduction as you experience its graceful movements. \$15/class. Viera Community Center, 2300 Judge Fran Jamieson Way, Rockledge. 321 522-7620. RandySweany@RockledgeTaiChiChuan.com.

Bones Makers – 9:45-10:30am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Wickham Senior Center 2785 Leisure Way, Melbourne. 321-759-4962.

Gentle Yoga for Beginners – 10:30-11:30am. A gentle, hatha yoga class recommended for beginners. Integrating body, mind and spirit with yoga postures (asana), breathing exercises (pranayama), and deep relaxation with Debby Jeffries is a Certified Yoga Instructor. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Posturcize – 11am-12pm. Fun and effective conditioning exercises for posture and joint function, prevention and rehab for musculoskeletal issues. 321-917-4529. \$5 per class. Space Coast Wellness Center 725 S. Apollo Blvd., Melbourne.

Prenatal Yoga & Meditation – 11-12 pm. You will be “swaddled” with bolsters and blankets and guided on a beautiful, meditative, and spiritual journey exploring your divine connection with your baby. Allows progressive relaxation and opens your body, releasing stress on your nerves and healing your nervous system. Led by Maria Banas. Preregistration is required. \$20. Zen Yoga Studio 1024 Hwy A1A # 150, Satellite Beach. 866-820-9642. ZenYoga321.com.

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EARLY BIRD DEADLINE: NOVEMBER 4TH

Posturcize –5:30-6:30pm. See Wednesday 11am listing.

Vinyasa Flow – 5:30pm. Class is geared towards yoga students wanting full body movement. Linking movement with breath as a moving meditation stimulates flow of energy and allows for clarity and a sense of calm. For all levels. Led by Leah DuBois. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Tai Chi – 6:30-7:30pm. Learn Tai Chi as taught by Randy Sweany, student of Master William C.C. Chen. Focus is on balance, breathing, body mechanics and stress reduction as you experience its graceful movements. \$15/class. MAS Karate Studios 550 Gus Hipp Blvd, Rockledge. 321 522-7620. RockledgeTaiChiChuan.com.

A Course in Miracles Meeting – 6:30-8pm. Glenda Carlin will facilitate the group. Attend to learn true forgiveness to save time in your awakening process. Unity of Merritt Island, 4725 N Courtenay Pkwy, Merritt Island. 321-705-1678. GreatRayExperience.com.

Hatha Yoga – 6:30-7:45pm. With Marilyn. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

TREASURE COAST

Wake & Rise – 7:45-8:45am. Yoga Flow. \$15 drop in. Class Packages available. Down to Earth Yoga 1649 SE Port Saint Lucie Blvd PSL. 520-661-7798. Dte-Yoga.com.

Hatha Yoga – 10:30-11:45am. Hatha Yoga. \$15 drop in fee. Down to Earth Yoga 1649 SE Port St. Lucie PSL. 520-661-7798.Dte-Yoga.com.

Insight Meditation – 11am-Noon. Clear your mind, calm your emotions and experience peace with Rev. Janice Cary. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. Love offerings accepted. UnityofFtPierce.com. 772-461-2272.

Sessions and Readings – 11am-4pm. Energy work utilizing Reiki, Angels, Ascended Master, Spirit Guides, Shamanic techniques, Divine Soul readings, Akashic Records and Sound Therapy. Call for prices as they vary depending on service and to pre-register. Spark of Divine, LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Yoga In The Salt Cave – 5:45-6:45pm. Yoga In The Salt Cave With Luna Sol Yoga, Sign up online through Luna Sol Yoga. The HAIR Tiki 735 Commerce Center Dr., Ste. B Sebastian. 772-538-6617.

Raise your Frequency Guided Meditation – 7-8pm. Guided meditation with Psychic Medium, Hypnotist, Mary Youngblood takes you on a journey with the healing frequencies. \$10. The Cottage 120 SW Ocean Blvd Stuart. 772-323-1604.

thursday

SPACE COAST

Yoga in the Village - 9:30-10:30am. Yoga has been known to create wellness. Basic Hatha Yoga with some flowing movements. Beginners welcome. \$10. The Zen Room 631 Brevard Ave Suite C Cocoa Village. 321-544-8541.

Hatha Yoga – 10:30am. An inspiring and peaceful Hatha Yoga practice with yoga postures (asana), breathing exercises (pranayama), and deep relaxation led by Bruce Orion. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Children's Afterschool Zen (Ages 5-12) – 4-4:45pm. A fun filled after school class for children 5-12. Join Montessori Certified Teacher, Maria Banas, in an exploration of Yoga, Meditation, Art, Mandalas, Music & Movement. Pre-registration is required. \$10. Zen Yoga Studio 1024 Hwy A1A # 150, Satellite Beach. 866-820-9642. ZenYoga321.com.

Crystal Bowl Meditation – 4-5pm. Learn meditation techniques to quiet the mind and relax the body. Experience the crystal bowls, toning and a special sound meditation. Susan Rizzo has over 20 years' experience teaching sound healing techniques. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

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Yoga - 5:45-6:45pm. With Teren. Gentle Hatha yoga classes with a focus on healing and meditation. Instructor Teren Nichols is a licensed intuitive massage therapist. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Yoga in the Village - 6-7pm. A practice that encourages everyone to find the peaceful union among body, breath, mind, and spirit. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

TREASURE COAST

Pilates Mat Class - 10:30-11:30am. Mat class offered by certified instructor, Barbara Lengen. For information visit AtlanticPilates.net. \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Meditation Class - 6-7pm. This class is for beginners or those who want to refresh or add to their practice with new ideas. Facilitated by Oscar Villanueva, learn the basic principles of how to balance yourself through the age-old practice of meditation. Creating a dedicated practice can help you alleviate stress, intrusive thoughts, insomnia and other things that get in the way of your peace and comfort. \$10 love donation. Scented Dragon, just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie, 772-877-2102.

Candlelight Yoga - 7:45-8:45pm. Slow Flow Moon Salutations. \$15 drop in. Class Packages available. Down to Earth Yoga, 1649 SE Port Saint Lucie Blvd, PSL. 520-661-7798. Dte-Yoga.com.

friday

SPACE COAST

Yoga in the Village - 10-11am. A practice that encourages everyone to find the peaceful union among body, breath, mind, and spirit. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

Bone Makers - 10:30-11:30am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Hobbs Pharmacy, 133 N. Banana River Drive Merritt Island. 321-759-4962.

Yoga for Beginners - 10:30-11:30am For beginners and those who like to keep it basic. Includes instruction and support in learning foundation poses, proper alignment in the poses, breathing techniques and meditation. Led by Debby Jeffries. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Donation Yoga for the Whole Family - 4-5pm. Yoga and meditation for the whole family. All ages and levels welcome. Led by Willow Noa. Gratitude donation. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Yoga Nidra - 5:15-6:15pm. The class involves breathwork, some gentle physical relaxation techniques, and then a full guided yoga nidra cycle to bring you through the kosha, or five layers of the

self, until you are deep in your subconscious. Led by Aisling. Donation. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TREASURE COAST

Tai Chi Easy - 10-11:15am. Activate your natural internal healing resources through gentle meditative movement, deep breathing and relaxation. With Amy. \$10 drop in, \$40 for six weeks paid in advance. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Tai Chi Hard - 11:30am-12:30pm. Activate your natural internal healing resources through gentle meditative movement, deep breathing and relaxation. With Amy. \$15 drop in, \$60 for six weeks paid in advance. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Drum Circle - 6-7pm. Come be a part of this Community Rhythm Experience. Our circle will assist you to raise your personal vibration and release inner blocks. We offer a judgement free environment, and all are welcome. Donation. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

Reiki Meditation Circle - 7-8pm. Experience our Reiki Meditation Circle for an hour of peace, comfort and harmony. Feel yourself shift into a peaceful place. Practitioners welcome. Donation. Scented Dragon, 6993 Hancock Drive Port Saint Lucie. 772-877-2102.

Reiki Circle - 7-8pm. Experience the transmission of Universal energy which activates peace, healing. Love Offering. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

saturday

TREASURE COAST

Saturday Downtown Ft. Pierce Farmers' Market - 8am-12pm. Downtown Ft. Pierce Farmers Market has over 70 friendly vendors offering a diverse selection of foods, exotic plants, spices, local produce and much more. Rain or shine. Live music, fresh food and right on the river; make it your Saturday morning tradition. Free. Riverfront Downtown Ft. Pierce 101 Melody Lane, Ft. Pierce. FortPierceFarmersMarket.com.

Tarot Card Sessions - 10am-1pm. Find answers to some of your life's most puzzling questions through a private session with Eric Adler. Eric utilizes his 25 years of experience as a Tarot Card reader along with his empathic tendencies to guide his clients to a better understanding of their life's path. Rebecca's Organics 301 Orange Ave. Ft. Pierce. Contact Eric Adler at 203-554-0937 or visit his website EsotericTarotCard.com

Psychic Medium Readings & More - 11am-6:30pm. Readings offered 7 days a week. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome. Psychic Medium & Aura Reading with Christopher Johanson offered 11am-4pm. Tuesday-Sunday Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com

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BUSINESS OPPORTUNITIES

AESTHETICIAN LICENSED AND EXPERIENCED wanted to rent at Judith of Vero. Skincare room finished and ready for use. 772-564-0408 for interview.

OFFICE HELP I am available 1 or 2 days a week to help you with filing, phones, special projects, etc. (\$10 hr. Vero Beach/Sebastian area). Marie: 954-663-0557.

START A CAREER YOU CAN BE PASSIONATE ABOUT. Publish your own *Natural Awakenings* magazine. Home based business complete with comprehensive training and support system. New franchises are available or purchase a magazine that is currently publishing. Call 239-530-1377 or visit NaturalAwakeningsMag.com/mymagazine

NEED A NEW LOOK FOR YOUR ADVERTISING AND PROMOTIONAL MATERIAL? Graphic designer with 15 years' experience in the wellness and holistic industry. Fully bilingual: English & Spanish. Call 787-297-8818 or email Waleska@PRnatural.com

COMMUNITY

DONATIONS NEEDED FOR CENTRAL BREVARD HUMANE SOCIETY - The Merritt Island Adoption Center and CBHS Shelter is in need of donations like Purina Cat, Kitten and Puppy Chow, canned food (kittens, puppies, cats and dogs), kitten formula (KMR), distilled water, blankets, comforters, sheets, towels, dog and cat toys, paper towels, rubbing alcohol, hand soap, Clorox bleach, Fabuloso, laundry and dish soap. All donated items can be brought to the Humane Society, located at 1020 Cox Road in Cocoa. CriticSavers.com 321-636-3343 ext. 214.

VOLUNTEERS NEEDED - Can you spare two hours a week to deliver meals to Brevard's most frail seniors? The work is very rewarding and only you can put a smile on the face of those seniors who are homebound. If interested please call the Meals on Wheels office at 321-639-8770.

FOR RENT

PRIME LOCATION! Next to Sunseed Co-op in fast growing Cape Canaveral. Rental rooms available: 8'x14' (\$400/mo.) 12'x12' with window and cabinets (\$550/mo.) 26'x19+' mirrored yoga room (neg.) Utilities/WiFi inc. Contact: JonesChiropractic@cfl.rr.com

EXECUTIVE SUITES AVAILABLE: Located in the upscale town-like development of Viera, 5445 Village Drive near the corner of Murrell and Viera Blvd. Tenant mix includes a Dentist, Chiropractor, Insurance Provider, 2 Mental Health Counselors and a real estate office. Ample parking. Furnished: Water, Sewer, Electric, Wireless Internet Included. \$5.25 /SF/Month, 110 SF Office Please call: 321-222-9389 (mobile) 321 591-6793. ARX Real Estate, LLC - Cindy J. Kilgallon; Lic. Real Estate Broker.

the natural directory

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in The Natural Directory email Kris@mynaturalawakenings.com to request our media kit.

ACUPUNCTURE

MARCELA BOWIE, D.O.M., AP

325 5th Ave, Ste 205
Indialantic, 321-961-8243
NoWorriesNaturalMedicine.com



Dr. Bowie uses acupuncture, herbal medicine, injection therapy, cupping, and tuina to treat many conditions ranging from asthma, headaches, pain and neurological and GYN disorders.

ANNA COLLINGS, A.P., D.O.M.

150 Fortenberry Rd, Ste B
Merritt Island, 321-289-1560
Phase9Align.com



Aiding the body and mind's natural healing with Traditional Chinese Medicine including: Acupuncture, Healing Foods and CranioSacral Therapy for conception, pregnancy, birthing, and children.

HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE

1395 N. Courtenay Pkwy, Ste 202
Merritt Island, 321-252-3720
HealthyHealingClinic.com

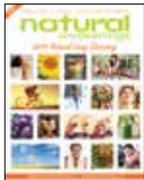


Acupuncture, Cosmetic Acupuncture, Herbal Therapy, Cupping, Massage, Nutrition, Injection Therapy and LED Therapy. Michelle Connell, AP, DOM can help you overcome pain and balance your body to maintain health.

ADVERTISING/ MARKETING/PR

NATURAL AWAKENINGS MAGAZINE

Kris Urquhart, Publisher
Kris@my-NA.com
321-426-0080
my-NA.com



Natural Awakenings is your multi-media resource for natural and eco-friendly living. Print, online, mobile, and social media options to keep up with the latest natural living news. Reaching over 70,000 loyal readers each month and thousands more online and with our iPhone/iPad app – you can keep Natural Awakenings at your fingertips.

ALTERNATIVE HEALING

CARE NATURAL WELLNESS CENTER

Brian P. Walsh, D.C.
1051 Eber Blvd, Ste 102
Melbourne, 321-728-1387
CareWellnessFL.com



Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 13.

AROMATHERAPY

MUDITA AROMATICS

Jacqueline Mouton, CA
Melbourne, 321-419-6485
Mudita-Aromatics.com



Mudita Aromatics offers Aromatherapy Consultation and pure essential oil custom blends in support of minor pain, inflammation, headaches, allergies and more. Free 30-minute consultation.

ART & METAPHYSICAL GALLERY

UBUNTU FISH GALLERY

508 SE Osceola St.
Stuart, 772-210-2931
UbuntuFishGallery.com



An artists' gallery and intuitive lounge offering: spiritual readings, art gallery, happy hour with the intuitives, meditation, crystal grid and energy workshops, gift shop and more. See ad, page 22.

ART THERAPY

MARCY PURDY, ATR BC

ArtReach of Vero Beach
MarcyArtReach@gmail.com
772-538-5532



Find out how creating artwork can improve your emotional, mental and physical well-being and shine light on your own self-worth. Marcy also instructs Qi Gong and Soulcollage.

AUCTIONS

CLIFF SHULER AUCTIONEERS & LIQUIDATORS, INC

422 Julia Street
Titusville, 321-267-8563
SoldFor.com



Live, public Auctions. Selling items big or small, from real estate to diamond rings to Tupperware. Serving Brevard County and Florida for over 42 years. See ad, page 11.

AYURVEDA

HEALING ELEMENTS AYURVEDA

1290 S Hwy A1A, Ste 102
Satellite Beach, 321-480-9617
HealingElementsAyurveda.com



Healing Elements offers Ayurvedic wellness consultations focusing on nutritional counseling and herbal care, Ayurvedic massage, Panchakarma (detox), Yoga, Reiki, Wellness workshops and Cooking classes.

BOTANICAL PRODUCTS

PREVASIVE

321-591-8290
PreVasive.com/florida



Ground-breaking botanical cleaners and pest control effective on mold, mildew, insects and odors. Recognized safe under FIFRA, EPA and FDA for commercial, residential and agricultural uses.

CBD HEMP PRODUCTS

ORGANIC LIFESTYLE STORE

996 S Wickham Rd, Melbourne
EarthOrganicsCBD.com
321-372-1029



Our CBD oil relieves anxiety, depression, pain, sleep issues and more for only \$60. Our CBD paste has been known to combat diseases and cancer. We offer FREE consultation to discuss dosing, health concerns and a return to amazing health. See ad, page 8.

WEST COCOA PHARMACY & COMPOUNDING

2711 Clearlake Rd, Ste. C10
Cocoa, 321-305-6909
CocoaPharmacy.com

Carrying pharmacist-formulated CBD oil that is THC-free, organic and non-GMO for all of the reasons you are using CBD oil. Open M-F 9-6, Sat 9:30-2.

YOUR CBD STORE

429 5th Ave, Indialantic

321-327-3741

IndialanticFL.cbdrx4u.com



A dedicated CBD store that carries only the best products derived from 100% organic, non-GMO, and CO2 extracted industrial hemp. From tinctures, water soluble and edibles

to skin care, pain creams, vapes and pets, there is something to help everyone. Free samples! Mon-Sat 10am-6pm.

CHILDREN'S HEALTH

CHILDREN'S HEALTHCARE OF BREVARD

Margaret Witzleb, MSN, ARNP

2351 W. Eau Gallie Blvd, Ste 4

Melbourne, 321-775-0477

AFFORDABLE, QUALITY pediatric health care offering both alternative and traditional choices for your child's health, regardless of immunization or insurance status. Home-birthing infants welcome!

NATURAL SOLUTIONS WITH DR. RUTH

Ruth M. Rodriguez, DO

Space & Treasure Coast, 321-427-6538

NaturalSolutionsWithDrRuth.com



Dr. Ruth Rodriguez, board certified Osteopathic Pediatrician provides all-natural solutions for your children's health and wellness needs. One-to-one consultations or group calls offered through Skype or Zoom.

See ad, page 20.

CHIROPRACTIC

CLOW CHIROPRACTIC

145 Palm Bay Rd NE, Ste 120

W Melbourne, 321-725-8778

ClowChiropractic.com



Clow Chiropractic has been providing a full spectrum of natural health-care for over 25 years. Services include chiropractic adjustments, nutritional support, massage (MM2166), physiotherapy, and rehab.

JONES CHIROPRACTIC

6615 N Atlantic Ave, Ste A

Cape Canaveral, 321-868-0888

JonesChiropractic.net



We care for infants to athletes to seniors, using activator to hands-on techniques, incorporating Aquamed Hydromassage and Kennedy Decompression Therapy. Serving Brevard 25+ years.

DR. ROZANA SHARMA, DC

1300 Pinetree Dr, Ste 7

Indian Harbour Beach

DocksideChiropractic.com

321-361-6869



Specializing in non-surgical spine and joint rehabilitation through adjustments, NeuroMuscular physical therapy, postural rehabilitation (no more tech neck), Photobiomodulation-cold laser. Now accepting injury cases.

CLEANING: NATURAL

PROVERBS 31 CLEANING SERVICE

Brevard & parts of Indian River

321-210-8538

Proverbs31CleaningService.com

We offer personalized, yet affordable service. Our all-natural cleaning products are safe for your family/pets. Aromatherapy included. Senior discounts. Prices upfront. Licensed, insured, & bonded.

COACHING

CAROL BAXTER

Relationship and Life Coach

772-359-8924

TheInspiredLivingCenter.com

ClientCare@TheInspiredLivingCenter.com



Having the relationship you most deeply desire takes awareness, intention and attention. Learn how to create ongoing connection and intimacy, gracefully navigate mutual triggers and conflict, rebuild broken trust, truly forgive and be forgiven, turn down the volume on anger and diffuse resentment. Establish habits that restore trust and intimacy.

CHERI FLAUTO WHOLE LIFE COACH

Essential Elements Wellness

1010 E New Haven Ave, Suite D

Melbourne, 407-401-0890

Cheri.Flauto.com



Cheri Flauto is a Certified Whole Life Coach. Her passion is to empower those who are ready to take charge of their life's journey. She believes that once we take personal responsibility for our lives, we free ourselves to do,

be and create anything and everything that we desire.

REV JANICE CARY

Unity of Fort Pierce

3414 Sunrise Blvd

Ft Pierce, 772-461-2272



Life Coaching frees a person from limiting inner beliefs. Relationships, career and self-confidence flourish as you learn tools for meaningful living. Spiritual Counselling enriches one's quality of life through awareness of their spiritual connection. See ad, page 46.

JODI RITA

Transformational Life Coach

321-591-8290

JodiRita.com



Assisting with transformations through love, wisdom and self-empowerment. Also offering natural solutions for anxiety, depression and other debilitating conditions. One-on-one coaching, in person or skype. See ad, page 33.

COACHING: INTUITIVE HEALTH

SPIRITUAL SERVICES WITH LAURA BEERS

Melbourne, Skype, Phone, Travel

321-751-4766

HealYourSpirit2.com

Spiritual development coaching heal grief with messages from the Other Side: Psychic Mediumship private or group readings. Motivational Speaker. Ordained Minister: weddings, life celebrations.

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Indialantic

321-616-5977

AudraRacaniello.amtaMembers.com

Choose colon hydrotherapy for the health of your colon. Waste is gently, safely and effectively removed using purified water and disposable equipment. (MA79695).

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Indialantic, 321-480-8654

HappyColons.com

Candice@HappyColons.com

CHOOSE HEALTH! Colon health management, through irrigation and hydration since 1988, using purified, structured water, in a safe, professional environment. (MA8163)

DENTISTRY

SMILE DESIGN AND WELLNESS CENTER

Dr. Chris Edwards

Dr. Rob Brown

Dr. Haley Freymiller

Viera, 321-751-7775

SDICFL.com

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 45.

DENTISTRY CONT.

CLAIRE STAGG, DDS, PA

Comprehensive Mercury Free Dental Care for the Whole Family
Indian Harbour Beach, 321-777-2797
SmileProfessionals.com



Whole body connections and anti-aging Dentistry advanced non-surgical TMJ, snoring and sleep breathing disorders therapy, head, neck and facial pain treatment, non-extraction orthodontics, smile makeovers and dentistry for patients with multiple chemical sensitivities. See ad, page 39.

EYE & VISION CARE

HEALTH FOR LIFE

1727 N. Atlantic Ave
Cocoa Beach, FL 32931
321-259-0555
HealthForLifeWellnessCenters.com

We specialize in treating degenerative eye diseases and serious vision conditions with Micro-Acupuncture. 85% of patients respond positively to this treatment. Schedule your complimentary consultation.

FENG SHUI

FENG SHUI DESIGN

Linda C. Adams Interiors, LLC
772-342-0387



Linda has 20 years' experience as a licensed Interior Designer and Feng Shui consultant. Learn secrets to creating a life full of passion, abundance and joy. In-home consultations.

HAIR SALON

ELEMENTS ORGANIC SALON & SPA

28 Oleander Street
Cocoa, 321-349-0389
ElementsOrganicSalon.com



Green Circle Salon.

An organic salon and spa providing hair and nail services using only natural products with the least amount of toxic chemicals possible. Certified

HEALTH FOOD

EARTH FARE

5410 Murrell Rd.
Rockledge, 321-615-9858
EarthFare.com

Earth Fare, Everyone's Healthy Supermarket, offers clean, healthy foods to fit your lifestyle, from grab-and-go prepared meals to Organic and non-GMO produce and more.

GLORIA'S HEALTH HUT

951 Old Dixie Hwy, A3
Vero Beach, 772-770-2101

Wide selection of vitamins, supplements, herbs, CBD oil, skin and body care products, gluten-free and organic items. "We're More Than a Health Food Store."

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3170 W New Haven Ave
W. Melbourne, 321-405-0398
LuckysMarket.com

Lucky's Market is a natural grocer, providing a wide range of organic, natural, local, and private label products to fit every need.

NATURE'S HEALTHY HARVEST

2330 N. Wickham Rd, Ste 14
Melbourne, 321-610-3989
NaturesHealthyHarvest.net
NaturesHealthyHarvest@gmail.com

Wellness Center, CBD Hemp Oil, supplements, vitamins, herbs, skin & body care, gluten-free & organic products, proteins, aromatherapy, and health and wellness classes.

NUTRITION SMART

464 SW Port St. Lucie Blvd
Port St. Lucie, 772 323-2222
NutritionSmart.com

Your neighborhood natural organic grocery, vitamins, and juice bar. Committed to providing the community with products necessary for a healthy lifestyle. Free weekly in-store classes.

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862 N. Miramar Ave
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OrganicFoodCenter.com

Natural & Organic grocery with wide selection of vitamins and supplements. Organic café with fresh wheat grass, vegetable juices and smoothies, vegan and gluten-free soups, sandwiches and salads.

PEGGY'S NATURAL FOODS

5839 SE Federal Highway
Stuart, 772-286-1401
PeggysNaturalFoods.com

Wide variety of natural and organic foods. Peggy's Brand Vitamins, Supplements and Herbs in-store or online. Gluten FREE, organic produce, seminars, demo's, and more. Peggy's... Your path to Health.

SUNSEED FOOD CO-OP

6615 N. Atlantic Ave (A1A)
Cape Canaveral, 321-784-0930
SunseedFoodCoop.com

Community-owned, Not-for-Profit Co-op founded in 1974. Largest selection of vitamins & herbs in Brevard. Organic produce and much more. Open Mon-Fri 9-8, Sat 9-7, Sun 10-6.

SUNSHINE HEALTH FOOD STORE

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Titusville, 321-269-4848
InsightNutrition.net

Providing nutritional health counseling in a truly holistic fashion by offering massage, cholesterol testing, food detox, essential oils, blood typing along with vitamins, minerals, herbs, homeopathics and natural foods.

HERBALISTS

GINA KEARNEY

Certified Herbalist +
Flower Essence Practitioner
422 SW Akron Ave
Stuart, 516-984-4615
HerbsAndOwls.com



Private Herbal Consultations and Flower Essence Therapy. Specialties: Stress and anxiety, digestive health, women's health, sleep, immunity, longevity. Group classes in Salt Room, see calendar.

MAMA JO'S SUNSHINE HERBALS

1300 Pinetree Drive, Ste 3
Indian Harbour Beach, 321-779-4647

Enjoy a cup of complementary tea in the relaxing atmosphere of herbs and handmade herbal delights. Bulk Herbs, Handmade Products, Consultations, Classes, and Supplies. Teas, tinctures, lotions, soaps, facial products, salves, and more. See ad, page 21.

THE HERB CORNER

277 N. Babcock St
Melbourne, 321-757-7522
HerbCorner.net

Bulk Herbs, Herbal Certification Course and other herbal classes. Essential oils, handmade salves and lotions, customized herbal blends and private consultations. See ad, page 33.

HOLISTIC HEALTH

VEROVITA HOLISTIC HEALTH

Susan Young, PhD, ND, NC, MH
1925 20th St, Vero Beach
304-203-4493 EssYoung@gmail.com



Susan Young believes our bodies can achieve balance! As a Holistic Practitioner she focuses on eliminating causes of symptoms to restore a natural state of wellness.

HEMOCARE

JUST A FRIEND ELDER CARE

Beverly Gordon-Hall
321-527-4019
Serving Brevard County



We offer compassionate companionship, light housekeeping, errands, grocery shopping, transportation to appointments, medication reminders, and memory improvement activities in the comfort of your home.

HOMEOPATHIC MEDICINE

NEW EARTH CLINIC & APOTHECARY

Adam Tice, ND & Jennifer Tice, ND
Melbourne/Indialantic, 321-848-4914
NewEarthNaturopathic.com



Tried everything? Come see the experts in natural health, homeopathic medicine, herbal remedies, and nature cure. Specializing in complex chronic diseases, infertility, pregnancy & pediatrics.

HYPNOTHERAPY

LORI BURKE HYPNOTHERAPY LLC

Lori Burke, Cert. Clinical Hypnotherapist
Melbourne, 321-652-1039
LoriBurkeHypnosis.com



Start Living a Life You Love! Free yourself from hostility, fears, resentment; Overcome limiting thoughts and behaviors; Adopt healthy habits; Improve relationships. (IAIH Certified CH/CCH/CTH #7596890).

ELIZABETH L CAMPBELL, BCH

CI, MNLP, CTH
611 SW Federal Highway, Suite K-1
Stuart, 772-215-2985
Elizabeth@TranceformU.com



Combining the best of Hypnotherapy, NeuroLinguistics (NLP) and ThetaHealing to create rapid and lasting changes at the subconscious level. Results appear in body, mind, and spirit. From small concerns to serious trauma, from motivation to spirituality, subconscious changes positively affect all aspects of life. Practicing here in Stuart since 2003.

HYPNOTHERAPY BY JENNY

Jenny Battig
Certified Clinical Hypnotherapist
HypnotherapybyJenny.com
321-345-8971



Access the power of your inner mind to reduce stress, lose extra weight, stop smoking, or overcome other behaviors/patterns that have been holding you back!

HYPNOTIST: CLINICAL

BY THE SEA HYPNOSIS

Stephanie DeWayne, C.Ht.
850 NW Fed Hwy
Stuart, 772-207-0824
BytheSeaHypnosis.com



Hypnosis helps with: Anxiety, Stress, Smoking, Weight Loss, Pain Management, Overcoming Fears, Achieving Goals and more. Stephanie tailors every session to address each individual's needs.

INTEGRATIVE MEDICINE

MELISSA DEAN, MD

Dean Wellness Institute
Premiere Center for Regenerative Medicine
Vero Beach, 772-567-1500



Age Management, Weight Loss, Preventative Medicine, Andropause, Bioidentical Hormone Replacement, Lifestyle Management, Vitamin Evaluation, Nutrition and many other integrative therapies. See ad, back cover.

DEBORAH A. DEMARTA, MD, FACS, FAARFM

Institute of Colorectal Health & Wellness
218 SW Atlanta Ave
Stuart, 772-539-9556
InstituteHealthWellness.com



Anti-Aging, Functional and Regenerative Medicine. Colorectal Surgery and Functional GI, hormone replacement, food allergy and nutritional testing, IV vitamin therapy, heavy metals testing, medical aesthetics, THERMiVa vaginal rejuvenation, TherMiSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, botox and fillers, skin care, weight loss. See ad, page 47.

RADIANTLY HEALTHY MD

Rebecca Hunton, MD
420 Fifth Ave
Indialantic, 321-806-7436
DrHunton.com



Are you Radiantly Healthy? We offer Integrative/Functional Medicine solutions to address health challenges and healthy aging! We combine both traditional and natural options including medical marijuana certification. See ad, page 23.

YALE R. SMITH, MD, DABA,

BCASI, FAAMFM, ABAARM
Center for Anti-Aging Aesthetic and Rejuvenation Medicine
321-421-7111, Viera
AntiAgingIM.com



Transition off medication to a healthy lifestyle equipped with the tools of a healthy diet, exercise and supplements. Thorough evaluations and the personalized care you deserve. See ad, page 8.

IV THERAPY

RADIANTLY HEALTHY VITAMIN INFUSION DRIP LOUNGE

150 Fifth Ave, Suite B
Indialantic, 321-243-1859
rh-md.com/rhvi/



Delivering vital nutrients, IV Therapy benefits people with Chronic Fatigue, Depression, Migraines/Tension Headaches, Allergies, IBS, Cardiovascular Disease, Autoimmune Disease, Athletic Recovery, Viral/Bacterial Infections, and Common Cold/Flu. See ad, page 23.

VITALIFTS

4865 N Wickham Rd, Ste 109
Melbourne, 321-425-2111
Vitalifts.com



Dedicated IV vitamin and nutrient therapies Center. IV therapy used for sport performance, stress reduction, migraines, Fibromyalgia, chronic fatigue syndrome, skin rejuvenation, memory, and much more.

LOCAL FARMS

FLORIDA FIELDS TO FORKS, CSA

1200 Corey Road
Malabar, 321-229-5288
FloridaFieldsToForks.com



A local CSA farm, offering beyond organically raised grass-fed/grass-finished Angus beef, Berkshire pork, Katahdin lamb, chicken eggs, raw cow and goat milk, vegetables, and more.

MASSAGE THERAPY

CHAD TAYLOR, LMT/ GINGER TAYLOR, LMT

Melbourne / Palm Bay
321-480-9986
MassagesWithPurpose.com



Integrative therapeutic modalities: Massage Therapy (prenatal, deep tissue, and sports stretching), Gentle Scar Release, Craniosacral Therapy, Lymphatic Drainage Therapy, AVAZIA Advanced Pain Management, Thai Massage, Thai Foot Massage, Reflexology, Anti-Aging Face-Lifting Massage; helping clients transition towards a better life. MA93522/MM35261/MA75423

DANIELLE DEMPSEY, LMT

321-431-8280
Melbourne/Palm Bay
DanielleDempseyLmt.MassageTherapy.com



Integrative massage therapy customized to your specific needs, including: Therapeutic/Deep Tissue, Tabletop Thai and Pregnancy Massage. Hot stones, infrared lights, and aromatherapy are always complimentary. (MA91001)

MASSAGE THERAPY CONT.

HOLISTIC HEALING MASSAGE & WELLNESS

5595 Schenck Ave #7, Viera
321-848-0561
HolisticHealingMassage.org

Wellness center offering massage, colonics, sauna, detox foot baths & CBD products. All services by appointment. NOW offering 1-hour student massage for \$35! (MM1744, MA38084)

KERI'S THERAPEUTIC MASSAGE & SKIN CARE

Viera/Rockledge
727-457-7462
KerisTherapeuticMassage.com

Pain relief or Pampering. A therapist you can trust! Medical, Injury Rehab, Sports Massage, Swedish/Relaxation, Facials, Peels, Spa Treatments. You won't be disappointed! (MA74361, MM17447)

MEDICAL MARIJUANA

ALTERNATIVE MEDICAL SOLUTIONS

Edwin Stroup, MD
1627 US Hwy 1, Suite 211
Sebastian, 772-202-7976



Serving the Treasure Coast for medical marijuana certification.

Cannabis has many medical indications including chronic pain, PTSD, fibromyalgia, IBS, migraines, and much more!

ESSENTIALS MEDISPA & SALON

1705 Berglund Lane, Ste. 101
Viera, 321-722-2860
EssentialsMediSpaandSalon.com



If you are looking for an alternative method of relief to chronic health problems, you may be eligible for the use of medicinal marijuana. See ad, page 49.

METAPHYSICAL STORE

CREATIVE ENERGY ENCHANTED GIFTS FOR THE MIND, BODY AND SOUL

780 W New Haven Ave
Melbourne 321-952-6789
Facebook, Creative Energy Melbourne



We offer a wide variety of divination tools to enhance your Spiritual Journey including: Crystals, gemstones, jewelry, singing bowls, books, tarot, candles, salt lamps, sage, incense, oils, statuary, altar items & much more! Readings on weekends!

We offer a wide variety of divination tools to enhance your Spiritual Journey including:

GENIE'S GEMS

Unique Gifts & Clothing for your Inner Hippie
21 SW Flagler Ave
Downtown Stuart, 772-678-6228



Offering metaphysical, eco-friendly, organic yoga and hippie clothing, CBD products, books, singing bowls, crystals, stones, incense, unique gifts & so much more! Tea leaf reading available on Saturdays. Free hugs - Open 7 days a week.

Offering metaphysical, eco-friendly, organic yoga and hippie clothing, CBD products, books, singing bowls, crystals, stones, incense, unique gifts & so much more! Tea leaf reading available on Saturdays. Free hugs - Open 7 days a week.

PSYCHIC AND THE GENIE

313 Colorado Ave
Stuart, 772-678-6170
PsychicNTheGenie.com



Convenient Downtown Stuart location offering a wide assortment of incense, candles, books, sage, crystals, salt lamps and more. Psychic Medium, Tea Leaf, Aura Photography and tarot readings. Readers available 7 days a week!

SCENTED DRAGON

6993 Hancock Drive
Port St. Lucie, 772-877-2102
Open 7 days 10am-7pm



The Premier Metaphysical Store on the Treasure Coast offers knowledgeable staff, incense, crystals, stones, sage, candles, jewelry & more. Readers available daily. US 1 in Port St. Lucie. See ad, page 38.

NUTRITION

LEE COTTON, RDN, LDN

561-307-0706
Lee@LeeCottonRDN.com
LeeCottonRD.com



Private practice licensed Registered Dietitian offering Medical Nutrition Therapy and guidance for overall health and wellness. See ad, page 37.

PET SUPPLIES: NATURAL

NATURAL PET SPECIALTY SHOP

398-B N Harbor City Blvd
Melbourne, 321-259-3005
NaturalPetSpecialtyShop.com



Featuring: grain-free, high-quality protein, raw & organic pet foods, treats, supplements, homeopathic and herbal remedies, chemical-free grooming products, natural flea & tick supplies and much more.

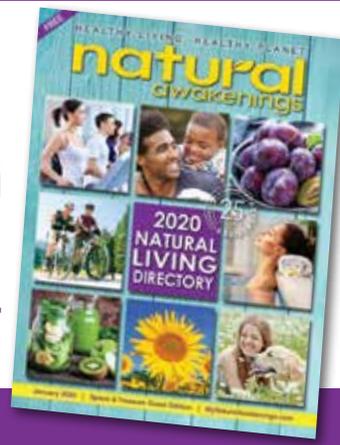


COMING IN JANUARY

2020 NATURAL LIVING Directory

Call today 321-426-0080 or visit my-NA.com/NLD

EARLY BIRD DEADLINE: NOVEMBER 4TH



PILATES & YOUR PALATE

705 SE 5th St
Stuart, 772-485-6585
PilatesandYourPalate.com



PILATES & YOUR PALATE, LLC.
STRENGTHEN AND FEED YOUR INNER CORE

Pilates and Your Palate is a fully equipped Pilates studio in Stuart. We offer private instruction and small group Pilates. Our lovely environment and amazing instructors' welcome clients to obtain their physical goals! Please call us today to book your first appointment and find out about our new client special!

PSYCHIC MEDIUM

CHRISTOPHER JOHANSEN

Psychic & the Genie
Downtown Stuart, 772-678-6170
PsychicNTheGenie.com



Third-generation psychic medium and Reiki Master, Christopher sees past, present and future events by tuning into the spirit energy surrounding you. Connect with your Spirit Guides and deceased loved ones.

TESS, THE TREASURE COAST MEDIUM

Intuitive Medium, Reiki Master,
Past Life Regressions
By appointment: 772-200-0016
TessTheHealer@gmail.com
TreasureCoastMedium.com



Are you grieving the loss of a loved one and need closure? Did you miss the chance to say 'Goodbye'? Or are you in need of divine guidance about your career, love life, or finances? Allow the Angels to help you make the right decisions. Learn how to cultivate your own intuition through classes offered in spiritual development.

PSYCHOTHERAPY

CREATIVE COUNSELING CENTER

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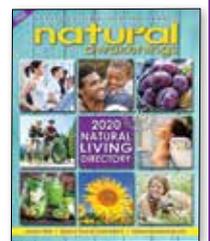
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Seven years without a cold?

Copper in new device stops cold and flu

By Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

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

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

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

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

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

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

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

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

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

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

People have even used copper on cold sores and say it can completely prevent outbreaks.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that



Dr. Bill Keevil:
Copper quickly kills cold viruses.

have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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New research: Copper stops colds if used early.

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