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# natural awakenings

## The Roots of Good Health

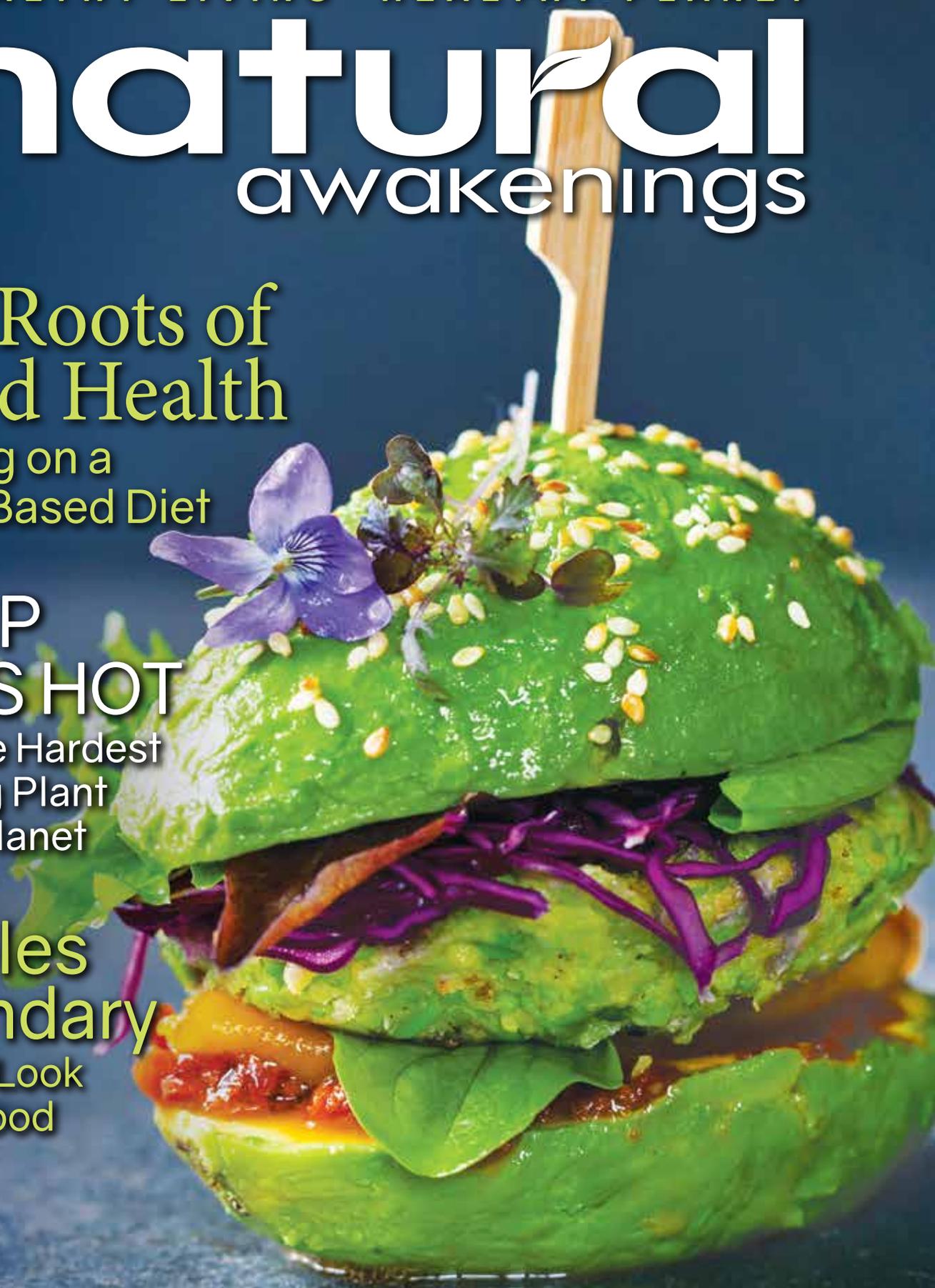
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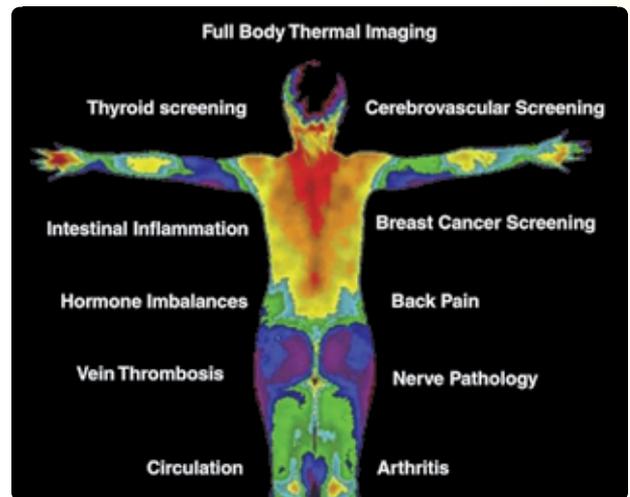
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## letter from the publisher



## Grow your Diet with Plant-based Eating

When I saw this month's cover image my mind conjured bread that was colored green with food dye for Saint Patrick's Day. After a closer look, I realized the creativity employed by using avocados as a bun replacement for this artful plant-based dish. As a young child, I imagined that vegetarians only ate boring salads with iceberg lettuce and tomatoes day after day. During the last twenty years through my immersion in the natural health community and work with *Natural Awakenings* I have discovered that plant-based eating incorporates a wide variety of foods, spices and delicious options for any palate.

"Plant-based chefs have plenty of kitchen hacks for making food prep and planning fun and easy," says author April Thompson in our feature article *The Roots of Good Health* [page 22]. Incorporating more plant-based dishes into your diet is easier than it has ever been. Today's access to recipes, tips and advice makes it simple to share the journey with others. Local groups that support a plant-based lifestyle are banding together and enjoying social outings [page 25]. If you are curious about making a change, it may be a great place to start.

Plants also play a starring role in other important aspects of our lives. Discover the healing powers of a popular hemp-based oil in *CBD's New Frontier: Help for Mental Health* [page 28]. Find out how hemp fuels high hopes among farmers, agricultural researchers, manufacturers and consumers for its use in a host of fiber-based products and its potential to combat climate change in *Hemp Gets Hot: Meet the Hardest Working Plant on the Planet* [page 36]. Also, in this issue, enjoy pointers on pet diets [page 30] and inspiring words from Meg Lundstrom about "synchronicity" and how we can encourage the sometimes life-changing "coincidences" that can have a profound influence on our lives [page 38]. Plus, *Hypnotherapy for Lasting Change* shares how the subconscious mind can inform behaviors and habits [page 26]. This spring show your body some love and enjoy nature's bounty by trying a new plant-based dish!

*Here's to a new kind of "green" this Saint Patty's Day,*

  
Kris Urquhart, Publisher



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## Never Glossy. Always Green.

*Natural Awakenings* practices environmental sustainability by using newsprint on uncoated stock. This choice avoids the toxic chemicals and high energy costs of producing shiny, coated paper that is hard to recycle. For more information, visit [My-NA.com](http://My-NA.com). [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com)

Natural Awakenings is a family of more than 70 healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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To advertise with *Natural Awakenings* or request a media kit, please contact us at [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com), email [Kris@mynaturalawakenings.com](mailto:Kris@mynaturalawakenings.com) or call 321-426-0080. Deadline for ads: the 10th of the month.

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

All calendar events must be submitted online at: [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com). E-mail calendar questions to: [Laurie@mynaturalawakenings.com](mailto: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](http://NaturalAwakeningsMag.com).

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## Ease and Convenience of At-Home Health Tests

The public can check many health aspects at home in an easy and highly convenient way without going to a doctor's office. LetsGetChecked, based in Dublin, Ireland, and New York City, provides comprehensive, at-home health testing along with complementary clinical services and connections with a global network of regulated laboratories, enabling users to take more active roles in their health and decision making.

After obtaining a testing kit online or from a selected pharmacy, customers self-collect a blood, saliva or urine sample with a kit-provided lancet and send it to an affiliated lab—all Clinical Laboratory Improvement Amendments-approved and College of American Pathologists-accredited—using a pre-paid label. Most will receive a call from the company's nursing team with results a few days later, which are also posted in their LetsGetChecked account.

Thirty separate kits—grouped in men's, women's and sexual health plus wellness—can check for sexually transmitted diseases; some cancers; thyroid function; vitamin, cholesterol and hormonal levels; and more.

Since its founding in 2014, the company has performed more than 250,000 tests. CB Insights, a leading private company research and analysis firm, named LetsGetChecked to its inaugural Digital Health 150 list in October.

For more information or to register, visit [LetsGetChecked.com](https://www.LetsGetChecked.com). Natural Awakenings readers can receive 20 percent off their order by using discount code **NAFL20**. See ad on page 30.

ADVERTORIAL



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# natural awakenings

**CALL FOR COVER ART SUBMISSIONS!**

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SEE YOUR ARTWORK FEATURED ON THE COVER OF *NATURAL AWAKENINGS!*

Submit your paintings and illustrations to *Natural Awakenings* for the chance to be seen on one of our covers!

For more information, including submission terms, regulations and format requirements, visit [NaturalAwakenings.com/CoverArt](https://www.NaturalAwakenings.com/CoverArt).

See your artwork featured on the cover of *Natural Awakenings!*

## Natural Awakenings Looking for Cover Artists

Creative individuals that would like to see their work featured on the cover of a nationally distributed magazine now have an exceptional opportunity. *Natural Awakenings* is extending a call for cover art and accepting submissions online via a dedicated webpage. Now in its 26th year, the franchised, monthly, healthy living publication that's available in more than 70 U.S. markets is known for eye-catching covers that feature original works by artists from around the world.

"This is an exciting opportunity for artists to be featured on one of our covers and reach a huge new audience because our monthly readership exceeds 2.5 million," says founder and CEO Sharon Bruckman. Selected artists that grant permission to have their work appear on a cover are featured in a one-third page, professionally written "Cover Artist" bio-style piece that describes the artist and includes their contact information.

*Natural Awakenings* covers reflect monthly editorial themes and a variety of selections are distributed to all franchise publishers so they can choose which they want to use. "Our covers are creative and help convey our mission of mapping out alternate routes to a healthier, happier and longer life," says Bruckman. "Art that is inspiring, uplifting and occasionally whimsical can unlock our imagination and nurture our spirit."

For more information, including a list of monthly themes, submission terms and format requirements, visit [NaturalAwakenings.com/CoverArt](https://www.NaturalAwakenings.com/CoverArt).

## kudos



### Dr. Chris Edwards Advocates Microscope Enhanced Dentistry

Dr. Chris Edwards attended the Yankee Dental Conference in Boston in January. He was part of the Academy of Microscope Enhanced Dentistry (AMED) which is working to encourage, inspire and educate the dental profession and the public by being a source of scientific, evidence-based information and advocating the advantages of the operating stereomicroscope. Dr. Edwards is on the board of AMED.

All the dentists at Smile Design and Wellness Center (SDWC) in Viera work through the clinical microscope. “The high-powered magnification and unsurpassed illumination is the way to perform precision dentistry,” says Dr. Edwards.

SDWC offers a full spectrum of dental services, with an emphasis on prevention. They have technologies like Cerec, lasers, microscopes, 3D X-ray, ozone therapies and minimally invasive techniques as well as safe mercury removal.

SDWC is located at 5445 Village Drive, Suite 100 in Viera. For more information, call 321-751-7775 or visit [SmileDesignCenter.us](http://SmileDesignCenter.us). See ad, page 11.

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## Holy Fire III Reiki Master Teacher Weekend Certification Course

**A**quarian Dreams is pleased to host the Holy Fire III Reiki Master Teacher weekend certification course March 6 to 8. This course combines Advanced Reiki



Training (ART), Reiki III, and Reiki Master Training. Participants will be able to initiate students into all levels of Reiki including full Reiki Master Teachers. The class is taught as the Usui/Holy Fire III style of Reiki that is a combination of the Usui system as taught by Mrs. Takata, and a special Holy Fire style.

The course is led by Maria Banas who is an Usui/Holy Fire III and Karuna Holy Fire III Master Teacher, O&O Academy Oneness Teacher, and Certified Yoga Teacher with Yoga Alliance. She has more than 25 years of experience in energy healing modalities.

“The training is intensive and very thorough,” says Banas. “It includes lecture, discussions, demonstrations and adequate practice time so that each student is confident in the use of placements and ignitions.”

This class is for those wanting to be Reiki masters, as well as those Reiki masters who want to have a clearer understanding of Reiki and increase the effectiveness of their Reiki energies. It is also for those interested in self-healing and spiritual development.

*All students must have Reiki 1 and Reiki II certifications. Cost: \$775 paid in advance, or \$800 day of event. For more information or to register, call 321-729-9495 or register online [AquarianDreams.com](http://AquarianDreams.com). See ad, page 3.*

## Quantifying Cancer Risks

Cancer Care Centers of Brevard offers a cancer risk assessment to help identify the presence of a hereditary cancer syndrome. Patients who have a significant family and/or personal history of cancer can determine their risks of developing certain types of cancer.



The bases of all cancers are genetic mutations, but only 5 to 10% of these are hereditary. Genetic testing can identify a person's risk. Those who have an increased cancer risk may be able to make more informed healthcare decisions.

*Call Cancer Care Centers of Brevard at 833-394-4904 to make an appointment for a risk assessment. For more information, visit [CancerCareBrevard.com](http://CancerCareBrevard.com).*



## Dr. Sharma Relocates to Florida Therapy Center in Melbourne

**D**r. Rozana Sharma has moved her chiropractic practice to the Florida Therapy Center on New Haven Avenue in Melbourne and is accepting new patients. She continues to provide the same care and services including: chiropractic, physiotherapy, nutritional support, massage and rehabilitation.

Dr. Sharma is certified in Rehabilitative Fitness to help patients decrease pain, increase function and live a holistic lifestyle. She performs a range of physical therapies with each adjustment visit for better outcomes. Dr. Sharma likes to teach patients easy, at-home techniques to empower them to manage their physical health.

Dr. Sharma feels her services are a perfect fit with those of the Florida Therapy Center. They provide complete conservative wellness through chiropractic care, physical therapy, mental health services, massage therapy, fitness memberships and nutritional services.

*Call 321-361-6869 to make an appointment with Dr. Sharma. The Florida Therapy Center is located at 1990 W. New Haven Ave, Suite 105, Melbourne.*

## Space Coast Fresh Fest in Cocoa Village

**P**lant-Based Brevard and the Coastal Estate Team are pleased to present the Inaugural Space Coast Fresh Fest on Sunday, March 1 from 11 a.m. to 5 p.m. at the Riverfront Park in historic Cocoa Village.



The event boasts a full day filled with delicious plant-based food and high-vibe experiences including live music, over 85 vendors, yoga, cooking demonstrations and inspirational speakers covering topics such as health and wellness, the future of food, environmental sustainability, plant-based beauty and so much more.

This free event is open to the public and suitable for all ages. A wide variety of plant-based food will be available for purchase. Between tasting the many food options, participants can attend cooking demos, enjoy music, get to know local animals up for adoption, take a yoga class, try their luck at the family game center, or sit down for a henna session.

*For a full schedule, visit [SpaceCoastFreshFest.com](http://SpaceCoastFreshFest.com) and check Facebook and Instagram for updates. Location: Riverfront Park, 401 Riveredge Blvd, Cocoa Village.*



## Herbal Certification Course at Mama Jo's Sunshine Herbals

Joanna Helms, registered herbalist and professional member of the American Herbalist Guild (AHG), is pleased to announce the Fundamentals of Herbalism course will begin

Saturday, March 7 and run through August. The course is a 6-month, on-site program meeting Saturdays. It consists of lectures and hands-on experience.

In response to great demand, Helms developed the course to provide a deeper understanding of the art and science of herbalism. Combining her more than two decades of clinical experience, historical perspectives, and current research, Helms offers students a solid foundation for understanding herbalism. Classes will provide an introduction to both Western Herbalism and Chinese Theory as they apply to the body systems. In addition, the course includes an herb walk and introduction to herbal applications and creating your own herbal remedies.

Each week students will receive an array of herbal teas and a live plant to start their own native, medicinal garden. Participants may register for the entire course or for individual classes.

For more information or to reserve your space, call 321-779-4647. Mama Jo's Sunshine Herbals is located at 1300 Pinetree Drive in Indian Harbour Beach. See ad, page 48.

## Physical, Mental, Emotional and Spiritual Well-being Techniques

Dr. Mary Jane Ward is accepting new clients to help them with stressful unresolved issues that may include an emotional or energetic component. She believes that NeuroEmotional Technique (NET) and The Body Talk system address Physical, Mental, Emotional and Spiritual (PMES) stressors. She recommends these practices that aided in her own healing after multiple other alternative methods failed to help.

The focus of NET is the correction of emotional stress (NET), toxins (homeopathics), biochemistry (nutrition) and structural (physical correction). NET received national recognition with an informative portrayal of the NET experience of character Dr. Owen Hunt for PTSD over three episodes on Grey's Anatomy. In addition, Daniel Monti, M.D. and Andrew Newberg, M.D., head researchers for NET, appeared in the movie, What the Bleep!?: Down the Rabbit Hole.

The BodyTalk System focuses on right and left brain balancing. It is energy medicine that recognizes the mind/body as a complex ecosystem that can get out of balance. "To sum it up the best I can," says Dr. Ward, "working with people using The Body Talk System is like bringing the parts together that, when separated, created the fracture in the person's PMES health. The next step involves balancing the right and left brain to those now reconnected parts via tapping."

For more information on NET Research, visit [OneFoundation.org](http://OneFoundation.org). Dr. Ward, Chiropractor, 2405 N. Courtenay Pkwy A7, Merritt Island. To contact Dr. Ward, call 321-453-7005.



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## Weekend Bliss Retreat in Indialantic

Kumari Mullin is thrilled to offer the BLISS Retreat on Friday, March 20 to Sunday, March 22. 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/blissretreat](http://KumariHealing.com/blissretreat) or call 321-729-9495. Location: Aquarium Dreams, 414 North Hwy. A1A, Indialantic.

## First Annual Natural Health Expo in Cocoa Beach

The first annual Natural Health Expo will be held in Cocoa Beach on March 14 and 15, at the International Palms Resort. Sponsored by The Sanctuary for Mind, Body, & Spirit and BUneke Magazine, this event will focus on natural health and wellness, clean living, and creating harmony amid the mind, body, and spirit.

The Sanctuary for Mind, Body, & Spirit has been producing events since 2005 and they are enthusiastic about coming to Brevard County. The Natural Health Expo will be a yearly event, having received great response from the public and related businesses since the event was announced. There will be speakers running throughout both days, which are included with the low \$5 admission. Topics include anti-aging, healing from cancer, meditation and more.

Attendees can interact with practitioners in different specialties such as acupuncture, hypnotherapy, chiropractic care, health coaching, and reflexology. There will be samples and demonstrations in natural and organic skincare, beauty products, supplements, foods, yoga and tai chi. There will be a wide variety of merchandise to browse such as jewelry, crystals, and essential oils.

*The International Palms Resort is located on the beach at 1300 North Atlantic Avenue (A1A) in Cocoa Beach. It has free parking and is convenient to several major highways. Hours both days: 10 a.m. to 6 p.m. For more information, visit [NaturalHealthExpoFL.com](http://NaturalHealthExpoFL.com) or email [info@NaturalHealthExpoFL.com](mailto:info@NaturalHealthExpoFL.com). See ad, page 46.*



## The Whole Body Health and Oral Health Connection with Live Plaque Analysis

Dr. Brian Walsh of CARE Natural Wellness Center and Drs. Chris Edwards, Rob Brown and Haley Freymiller of Smile Design and Wellness Center are getting together to explain how important oral health is to overall health and the vital relationship between the two.

Participants will learn how biological dentistry enhances traditional dentistry and how a functional nutrition approach to health gets to the root cause of disease.

Dr. Walsh utilizes Nutrition Response Testing to analyze the body’s own neurological reflexes to determine the underlying causes of ill health such as environmental toxicity, food sensitivities, and immune challenges. Smile Design and Wellness Center is a full service innovative comprehensive dental practice that uses many technologies to deliver biologically driven results.

Attendees will be able to participate in a Free Live Plaque Analysis (LPA) which will give a fascinating look into their own oral microbiome. Light refreshments will be served.

*This event will be held on Wednesday, March 11th at 7 p.m. at Smile Design and Wellness Center at 5445 Village Drive in Viera. To register for this free event, call Smile Design and Wellness Center at 321-751-7775. See ads, pages 11 and 25.*



## Balancing Women's Hormones with Ayurveda Workshop

Healing Elements Ayurveda is pleased to present an informative Women's Health and Hormones workshop on March 29 from 11 a.m. to 1 p.m. Ayurvedic Practitioner, Kimberly Shelpman and Integrative Health Coach, Aisling Cunningham will cover the topic of women's hormones and how to balance them naturally through Ayurveda.



"As women, our bodies are constantly changing throughout the course of our lives," says Shelpman. "This affects us not just on a physical level, but an emotional level as well. Our hormones are intimately related to the brain and our moods. Hormonal changes that occur from puberty to after menopause play a significant role in the health of all women."

This workshop is for women of all ages, as the workshop will include a discussion of hormones in all stages of life. Learn practical Ayurvedic tips for balancing hormones through nutrition, herbal care, yoga and meditation. The workshop will also include a live smoothie demonstration and all participants will receive a fresh, organic smoothie.

Healing Elements Ayurveda is located at 1290 S Hwy A1A, Ste 102, Satellite Beach. For more information, call 321-600-4560. Cost: \$25. Make your reservation by clicking on Book Now at [HealingElementsAyurveda.com](http://HealingElementsAyurveda.com).

## A Course in Miracles Letting Go of Fear Workshop

Glenda Carlin with GreatRayExperience.com is pleased to present the workshop *Letting Go of Fear Through the Principles of A Course in Miracles* on Saturday, March 21 from 10 a.m. to 5 p.m. This full-day workshop will be led by Gary Renard, an international speaker and best-selling author of four books including *Disappearance of the Universe* and *The Lifetimes When Jesus and Buddha Knew Each Other*.



In this workshop, Renard will take participants through the process of awakening from the dream of separation from God 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. "Gain a deeper understanding of how the mind works so you can take control of your thoughts and choose peace and oneness over conflict and separation," says Renard. "As a participant, you will learn how to heal all your relationships by changing your perception and interpretations, moving you further on the path of awakening to your reality as Spirit!"

Location: Unity of Melbourne, 2401 N. Harbor City Blvd, Melbourne. Book signing from 5-6 p.m. with photo opportunities. Cost: \$95 per person. To register call, 321-704-1678 or email [GlendaCarlin1@gmail.com](mailto:GlendaCarlin1@gmail.com). See ad, page 9.

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## Grand Opening Celebration at Tranquility Haven Center

Andrea Pearson owner and operator of Tranquility Haven Center is proud to announce her Grand Opening Celebration, with special events scheduled throughout the weekend beginning Friday, March 6.

With a background in fitness and wellness, Pearson's passion for helping others inspired her to create a safe space where community members can unplug, find guidance to inner peace, and form friendships. Removing stigmas associated with mental health is also work Pearson enjoys through Tranquility Haven Center. Pearson explains, "We offer acceptance and inclusion with a mission to connect people to self and others." Pearson adds, "Our vision is to spread the power of acceptance, love and self-care. Healing is an inside job and we hold space lovingly for our participants."

Meditation, yoga, Reiki, and sound baths, are among the headliners offered at the center. To celebrate their Grand Opening Pearson is offering some choice classes on a love donation basis, adding special classes and 15-minute demonstrations to the schedule, and has planned other special treats throughout the weekend. One of Pearson's favorite quotes: "Service to others is the rent you pay for your room here on earth." Muhammad Ali.

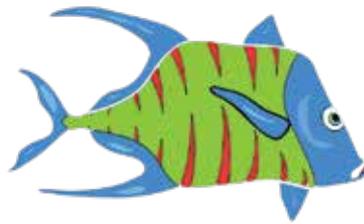
Call 772-210-5172 or visit [TranquilityHavenCenter.com](http://TranquilityHavenCenter.com) for class schedules. Tranquility Haven Center is located in downtown Stuart, 524 SE Dixie Hwy.

## The Inspired Living Center Adds Second Location

The Inspired Living Center is pleased to announce expanded services in a second location for the convenience of clients in Jensen Beach, Stuart, Palm City, and Hobe Sound. Rev. Carol Baxter is now available in both her Port St Lucie office and on Thursdays at Heavenly Hands Massage and Therapy in Jensen Beach for energy work, full Reiki healing sessions, Spiritual Counseling, Life Coaching and Relationship Rescue work.

Working with couples for over 15 years, Baxter shows them how to stop the vicious cycles of blaming and criticizing and how to open up, listen and respond to each other's needs and emotions instead. "Teaching my clients the critical skills they need to make a relationship stronger shifts the issues and allows the conflict to work for them by revealing each other's inner wounds that are ready to be healed," says Baxter. "Then they can move forward with a deeper sense of intimacy and trust."

Heavenly Hands Massage is located at 736 N.E. Jensen Beach Blvd., Jensen Beach. To set up a coaching session, call Rev. Carol Baxter at 772-359-8924 or email [clientcare@theinspiredlivingcenter.com](mailto:clientcare@theinspiredlivingcenter.com). For more information, visit [TheInspiredLivingCenter.com](http://TheInspiredLivingCenter.com).



## The Ubuntu Fish Psychic Fair

Ubuntu Fish is pleased to host the Ubuntu Fish Psychic Fair on Friday, March 6 from 5 to 9 p.m. Mary Youngblood, psychic medium and hypnotist and Dana Sardano, artist and owner of Ubuntu Fish Gallery have combined forces and gathered their best readers for this auspicious event.

From 5 to 6 p.m. there will be a meet and greet with light refreshments on hand, live music, and raffles. Attendees will also have the opportunity to look around the gallery and familiarize themselves with the readers. Readings will be scheduled from 6 to 9 p.m. and are \$25 for 15 minutes each. Patrons will have the opportunity to sign up for the reader(s) of their choice when they arrive to the gallery. "Because of the varied styles of the readers, we encourage you to sign up for more than one reader," says Sardano. "They are all such gems!" Participants will receive one raffle ticket for each reader sign-up. Extra raffle tickets will be on sale for \$1 each. Pre-register online and receive five free raffle tickets.

Contact Dana Sardano at [Dana@UbuntuFishGallery.com](mailto:Dana@UbuntuFishGallery.com) to preregister for readings. For more information, visit [UbuntuFishGallery.com](http://UbuntuFishGallery.com). See ad, page 47.

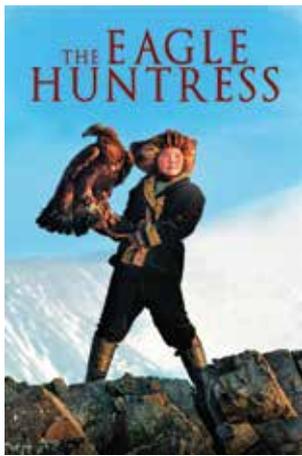
## Unity Of Fort Pierce Presents First Degree Reiki

Join Reiki Masters Rev Janice Cary and Trish Gable for a Reiki I workshop on Saturday, March 14 from 10 a.m. to 4 p.m. Participants will learn the techniques and hand positions for a Reiki treatment and the student will be attuned in directing this Universal Life Energy. "All the power of the universe is within," says Cary. "Once we are aware of and connect with this healing power, we become more peaceful, poised and filled with compassion for ourselves and for all beings."



"Reiki practice is a way of life which understands where awareness goes, energy follows. Our attitude, gratitude and appreciation lift us into a healing frequency where we are able to experience and direct this pure life force to bring about an opening of the mind, calming of the emotions and healing of body," says Cary. "Truth Principles are similar. The Principles of Unity, the Principles of Reiki, the Principles of Quantum Physics all point to our realizing that we come from the same primordial Presence/Essence/Energy some call God."

Location: Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. For more information and to register, call 772-461-2272. Cost: \$150. Includes manual. Bring your lunch. See ad, page 47.



## Friends Celebrates International Women's Day with Special Events

For its third consecutive celebration of International Women's Day (IWD), Friends After Diagnosis (FAD) invites the community to a free screening of the documentary *The Eagle Huntress* at The Majestic 11 theater in Vero Beach on March 8 at 1:30 p.m. (doors open at 12:45 p.m.). Ocean explorer Shirley Pomponi, PhD, of Florida Atlantic University's Harbor Branch Oceanographic Institute, will be the special guest speaker prior to the movie.

*The Eagle Huntress* is about a 13-year-old girl who trains to become the first female in 12 generations of her Kazakh family to become an eagle hunter and rises to the pinnacle of a tradition that has been handed down from father to son for centuries. The free screening is just one of several ways that FAD is celebrating International Women's Day this year.

The two other FAD events celebrating IWD are an art opening March 5 and 6 from 2 to 6 p.m. and March 7 from 10 a.m. to 4 p.m. at the FriendshipWorks Gallery, 3404 Aviation Blvd, Vero Beach; and an online auction at FriendsAfterDiagnosis.com, which is open for bidding through Saturday, March 15.

IWD is a global day of recognition providing an occasion for celebrating the achievements of women, and for making a call to action to accelerate the move toward gender equality.

*FAD serves women with cancer, others with breast cancer, and their caregivers through four monthly support meetings, education, and wellness programming offered free of charge. For more information, visit FriendsAfterDiagnosis.com.*



Your CBD Store  
Port St. Lucie

## One Year Anniversary Celebration at Your CBD Store, Port Saint Lucie

Your CBD Store of Port Saint Lucie is celebrating it's one-year anniversary on Saturday, March 21, from 2 p.m. to 6:30 p.m. Free samples, raffles, door prizes, discounted items and more will be part of the evening's festivities. Education on the do and don'ts of CBD use will

be plentiful to assist those interested in finding out more about CBD usage.

Your CBD Store of Port Saint Lucie opened its doors to the public in March of 2019 and has assisted thousands of consumers since. Education in the emerging field of cannabinoid use for health and wellness and quality products are the store's top priorities and what keeps consumers coming back and referring their friends and family.

With efforts made to support local communities, Your CBD Store works with the VA, rehabs, assisted living facilities and others to be certain all those who feel they can benefit from cannabinoid usage have an opportunity to get the information they need.

*For more information, call 772-207-7302. Your CBD Store of Port Saint Lucie is located at 2818 SW Port Saint Lucie Blvd., between Bravo and Enterprise. See ad, page 29.*



## Intermediate and Beginning Trance Classes

Beth Franks, owner of Spark of Divine, LLC Healing and Learning Center, is hosting an Intermediate Trance Class on Saturday, March 14 and a Beginner Trance on March 21. "Please join us for an experiential day of connection," says Franks.

Learn how to access higher frequencies to go deeper to retrieve more healing energy and information. Gain greater clarity while learning how to care for your physical self so you can avoid burnout.

If you feel a deeper calling to the Earth, then the beginner class is the one," says Franks. If you feel a deeper calling to the Earth and you are an experienced healing facilitator and you have a healing modality that you love, then the Intermediate class is for you.

Participants will learn how to go deeper than they ever thought possible to channel higher frequencies than they knew existed. "This work is integral to the future of this planet," says Franks. We have chosen to live in an exciting time, the beginning of the Aquarian Age. Learn how you can help usher in this age of peace, harmony and understanding."

*Spark of Divine, LLC is located in downtown Vero Beach in the Corner Shoppes. 1789 Old Dixie Hwy, Vero Beach. For more information, call 772-257-6499 or visit SparkofDivine.com.*

## Take Folic Acid to Reduce Stroke Risk



Researchers from Beijing Geriatric Hospital, in a meta-analysis of 12 studies involving 47,523 patients with cardiovascular disease, found that those that supplemented with folic acid (vitamin B<sub>9</sub>) reduced their risk of stroke by 15 percent. Folic acid,

which the study authors called a “safe and inexpensive therapy,” lowers levels of homocysteine, an amino acid linked to heart disease; research indicates that 0.5 to 5 milligrams daily can reduce homocysteine levels by approximately 25 percent.

## Practice Yoga to Help the Brain

It's long been known that vigorous, sweaty aerobics strengthen the brain and help grow new neurons, but the latest research from the University of Illinois at Urbana-Champaign shows that practicing gentle hatha yoga enhances many of those same brain structures and functions. The analysis, published in *Brain Plasticity*, examined 11 studies that used brain-imaging techniques to evaluate outcomes of hatha yoga, which involves body movements, meditation and breathing exercises. The researchers concluded that the hippocampus, which is involved in memory processing and typically shrinks with age, increased in volume with yoga. The amygdala, which helps regulate emotions, tends to be larger in yoga practitioners. Other brain regions that are larger or more efficient in enthusiasts are the prefrontal cortex, essential to planning and decision-making; the default mode network, involved in planning and memory; and the cingulate cortex, which plays a key role in emotional regulation, learning and memory.



## Cut Back on Sugar and Carbs to Improve Sleep

Women that toss and turn at night might sleep better if they pass up sugary treats for fruit, suggests a new study from Columbia University. Examining records of nearly 50,000 postmenopausal women in the Women's Health Initiative, researchers found those that consumed a diet high in refined carbohydrates—particularly added sugars and processed grains—were more likely to develop insomnia. Women with a diet that included higher amounts of vegetables, fiber and whole fruit (not juice) were less likely to have trouble sleeping. “When blood sugar is raised quickly, your body reacts by releasing insulin, and the resulting drop in blood sugar can lead to the release of hormones such as adrenaline and cortisol, which can interfere with sleep,” explains senior author James Gangwisch, Ph.D.

## Catch Some Rays to Boost Gut Health

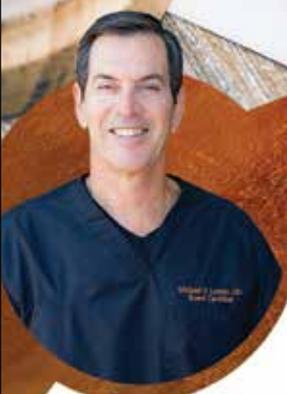
Fresh evidence is emerging of a skin-gut axis that links type B ultraviolet (UVB) exposure to the microbiome, a finding that has implications for those suffering from autoimmune and inflammatory diseases. University of British Columbia researchers divided 21 healthy young women into two groups: Nine took vitamin D supplements during Vancouver's long, dark winter, and 12 didn't. After three months, only the non-supplement-takers tested as being deficient in vitamin D. Both groups were exposed to three, one-minute, full-body UVB light sessions; within a week, vitamin D levels increased 10 percent on average and the gut microbiota diversity of the low-D group rose to match that of the sufficient-D group. Along with other probiotic bacteria, *Lachnospiraceae* species, typically low in the guts of people with inflammatory diseases, increased with the UVB exposure.

# Try Vitamins and Garlic to Lower Gastric Cancer Risk

In a rural region of China where gastric cancer is common, researchers found in a two-decade study that two approaches—antibiotics and vitamin/mineral supplements—protected against it. Both methods, as well as a garlic supplement, significantly reduced death rates from the cancer. Peking University Cancer Hospital and Institute researchers enrolled 3,365 residents ages 35 to 64 from 13 villages with symptoms of *H. pylori*, a gut bacteria linked to increased risk of ulcers and cancer. Two weeks of conventional antibiotics treatment reduced the risk of gastric cancer over a 22-year period, and twice-daily supplements of 250 milligrams (mg) of vitamin C, 100 international units of vitamin E and 37.5 micrograms of selenium taken for seven years also reduced gastric cancer incidence. Garlic in the form of 400 mg aged garlic extract and one mg of steam-distilled garlic oil was given to a third group for seven years. All three treatments significantly slashed the gastric cancer fatality rate.



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Florida dispensary products are available in the forms of CBD oil, THC oils, vape cartridges, tinctures, topicals, oral syringes, capsules, flower, concentrates including wax, shatter, or dabs as well as edibles in limited forms.



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## health briefs

# Homeopathy for Everyday Use

by Dr. Danny Quaranto

Homeopathy is a medical system based on the basic beliefs that the body can cure itself and that "like cures like." Homeopathy was developed in the late 1700s in Germany by Samuel Hahnemann, MD, the only person in history to have created a complete medical system in the course of his one lifetime.

The power of Homeopathy is displayed superlatively in the Spanish Flu of 1918, which decimated 20,000 people worldwide. Of those people who were treated conventionally thirty percent died. One percent of those treated homeopathically died. Conventional treatment for the flu then was not much different than treatment for the flu today.

When practiced properly, adhering to the principles of Classical Homeopathy as laid out by Hahnemann, it is safe and effective to treat infants, elderly, pregnant people and even animals. Homeopathic remedies can be used for the self-treatment of every day simple ailments such as bumps and bruises, bites and stings, colds, coughs, tummy upsets, and many more. It can be helpful to have remedies on hand to use in first-aid situations, here are a few examples.

**Aconite:** Good for shock or sudden conditions like sore throat or headache.

**Arnica:** Classic remedy for trauma, injury and bruising.

**Belladonna:** For red, hot and swollen conditions such as fever, sunstroke, and skin conditions such as boils.

**Nux Vomica:** Works well for stomach upsets and headaches that are a result of overindulgence in food or alcohol.

**Rhus Tox:** Can be used for bruised and sore muscles and joints and sometimes arthritis.

On April 4-5, Danny Quaranto, MD, DOM, NMD, so adding NMD, will teach a 15-hour course entitled "Homeopathy for the Go-To Person." This course provides a working knowledge of approximately 50 different classical homeopathic remedies. For more information, call 772-778-8877 or visit [AcuMD.com](http://AcuMD.com). Alternative Medicine Family Care Practice is located at 2050 40th Avenue, Suite 2 in Vero Beach. See ad, page 37.

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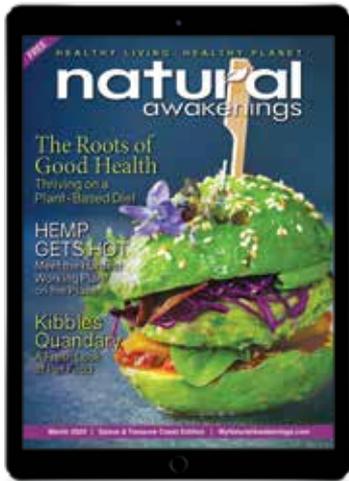
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## global briefs

### Instant Home

#### 3D-Printed Buildings on the Rise



ICON, an Austin-based startup, built the first permitted 3D-printed house in the U.S. in its hometown in 2018. Since then, the company has built a small neighborhood in Mexico and launched its Vulcan II printer, which can produce houses measuring up to 2,000 square

feet. San Francisco-based Apis Cor is another company in the 3D-printing space: It has just completed a two-story, 6,900-square-foot building in Dubai and it plans to build a demonstration house in Santa Barbara, California, this year. Another tech startup, Haus.me, has opened an assembly plant in Reno, where it plans to ship its first off-the-grid models to buyers in Nevada, California and Arizona. In the Netherlands, a consortium of companies has set up a factory with 3D-printing machines that use concrete; it plans to supply materials for five homes to be built in the city of Eindhoven. The upside of using 3D-printing techniques for building houses include lower cost, less waste and reduced construction time—six weeks versus six months. Current barriers include a lack of regulation and building codes, and a limit on the types of materials that can be used. The process is limited largely to plastics and concrete, and homes requiring wood or steel still need to use traditional methods.

### Soothing Scents

#### Smells of Nature Lower Physiological Stress

In a virtual reality experiment, people recovered faster from a small electric shock when they smelled a mix of natural scents in a forest scene or grass in a park scene than when they smelled diesel or tar in an urban setting. Researchers at the Swedish University of Agricultural Sciences hypothesized that natural environments would reduce stress faster than a non-natural one. After administering the small shock to induce stress, they tracked how quickly participants' skin conductance levels rose and fell in each of the three environments. The pleasant natural scents were the strongest predictor of reduced stress, both during the initial shock response and in recovery, suggesting that odor might have a much more profound effect on reducing stress than sights and sounds. As study coauthor Johan Lundström, a neuropsychologist at Sweden's Karolinska Institute, theorized smell is wired to bypass the thalamus, the brain's switchboard, to go directly to the hypothalamus and olfactory cortex, creating a more immediate response than visual or auditory stimuli.



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## Eating Greener

### Tips for Plant-Based Living

Eating more fruits and vegetables as part of a plant-based diet is catching on. In 2019, more than one third of

Americans said they plan to incorporate more plant-based foods into their diets to achieve their wellness resolutions, according to data company YouGov. For those new to “green eating”—and even for veggie-minded veterans—lots of helpful information is available now on what to consider in buying, preparing, re-using and discarding food.

The Environmental Working Group’s website at [ewg.org/foodnews](http://ewg.org/foodnews) makes it easy to research pesticide levels in produce. Check out the Clean Fifteen and Dirty Dozen—the most toxin-free and toxin-heavy fruits and vegetables—along with related news and developments.

Home deliveries of local and organic produce can save time and gas consumption from shopping. Some of the leading regional services include Fresh Direct ([FreshDirect](http://FreshDirect.com)).

[SunBasket \(SunBasket.com\)](http://SunBasket.com), [Green Bean Delivery \(GreenBeanDelivery.com\)](http://GreenBeanDelivery.com), [Irv & Shelly’s Fresh Picks \(FreshPicks.com\)](http://Irv&ShellysFreshPicks.com) and [Territory Foods \(TerritoryFoods.com\)](http://TerritoryFoods.com).

Composting combines food scraps with lawn and garden trimmings and more into a nutrient-rich, natural garden fertilizer. A useful guide to composting basics by the Environmental Protection Agency can be found at [epa.gov/recycle/composting-home](http://epa.gov/recycle/composting-home).

The phenomenon of food scrapping—using the parts of produce in recipes that are often thrown out—saves money in shopping, is easier on the environment and pleasingly leads to creative and innovative meals. A number of cookbooks are dedicated to the subject, including *Cooking With Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*, by Lindsay-Jean Hard and *Scraps, Peels, and Stems: Recipes and Tips for Rethinking Food Waste at Home*, by Jill Lightner.

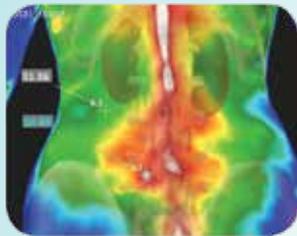
Plant-based foods can be swapped for traditional ingredients in countless recipes. [MotherEarthLiving.com](http://MotherEarthLiving.com) explains how aquafaba—the water from a can of beans—can replace egg whites, even in meringues. Bananas, applesauce and ground flaxseeds or chia seeds can substitute for eggs to bind baked goods. Coconut oil can replace butter and nutritional yeast can do the job of parmesan when sprinkled on pasta.

Nina.Firsova/Shutterstock.com

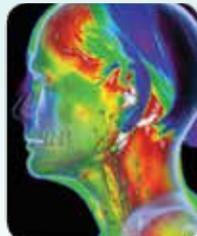
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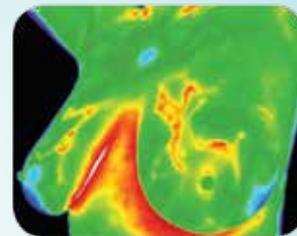
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~Ocean Robbins

# THE ROOTS OF GOOD HEALTH

## Thriving on a Plant-Based Diet

by April Thompson

Whether identifying as vegan, vegetarian, pescatarian, flexitarian or other veggie-friendly variant, a growing number of Americans are moving away from meat products and toward plant-rich foods. Most come to a plant-based diet for personal, planetary or animal welfare reasons; however, they stay for the flavorful foods they discover along their dietary journey and the health benefits they reap.

Marly McMillen-Beelman was prescribed medications to alleviate symptoms of irritable bowel syndrome. “I knew I didn’t want to be on prescriptions, so I decided to change my diet, beginning by giving up meat, dairy and eggs. I immediately felt much better and my symptoms went away naturally,” says

the Kansas City, Missouri, author of *The Everything Vegan Meal Prep Cookbook* and founder of Chopped Academy, an online resource for food bloggers. “Now I eat an even greater variety of food than I did before I went vegan.”

While only 3 percent of Americans identified as vegan and 5 percent as vegetarian in a recent Gallup Poll, a 2018 report by restaurant consultants Baum + Whiteman indicates that about 83 percent are eating more plant-based foods.

Embarking on a plant-based diet is a lifelong adventure, but it can take time to adjust. Experts recommend a healthy dose of self-love with the newfound fondness for fruits and veggies. “Give yourself some slack and realize that dietary changes do not happen

overnight,” says April Murray, a registered dietician in Costa Mesa, California. “Start with familiar plant-based foods you already enjoy, and ease into trying new foods, whether tempeh or lentils.”

A plant-oriented diet also can be flexible; health advocates encourage individuals to find a diet that works for them and their families. Leah Webb, the Asheville, North Carolina, author of *Simple and Delicious Recipes for Cooking with Whole Foods on a Restrictive Diet*, has adapted her diet over time to accommodate her family’s health needs. Although Webb has always maintained a plant-rich diet, she began incorporating some animal products when her son was born. “He had severe food allergies and asthma, and needed a more diverse diet,” explains Webb, whose

daughter also has cystic fibrosis. Cutting out grains was a game-changer in “calming down his gut, where most of immune response lies,” says Webb. “He is now off asthma medication and the number of allergens he suffers from has dropped from seven to two.”

Webb’s family eats bountifully from their backyard garden, complemented by meat and produce from local farmers’ markets, where she can be certain the foods were produced sustainably and humanely. “I use meat to flavor soups or accent vegetables, rather than as the star of the show. I like to focus on real flavors, using lots of garlic, herbs and spices,” says Webb.

Murray, author of *The Everything Pegan Diet Cookbook: 300 Recipes for Starting—and Maintaining—the Pegan Diet*, follows that diet, a mash-up of paleo and vegan regimens that focuses on whole, fresh and sustainable food high in healthy fats and vitamins. The Pegan diet eschews refined sugar and highly processed foods, while allowing meat, poultry, fish and eggs, as well as gluten-free grains, legumes and dairy products in small amounts.

“This diet can be helpful to different people in so many ways,” says Murray. “For people with diabetes and blood sugar dysregulation, this high-fiber diet can help lower blood sugar and insulin levels.

Start with familiar plant-based foods you already enjoy, and ease into trying new foods, whether tempeh or lentils.

~April Murray

Heart health will improve, as you’ll be eating less animal products, which can be high in cholesterol and saturated fat. Many individuals also find themselves losing unwanted weight as they get filled up so quickly with these whole foods.”

### Plant-Based Nutrition Made Easy

While some worry about getting sufficient nutrients on a largely plant-based diet, nutrition experts say these fears are unfounded. “People think they need to calculate every nutrient, but if you eat a plant-centered, whole-foods diet, you will get every vitamin and mineral you need to thrive,” says Ocean Robbins, co-founder of the Food Revolution Network and author of *The 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World*. Legumes, nuts and seeds are all healthy, abundant sources of protein and iron.

Reed Mangels, author of *Your Complete Vegan Pregnancy: Your All-in-One Guide to a Healthy, Holistic, Plant-Based Pregnancy*, busts the myth that cow’s milk is a must for growing bones. “Calcium, vitamin D and protein are the nutrients we usually associate with bone health. One easy way to get all three is a soy-based or pea protein-based plant milk that is fortified with calcium and vitamin D,” says Mangels, adding that green vegetables like kale, bok choy, collards and broccoli are great sources of calcium.

“Eating the rainbow’ is great way to make sure you’re consuming a variety of nutrients,” offers London-based Ben Pook, who co-authored the cookbook *So Vegan in 5* with his partner Roxy Pope. “Many vitamins, minerals and antioxidants bring their own distinctive colors to fruits and vegetables, so preparing colorful meals is a simple way of getting as many nutrients into your diet as possible.”

### Getting Social

Dietary changes can be challenging to navigate initially, particularly when faced with social situations ranging from family gatherings to cohabitation. Having a good plan going into such situations can help ease the transition, say experts. “Never show up to an event hungry. You will be more likely to make a good decision if you

## Plant-Based Primer

Navigating the lexicon of plant-based diets can be tricky, and choosing a diet even trickier. Here’s a brief guide to some of the commonly used terms.

**Flexitarians** eat a mainly vegetarian diet, but will consume meat on occasion.

**Pegans** (a term coined by Dr. Mark Hyman, who follows the diet) focus on eating vegetables, fruits, nuts, seeds, meat, fish and eggs, while avoiding dairy, grains, legumes, sugar and processed foods.

**Pescatarians** like radio host Howard Stern eat fish, seafood and other forms of animal products such as dairy, but don’t eat other forms of meat such as chicken, beef or pork.

**Plant-based diets**, followed by celebrities like Ben Stiller, consist mostly or entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits, with few or no animal products.

**Vegans** don’t consume any animal products, including eggs, dairy, honey or gelatin. Famous vegans include Ellen DeGeneres, Betty White, Beyonce, Bill Clinton, Madonna and Venus Williams.

**Vegetarians** refrain from meat and seafood, but will consume dairy or other animal byproducts such as honey. Well-known vegetarians include Albert Einstein, Arnold Schwarzenegger, Doris Day, Jane Goodall, Kristen Wiig and Prince.



are nourished. On the way there, remind yourself why you are making the transition to plant-based eating,” suggests Murray.

“I call myself a secular vegan because I don’t have a dogmatic approach to the way I eat. If I go to a family dinner and someone has made something special for me, but they used a non-vegan cheese, I will respect my family member’s effort and eat some of it. These situations will pop up from time to time, and the more you can be compassionate with yourself, the better,” says McMillen-Beelman.

“If you are living with people who are not joining you in making a dietary shift, agree to respect each other’s choices. Make it a shared learning journey rather than a power struggle,” says Robbins. For example, he suggests making a vegetarian base and allowing those that want animal products to add them as toppings. A burrito bar can accommodate all diets by allowing people to add their own fixings to a base of beans and tortillas, whether those be dairy options like cheese and sour cream or vegan-friendly guacamole and salsa.

For families with kids, being flexible and inclusive can help make changes feel more positive and sustainable. “We never eat processed foods at home, but parties are that time I tell my kids they can eat

I call myself a secular  
vegan because I don’t  
have a dogmatic approach  
to the way I eat.

~Marly McMillen-Beelman

whatever they want,” says Webb.

“Get your children involved, so that they are more engaged in the eating experience. Let your children pick out recipes or snacks for the week. Make the food look pretty and it will taste more satisfying,” adds Murray.

### Plant Prep Made Easy

Plant-based chefs have plenty of kitchen hacks for making food prep and planning fun and easy. Robbins suggests finding go-to recipes to put on repeat. “Your prep time goes down a lot as you make the same dish, and the familiarity will help you develop lasting habits around new food patterns,” he says.

Webb incorporates a healthy protein, fat and vegetable into every meal, even breakfast, but cooks in batches and freezes portions or repurposes leftovers to simplify mealtimes. “You’ll get burned out if you try to cook something from scratch every meal,” says Webb. “We eat a lot of eggs

because we raise chickens, so I’ll do baked frittatas I can reheat during the week.”

Advance meal prep can take the pressure off busy times like the weekday breakfast rush, adds Robbins. One of his favorite breakfasts involves soaking oats and chia seeds overnight, which he tops in the morning with some unsweetened soy or coconut milk, chopped banana, frozen blueberries, and a dash of maple syrup, vanilla and nutmeg. “It’s full of omega-3 fatty acids, protein, antioxidants and phytonutrients,” he says.

Webb encourages people to get out of their food comfort zones by experimenting with approximate ingredients, like swapping kabocha or honeynut squash for butternut squash.

Robbins also suggests making social connections with others on the same path by cooking them a meal, organizing a meal swap or sharing extras. “It’s not a diet or a fad; it’s a way of life. Start where you are and remember it’s not about perfection, it’s about progress. Have love, dignity and compassion toward yourself and others along the journey,” he says.

*April Thompson is a freelance writer based in Washington, D.C. Connect at [AprilWrites.com](http://AprilWrites.com).*

## Tips to Stay on the Plant Track

**M**any new regimens begin with gusto, only to be abandoned because old diets die hard. Here are some expert tips for eating well over the long haul.

“Find plant-based options at your favorite restaurants, and be open to new flavors. I promise you, your taste buds will change,” says April Murray, dietician and author of *The Everything Vegan Diet Cookbook*. To keep the momentum and inspiration going, follow plant-based chefs on social media, she adds.

When switching to a plant-based diet, some miss the rich, fatty flavors found in meat, says Ben Pook, co-author of *So Vegan in 5*. “The trick we found is using ingredients rich in umami, which is a flavor commonly found in meat. One of

our favorites is miso paste (fermented soybeans), which has an intense savory taste. We often add it to stews, pies and even pastas to deliver more depth of flavor. Soy sauce and porcini mushrooms are also a great substitute.”

“Sustainable change doesn’t happen overnight. If not sure what to cook, start with one big salad a week. When you get the hang of that, add in something else, like prepping snacks from scratch. Small things add up over time,” says Leah Webb, author of *The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook*.

“Seek out loved ones who share your food values and nurture those relationships. You might be surprised how many people around you are also

quietly trying to achieve similar goals,” says Ocean Robbins, founder of the Food Revolution Network.

“We put a lot of pressure on ourselves when we first switched to a plant-based diet. Shopping for vegan food and eating out at restaurants felt very overwhelming, and we found ourselves spending hours checking food labels. We’ve come to realize that veganism isn’t black or white and encourage others not to worry about making mistakes along the way,” shares Pook.

If we can’t resist temptation on occasion, that’s okay too, Murray says. “That one unhealthy meal won’t undo all the hard work you’ve put in. Get right back on track the next morning. Positivity is key.”

# Plant-Based Groups in the Community

**Plant-Based Brevard** is a non-profit organization that provides helpful information to those newly transitioning to plant-based eating and those who have been plant-based for a long time. The group supports local markets such as FLEAGAD (the first Saturday in Eau Gallie Arts District), Farm & Friends (the second Saturday at Rockledge Gardens) and Vegan Takeover (the third Saturday at Riverview Park in Melbourne), along with other event offering plant-based options.

In addition, the Facebook page and website include compilations of helpful information for those interested in a plant-based lifestyle within the community. "By publicizing the plant-based options at local restaurants, we help increase their plant-based clientele as well as offering our local plant-based Brevardians a list of local restaurants with delicious food options," says Kellie Bowling, Director of Plant-Based Brevard in Melbourne Beach.

The Facebook group has more than 1,200 members and over 3,600 followers, keeping people up to date on the latest plant-based offerings from local businesses and encouraging business owners to implement plant-based menu items. Primarily, board members for the organization are excited that local vegans and vegetarians can find good food and other like-minded friends. "We just want to hear about your plant-based food and where you got it," says Bowling.

Connect at [Facebook.com/PlantBasedBrevard](https://www.facebook.com/PlantBasedBrevard).



## Vegans and Vegetarians on the Treasure Coast

is a social group in Stuart that combines passion for a meat-free diet, restaurant and potluck gatherings, with environmental activism, bringing together vegan and veg-friendly people to get together and share experiences.

The group's Facebook page features plant-based specials at grocery stores, available cooking classes, speakers and other events of interest to the veg-community.

Every Sunday, the group meets at the Green Market to explore local produce, art and ware offerings ([StuartGreenMarket.org/pages/themarket.html](https://www.stuartgreenmarket.org/pages/themarket.html)). At 12:30 p.m. the group gathers at the Spritz City Bistro on Osceola Street to hear a band in the amphitheater, socialize and discuss other upcoming events. Find more information at [Facebook.com/groups/VVotTC/](https://www.facebook.com/groups/VVotTC/) or [Meetup.com/VVotTC/](https://www.meetup.com/VVotTC/).

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# Hypnotherapy for Lasting Change

by Julie Peterson



**T**he subconscious regulates bodily systems, such as the heartbeat, but it also serves as storage for every human experience and perception. This databank of memories, mostly forgotten to the conscious mind, informs present behaviors, habits and judgments, for better or worse. When it's for the worse, there is a solution.

"Hypnotherapy is simply communicating directly with the subconscious mind to elicit a positive change," says Jenny Battig, a Certified Clinical Hypnotherapist in Melbourne.

Hypnosis is a natural state that people experience daily, perhaps when focused on a project, while falling asleep, daydreaming or on "autopilot" while driving.

## Issues Hypnosis Can Help

"At the root of most issues are negative or false beliefs about the self that reside below the level of consciousness. Hypnotherapy uncovers and alters those beliefs, providing resolution and relief to the client," says Lori Burke, Certified Clinical and Transpersonal Hypnotherapist in Viera.

Stephanie DeWayne at By the Sea Hypnosis in Stuart helps people control pain, anxiety and make important lifestyle changes such as weight loss, achieving goals and overcoming addiction. The list of issues that hypnosis can help with is as long as the subconscious is deep.

"The subconscious holds memories as fact, even though they are really interpretation, judgment and reaction. The way the facts of our past are stored affects how we live and learn in the present. With trance, we can change interpretation, judgment, and reaction," says Elizabeth Campbell, Board Certified Hypnotist and Certified Instructor in Stuart.

Anxiety, depression, phobias, grief, unresolved childhood trauma, pain, sleep problems and issues with relationships can all result from the subconscious.

"One thing to be aware of, if seeking help for a physical issue, like pain or a disease, is that per Florida law the hypnotherapist needs to have permission from the relevant medical personnel to use hypnotherapy on that particular issue with that client," says Battig.

Campbell notes that basic habit or attitude changes, fears and the like can be freely dealt with during hypnosis. Hypnotherapy topics requiring a medical referral could include clinical depression, addictions and PTSD.

## Myths About Hypnotism

Thanks to shows in which people do silly things while hypnotized, there is a myth that hypnotists can control a person, making him act against his will. "Your subconscious is your protector, so if someone doesn't want something, we can't make them do it," explains Campbell.

Another myth is that being hypnotized is akin to being unconscious. "You are in trance, but you aren't 'under' anything. You are conscious and awake. Your conscious mind steps back, but not out," says Campbell.

## Making the Appointment

"To ensure you're getting someone with ample training, practical experience and good ethics, you should ask about their training," says Battig. There isn't a license available under Florida law specifically for hypnotherapy but look for certification. Certification programs differ, some require hundreds of hours while others are much shorter.

Hypnotherapist may use a variety of techniques, including NeuroLinguistic Programming (NLP) and direct suggestion. Some may also have training in additional modalities, so talking about goals and learning about methods can help one choose a practitioner.

"After getting an in-depth understanding of my client's issue, I implement the hypnotherapy tools and techniques that will be most effective for resolving my client's problem," says Burke.

Many people turn to hypnosis because nothing else has worked. Others understand how powerful the mind is and want help focusing.

"When people want to solve a long-held problem and they are trying to talk or think their way out of it, that won't reach the subconscious where the problem is held. Hypnosis allows that change quickly," says Campbell.



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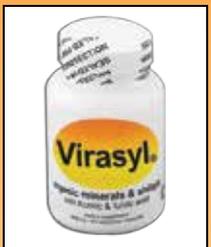


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# CBD's New Frontier Help for Mental Health

by Julie Marshall



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**W**hen Kaye Herbert's husband brought home a free sample of cannabidiol (CBD) oil, she didn't hesitate to give it a try. Having heard about its calming effects, she gave CBD to her three sons, whose attention deficit hyperactivity disorder made home-schooling difficult due to frequent tantrums and lack of focus. "I didn't expect CBD to be miraculous, but I was surprised that my kids' frustrations were greatly reduced," says the Austin, Texas, mom. "We weren't seeing the severity of meltdowns."

The use of CBD in tinctures, capsules and lotions has grown exponentially, along with the science to prove its efficacy in remediating physical pain. Newer, but equally as robust, is the viability of CBD as a remedy for mental health-related issues, experts say, pointing to anxiety, depression and stress as the top three applications.

It's really important for people to know their options and to keep looking for what works for them.

~Peter Bongiorno

However, as an unregulated supplement, CBD presents a challenge for consumers in its ubiquity from CBD-infused pillows to gummies, soaps and even pet food. Discerning purity, dosage and safety are real concerns for those that may

grab any bottle off the shelf.

Consumers must become well informed, especially when replacing medications for serious disorders, experts say. But for anxiety and emotional well-being, CBD is largely heralded as a safe and natural choice by providers well-versed in CBD, such as Peter Bongiorno, past president of the New York Association of Naturopathic Physicians. "It's really important for people to know their options and to keep looking for what works for them," he says.

### The Feel-Good Molecule

CBD, a compound extracted from the hemp plant, is appealing because it can

We imagine the people suffering who need support and think about how we are growing the plants to help them.

~Lara Miller

raise the level of cannabinoids—feel-good molecules naturally created within the human body. “When we can’t sleep or are stressed out, cannabinoid levels go way down,” Bongiorno says. While prescription drugs overwhelm the body with adverse side effects, CBD can healthfully bring back balance.

But CBD won’t trigger an altered state because there is little to no tetrahydrocannabinol (THC), the psychoactive chemical in marijuana that produces a high, he says, adding that he starts patients at a low daily dose of 25 milligrams.

It’s important to talk with a physician about drug interactions, Bongiorno says. For instance, CBD can increase levels of blood-thinning medications, according to a 2017 study published in *Epilepsy & Behavior Case Reports*.

CBD can possibly treat a wide range of conditions, from fear of public speaking to bipolar and post-traumatic stress disorders, but more research is needed, experts say. A 2018 clinical trial published in *JAMA Psychiatry* suggests CBD offers potential in treating psychosis. More recently, researchers in a 2019 case study of 27 patients published by the *Permanente Journal* concluded, “Cannabidiol may hold benefit for anxiety-related disorders.”

## Seeds of Hope

The most important step consumers can take to find a safe, quality product is to know where their CBD comes from, experts say. Lara Miller is an organic farmer in Lafayette, Colorado, who in 2017 dedicated a parcel of her two-acre farm to growing hemp for her business, North Field Farmacy. “I added in hemp because it is a dynamic plant that produces fiber, seed and medicine for us humans, all at the same time,” she says.

Miller’s small, women-owned business grows the leafy plants outdoors in organic soil and harvests by hand. “We test in the field, post-harvest, during extraction and in the final product,” she says. “We know our product is clean and pure and potent.”

This isn’t always the case. A 2017 study published in the *Journal of the American Medical Association* showed that in 84 CBD products sold online by 31 companies, 26 percent contained less CBD than the amount listed on the label.

Miller receives weekly calls from those wanting to purchase her plants and start a CBD business. “What bothers me the most is that not one person has asked how my hemp is grown,” she says. “It all feels like a big grab; the integrity isn’t there.”

Miller continues to decline these requests and spends her days on the farm, where—come harvest time—she, alongside her crew, engages in some visualizations. “We imagine the people suffering who need support and think about how we are growing the plants to help them.”

*Julie Marshall is a Colorado-based writer and author of Making Burros Fly: Cleveland Amory, Animal Rescue Pioneer. Connect with her at FlyingBurros@gmail.com.*



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# Kibble Quandary

## A Fresh Look at Pet Food

by Julie Peterson

Eating healthy is a family affair, and that includes the family pet. However, what works for humans may be less than optimal for Fluffy or Fido, as each requires a species-specific, nutritionally balanced regimen. Most pet parents opt for commercial dog or cat food that comes in a bag or a can, but many are beginning to consider more natural options.

“Kibble is often the most economical way to feed your pet. But its processed state makes it the least optimal,” says Angie Krause, DVM, at Boulder Holistic Vet, in Colorado.

Canned food is also heavily processed and potentially toxic. In 2017, Clean Label Project, a nonprofit testing laboratory, completed a study of 1,084 pet food products, screening them for more than 130 toxins and contaminants linked to cancer and other conditions. Results showed cadmium, a heavy metal, in 94 percent of the products, along with arsenic and lead.

Contaminants aren’t the only concern.

**We are seeing more cancer, neurologic conditions and kidney disease, and there is evidence that the increase in these diseases may be due to harmful ingredients in commercial, meat-based foods.**

~Armaiti May

“Up to 50 percent of commercial foods are composed of meat meal and byproducts,” says Armaiti May, DVM, owner of Dr. May’s Veterinary House Calls, in Los Angeles.

These can include meat from dead, dying, diseased or disabled animals, and even rendered dogs and cats from animal shelters, says May. “We are seeing more cancer, neurologic

conditions and kidney disease, and there is evidence that the increase in these diseases may be due to harmful ingredients in commercial, meat-based foods.”

### Healthy Alternative Diets

Owners that switch from commercial foods report their animals display thicker coats, brighter eyes and greater energy. However, dogs and cats require specific ranges of vitamins, minerals, fats and carbohydrates, so it’s important to ensure that nutritional needs are met and a healthy balance is maintained.

## ■ Home-Cooked

Pet food recalls have prompted some families to start cooking for their charges, but it's not as simple as sharing the family dinner. "There are online calculators that can help you create and balance recipes for dogs and cats. Balancing a diet can be tedious and often requires added supplements," says Krause.

Seeing a four-legged friend thrive was worth the extra time and cost for Yvonnda Stamp-Agent, a homemaker from Rockvale, Tennessee. Emma, a schnauzer mix, suffered from itchy skin, anal gland leakage, kidney crystals, vomiting and other problems. "We switched to home-cooked wild salmon and flounder protein with fresh organic vegetables and fruits, along with vitamin and mineral supplementation." Emma recovered and is now an energetic 5-year-old.

## ■ Raw

The biologically appropriate raw food (BARF) diet, as described at *BarfWorld.com*, contains raw meats, vegetables and cooked grains and legumes. Proponents say it improves health from tooth to tail. "Buddha, my orange tabby, is 22 and no longer has an issue with hairballs," says Kim Bolin, a Reno, Nevada real estate agent, who has fed raw for three years.

Stephanie Krause, in Keego Harbor, Michigan, says her three dogs are more relaxed, probably from the time and effort needed to eat large bones—and they haven't needed a teeth cleaning since going raw. "After eating raw bones, there was plaque laying all over the floor."

The BARF diet can be homemade, although most choose prepared frozen or freeze-dried products to ensure nutrient balance or to avoid handling raw meats. Angie Krause says the diet is controversial, largely due to human health risks from pathogenic bacteria.

## ■ Vegan and Vegetarian

For ethical and environmental reasons, homemade or pre-made, plant-based diets for companion animals are becoming more popular. "If the 163 million dogs and cats in the U.S. were their own country, it would be the fifth-largest meat-eating country on the planet," says May.

Cats cannot survive without meat, which provides the high protein, amino acids and other nutrients their bodies require. However, a 2018 study published in the *Journal of the American Veterinary Medical Association* suggests that plant-based diets, possibly supplemented with vitamins B<sub>12</sub> and D and some amino acids, can meet nutrition requirements of dogs.

**Kibble is often the most economical way to feed your pet. But its processed state makes it the least optimal.**  
~Angie Krause



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Vegan food doesn't need to be expensive, boring or complicated.

~Ben Pook

# Meatless Makeover

## A Plant-Based Spin on Classic Dishes

by April Thompson

When contemplating a shift toward a plant-based diet, some may prematurely mourn the loss of their favorite meaty classics. Luckily, enterprising vegan chefs have experimented with flavors and textures that will lure almost any palate into loving a plant-based version of their favorite dishes without resorting to processed foods.

“Plant-based versions of classic dishes offer all the nutritional benefits of plants without the cholesterol and saturated fats from animal products,” says chef and author Marly McMillen-Beelman. “You don’t have to abandon all your favorite foods to become vegan—just veganize them.”

The Kansas City chef makes carrot “dogs”, for example, by roasting carrots in a savory mix of tamari, agave, miso, paprika and garlic for a cookout-worthy treat. McMillen-Beelman’s cookbook *The Everything Vegan Meal Prep Cookbook* also offers many bean- and legume-based versions of classic sandwiches, like a vegan “Big Mac” with quinoa and pinto beans; a burger made from oats, black beans and pecans; meatballs from tofu and lentils; and a chicken salad based on tempeh,

a fermented, soy-based, high-protein product with a nutty flavor.

“A lot of people like using tempeh, tofu or jackfruit for a meaty texture. It needs to be well seasoned, but so does meat,” suggests Ocean Robbins, author of *The 31-Day Food Revolution: Heal Your Body, Feel Great, & Transform Your World*. “To mimic cheese, some combination of nuts and nutritional yeast, cultured nut cheeses or plant-based milks works nicely.”

McMillen-Beelman likes using jackfruit for a “pulled pork” sandwich or taco, the tropical fruit being packed with vitamin C, protein, calcium, potassium and iron. Her slow-cooked version leans on whole-food ingredients, including pear and cranberries, to add natural sweetness and phytonutrients. “I use canned jackfruit because it’s much easier to find and cook with than the expensive jumbo whole fruit,” she says.

Ben Pook, the London co-author with Roxy Pope of *So Vegan in 5*, says mushrooms lend substance and umami flavor to vegan dishes such as a mushroom, sage and onion Wellington as a substitute for the classic beef Wellington. “We use portobello mushrooms for their

meaty texture, which we surround with a sage and onion stuffing—all wrapped in vegan puff pastry to create a centerpiece worthy of any dinner party,” says Pook, whose cookbook features dozens of plant-based recipes that contain only five ingredients each, such as a broccoli alfredo with cashews, broccolini, tagliatelle pasta, nutritional yeast and garlic.

Nuts can also work wonders in a vegetarian dish, such as Pook and Pope’s walnut meat tacos, which blend toasted walnuts together with spices like cumin, paprika, garlic and chili powder to create a mince-like texture built into a taco with toppings galore.

Many classic dishes can also be adapted by simply leaving out the meat and letting the spices, herbs and vegetables shine through; for example, in a vegan shepherd’s pie, go with penne pasta with red sauce or a garlicky pesto with extra nuts, greens and olive oil in lieu of cheese.

Sweet tooth cravings can be satisfied with healthy, plant-based versions of classic desserts, substituting aquafaba (the starchy liquid left over from canned beans) instead of frothy egg whites, or olive oil or avocado for butter.

Nut butters can also add a touch of richness to a dish, whether sweet or savory. “I love making a peanut coconut milk curry soup with onions, mushrooms and bok choy, with peanut butter, lime juice and soy sauce blended into the coconut milk for a luxurious flavor and texture. It’s great over potatoes, quinoa or rice,” says Robbins.

“Vegan food doesn’t need to be expensive, boring or complicated,” Pook says. “There really are endless possibilities when it comes to cooking with plants, so don’t be afraid to experiment and create your own twist.”

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

# Magical Meatless Meals



## Vegan Popcorn 'Chicken'

Yields: 4 to 6 servings

10.5 oz extra-firm tofu  
Sea salt and pepper  
½ cup flour  
Vegetable oil

### Dry ingredients:

3.5 oz paprika-flavored chips  
4 Tbsp flour  
2 tsp dried oregano  
1 tsp smoked paprika  
½ tsp onion powder  
½ tsp garlic powder

### Wet ingredients:

½ cup plant-based milk  
½ Tbsp apple cider vinegar  
2 Tbsp hot sauce

### To serve:

Tomato ketchup  
Vegan mayonnaise

Crush the paprika crisps between a clean tea towel using a rolling pin until no big pieces remain. Transfer to a bowl along

with the remaining dry ingredients and a pinch of salt and pepper. Use a spoon to mix everything together, then set aside.

Combine the plant-based milk and apple cider vinegar in a separate bowl. Let sit for a minute or two until the milk curdles and turns into a "buttermilk". Then add the hot sauce and mix everything together until the ingredients are well combined. Set aside.

Meanwhile, add the flour to a small plate and set aside. Press the tofu if required. (Extra-firm tofu contains very little moisture, so this step isn't always necessary.) Then slice the block in half and break the tofu into bite-sized pieces with hands.

Season the tofu on both sides with salt and pepper; dip tofu into the flour, followed by the milk mixture, then the crisp mixture. Repeat until all the tofu pieces have been coated.

Add the vegetable oil to a pan until it's ¼-inch deep. Tip: Use a wok to reduce the amount of oil needed. Heat the oil on medium-high. Drop a tiny amount of the dry mixture; if it starts sizzling as soon as it hits the oil, it's ready.

Carefully add half a dozen or so tofu pieces to the hot oil and fry for about 2 minutes on each side or until the tofu begins to brown and is extra crispy. It's important to not overcrowd the pan, as it can lower the temperature of the oil.

When the tofu is ready, carefully remove it from the pan and transfer it to a plate lined with parchment paper; immediately season it with some extra salt, which will help make it even crispier. Repeat until all the tofu pieces are cooked. Serve with a favorite dip, such as one made by combining equal amounts of tomato ketchup and vegan mayo.

*Adapted from So Vegan in 5 by Roxy Pope and Ben Pook.*

## Walnut Meat Tacos

Yields: 4 servings

### Walnut meat:

14 oz walnuts  
1 Tbsp smoked paprika  
2 tsp chili powder  
1½ Tbsp ground cumin  
3 garlic cloves  
2 tsp balsamic vinegar  
2 tsp maple syrup  
2.5 oz sun-dried tomatoes in oil  
Sea salt

### Black bean mixture:

9 oz canned sweet corn  
14 oz canned black beans  
Sea salt and pepper  
½ lime  
Handful of fresh cilantro

### Salsa:

9 oz cherry tomatoes  
1 green chili  
1 red onion  
1 lime  
Handful of fresh cilantro  
Sea salt and pepper

### To serve:

2 avocados  
½ lime  
8-10 small corn tortillas  
Vegan yogurt

Toast the walnuts in a pan over a medium heat for 6-8 minutes or until they begin to smoke. Keep an eye on them and stir occasionally to prevent them burning. Then peel and dice the garlic and add it to the walnuts along with the smoked paprika, chili powder and ground cumin. Stir to coat the walnuts in the spices, then cook for 2 minutes.



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

Meanwhile, drain and rinse the black beans and sweet corn. Transfer them to a separate pan and stir in a generous pinch of salt and pepper, as well as the juice from the lime. Heat through for 5 minutes on a medium heat. Remove the pan from the heat, roughly chop the cilantro and stir it into the beans and sweet corn.

Add the cooked walnuts, garlic and spices to a food processor along with the balsamic vinegar, maple syrup, sun-dried tomatoes (drain as much oil as possible) and a pinch of salt. Process for a minute or two until the walnut mixture turns into a mince-like texture.

Next, prepare the salsa by slicing the cherry tomatoes into quarters and transfer them to a mixing bowl. Peel and dice the red onion, slice the chili (leave the seeds in if spicy is preferred) and roughly chop the cilantro leaves, adding all to the mixing bowl. Squeeze the juice from the lime into the bowl, along with a generous pinch of salt and pepper, then stir to combine. Meanwhile, heat through the tortillas in a pan over a low-medium heat.

Slice the avocado in half and remove the pit. Scoop out the flesh and mash it in a bowl along with juice from half a lime.

When you're ready to assemble your tacos, spoon a few tablespoons of the walnut mixture on top of a tortilla, followed by the bean mixture, salsa and a dollop of mashed avocado. Top with a drizzle of vegan yogurt. Repeat for the remaining tacos.

*Adapted from So Vegan in 5 by Roxy Pope and Ben Pook.*



## Mushroom, Sage and Onion Wellington

An absolute showstopper and the perfect dish to make for friends on a Sunday afternoon alongside some tasty, roasted vegetables.

Yields: 4 servings

8 Portobello mushrooms

3 onions

10 sage leaves

4.2 oz walnuts

2 (11 oz) sheets of dairy-free puff pastry

Preheat oven to 425° F and line a large baking tray with baking paper. Wipe any excess dirt off the mushrooms and place five of them in an ovenproof dish. Drizzle with olive oil and season with sea salt and

pepper, then bake for 15 minutes. Remove the mushrooms from the oven and set aside, leaving the oven switched on for later.

Meanwhile, quarter the remaining mushrooms; peel and roughly chop the onions and add to a food processor along with sage leaves, walnuts, ½ teaspoon of salt and 1 teaspoon of pepper. Process to form a smooth paste, then fry in a pan over a medium-high heat for 15 minutes, stirring frequently. Set aside to cool for 10 minutes.

Roll out one sheet of pastry onto the lined baking tray. Spread a third of the paste down the middle of the pastry lengthways, spreading it 2 inches wide and leaving the same length clear at each end.

Turn the baked mushrooms upside-down to drain excess juices, then place three of the mushrooms, gills facing up, on top of the paste along the middle of the pastry. Add the remaining two mushrooms, gills facing down, between the three mushrooms. Spoon the remaining paste around the mushrooms to cover them on all sides.

Place the second sheet of pastry on top and use your fingers to seal the edges together. Trim around the Wellington roughly one inch away from the filling, discarding the excess pastry as you go. Lightly score the Wellington with diagonal lines at 1-inch intervals and brush with olive oil. Bake in the oven for 50 minutes, until the pastry turns a lovely golden brown. Remove from the oven and serve in slices.

*Adapted from So Vegan in 5 by Roxy Pope and Ben Pook.*

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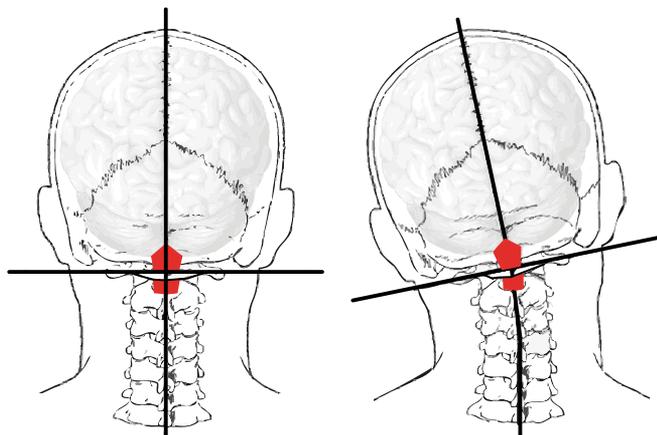
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# HEMP GETS HOT

Meet the Hardest Working Plant on the Planet

by Julie Peterson

**A** crop that was illegal in U.S. soil for more than half a century is now reaching for the sun. Industrial hemp, the low- or no-THC cousin to marijuana, has created high hopes among farmers, agricultural researchers, manufacturers and consumers. By 2019, America had become the world's third-largest producer, behind Canada and China, where it's been cultivated for 8,500 years.

"It's the fastest-growing ag industry that we've ever seen," says Tara Valentine, hemp specialist at the Rodale Institute, in Kutztown, Pennsylvania. Since hemp's inclusion in the 2018 Farm Bill, Rodale's hemp web page hits have grown 10-fold.

## Better Products

All parts of the hemp plant are useful in multiple ways, and hemp has applications in textiles, construction,

Right now, it's the Wild West of agriculture.

~Dustin Enge

bioremediation, technology, nutrition and health, including cannabidiol (CBD). The seeds are rich in protein, essential fatty acids and vitamins. They can be eaten, ground into flour or pressed for oil that is used for cooking or in body care products.

The stems undergo decortication to separate the long outer fibers (bast) from the short inner fibers (hurd). Hemp hurd makes extremely durable hempcrete for construction, absorbent and dust-free animal bedding or pellets for heating stoves. An exponential rise in the use of hemp is expected because it can replace products made from paper, wood, plastic, cotton and fossil fuels.

"Hemp fiber is going to dominate the market once we get to the full manufacturing potential," says Erica Stark, executive director of the National Hemp Association, in Washington, D.C.

The first introductions consumers can expect include hemp paper products, such as plates and toilet paper, and biodegradable hemp bioplastics like cutlery and cups. Construction materials and other products are expected to quickly follow.

## Environmentally Friendly

The Institute of Papermaking and Printing, at the Technical University of Lodz, Poland, did a 2015 study comparing making paper from wood to making it from hemp. Among the findings: hemp takes four months to grow, while trees need 20 to 80 years. An acre of hemp can produce four or more times as much paper as an acre of trees. Hemp paper doesn't need toxic bleaching and can be recycled twice as many times. Other studies concur.

Paper without deforestation would be a major benefit, but it's a minor job on hemp's profound résumé. "Hemp needs to be a part of every climate change conversation, not only because it sequesters huge amounts of carbon during cultivation, but also because construction products made out of hemp will continue to sequester carbon for up to 100 years," says Stark.

Hemp could also help save the depleted soil on U.S. farmland that has been destroyed by tilling and synthetic fertilizers. "We have to rebuild the soil by putting carbon back in and increasing organic matter," says Valentine. Hemp does this with a massive root biomass that breaks up compacted soils, improves water infiltration and reduces runoff and erosion.

Fast-growing hemp naturally suppresses weeds, needs no pesticides

It's the fastest growing ag industry that we've ever seen.

~Tara Valentine

and isn't picky about soil, water or latitude. By comparison, cotton is water-intensive and uses 25 percent of the world's pesticides.

### Income for Farmers

Used in crop rotation, hemp's soil-enhancing qualities can increase profits on subsequent crops. While cover crops don't usually have return value, hemp provides additional revenue streams. But the revenue isn't quite there yet, because the supply chain isn't complete. Seed supply, farm equipment, education, processing facilities and manufacturers are all links that are developing simultaneously. "Fiber processing facilities will be available soon. Manufacturers are anxious to start incorporating hemp," says Stark.

The lack of buyers isn't deterring farmers. Neither are warnings that current harvesting equipment can spark disaster when hemp fiber wraps around rotating parts, heats up and combusts.

Dustin Enge, a third-generation farmer in Prairie du Sac, Wisconsin, started Honey Creek Hemp in 2017. He planted six acres of hemp. "I think it's a long-term viable commodity for farmers. Right now, it's the Wild West of agriculture. Everyone is trying different things," says Enge, who modified a harvester for hemp. "I spent about two hours harvesting and 20 hours torching the fiber off my equipment." Even so, he will plant more acres when he knows it will sell.

Behold the sprouting of the hemp industry as an ancient plant takes root in the modern world.

Julie Peterson writes from rural Wisconsin and can be reached at JuliePeterson2222@gmail.com.

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# LIVING IN SYNCHRONICITY

## The Power of Meaningful Coincidence

by Meg Lundstrom

When we have an inner need that converges with an outside event, it is a meaningful coincidence known as synchronicity, and it happens to us all. It can be simple, like a playful sprite: recurring numbers or dates, all the lights turning green as we race to meet an appointment or a call from a faraway friend just when we want to talk to them. Or it can be profound: a chance meeting with an employer looking for exactly our skills, unexpected money appearing when we're in a pinch, a timely rescue or our grandmother's favorite, obscure song coming on the radio or app just as we're feeling teary-eyed on the anniversary of her death.

Whether they are lighthearted or life-changing, synchronicities link us to an underlying order in the universe that is profoundly reassuring. They open us to mystery and delight. They give us a sense of being taken care of. They nudge us to grow in scary, but life-affirming directions. They awaken a sense of awe, which studies have shown to be the emotion most likely to make us reach out generously to others—and that evokes even more synchronicity. And they can make daily life a lark.

By its very nature, we can't create synchronicity, but we can live life in a way that encourages it to show up. The

more engaged we are spiritually—whether that means prayer, meditation, walking in nature or loving others deeply—the more likely synchronicity is. Being open, self-honest, courageous, engaged, grateful and fully present summons it, which is where therapy, yoga and bodywork can be useful. But we don't have to be saintly or enlightened; synchronicity is there for us all. It is simply the way the Universe works.

The first step is to notice synchronicity when it occurs, and honor it. As with humans, when we give it our attention and say thank you, it makes it more likely to show up in our life again.

At some point as our trust builds, synchronicity becomes simply the way our life works. Things show up as we need them and we are in the right place at the right time. Even when occurrences seemingly go awry, we glimpse an underlying order that gives us strength and purpose. Life becomes a steady stream of meaningfulness and inner and outer exploration. We find ourselves living in flow, attuned to life's deepest currents and awash in deep gratitude.

*Meg Lundstrom is the co-author with Charlene Belitz of The Power of Flow: Practical Ways to Transform Your Life with Meaningful Coincidence. Connect at FlowPower.com.*

## calendar of events

### NEW CALENDAR FORMAT

SPACE COAST EVENT LISTINGS: PAGE 39  
TREASURE COAST EVENT LISTINGS: PAGE 43

**DEADLINE:** All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com).



### SPACE COAST EVENTS

#### SUNDAY, MARCH 1

**Space Coast Fresh Fest** – 11am-5pm. Plant-Based Food, Yoga, Live Music, Vendors, Workshops, Cooking Demos and Family Fun. A full day filled with delicious plant-based food and high-vibe experiences including live music, over 85 vendors, and lots of inspirational speakers covering topics such as health & wellness, the future of food, environmental sustainability, plant-based beauty and so much more. This is a free event, open to the public, and suitable for all ages. For a full schedule of all the plant-based goodness we have planned, visit [SpaceCoastFreshFest.com](http://SpaceCoastFreshFest.com) Cocoa Riverfront Park, 401 Riveredge Blvd, Cocoa.

**Women's Heart Centered Yoga Workshop** – 1-3pm. Focus on Gentle Vinyasa Flow style movements and breathwork, meditation, journaling and sharing. Suitable for all levels. Bring journal, pen and open heart. Led by Melissa Lopez. \$20 prepaid or \$25 day of event. Register online or call 321-729-

9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

#### WEDNESDAY, MARCH 4

**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](http://AquarianDreams.com).

#### THURSDAY, MARCH 5

**Tired of Being Tired?** – 4-5:30pm. Getting a good night's sleep is important for optimal health. Little to no sleep can affect a person's hormone levels, mood and weight. Come to our seminar to get better sleep and better health because of it. Free. Center for Antiaging Aesthetic and Rejuvenation Medicine,

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**Cancer Care Centers Presents Trio Bell'Elixir** – 7pm. Fundraiser for oncology patients: Cancer Care Centers of Brevard Presents Trio Bell'Elixir. Free. Cocoa Civic Center, 430 Delannoy Ave, Cocoa. 321-639-3500. [CocoaFL.org](http://CocoaFL.org).

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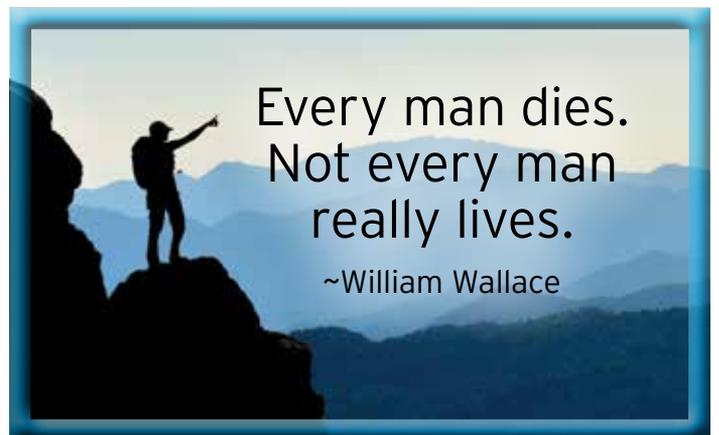
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CLAIRE STAGG DDS MS FAACP

2120 Highway A1A • Indian Harbour Beach, FL 32937 [in](https://www.linkedin.com)

## FRIDAY, MARCH 6- SUNDAY, MARCH 8

**Holy Fire III Reiki Master Teacher Certification Course** – Friday 6:30-9:30pm, Saturday 10am-6:30pm, Sunday 1-7:30pm. Combines both Advanced Reiki Training/Reiki III, and Reiki Master Training. Includes lecture, discussions, demonstrations and adequate practice time. Taught by Maria Banas. \$775 paid in advance or \$800 day of event. Discount rate for Maria Bana's former Reiki 3 graduates- \$565. Register online or call 321-729-9495 Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

## SATURDAY MARCH 7

**Introduction to Western Herbalism** - 9am-1:30pm. One of 12 classes in the series Fundamentals of Herbalism Certification Course. Gain a deeper understanding of herbs and their application through the art and science of herbalism. Classes may be taken individually or as an entire course. Reserve your space. 321-779-4647. Mama Jo's Sunshine Herbs, 1300 Pinetree Drive, Indian Harbour Beach.

## MONDAY, MARCH 9

**Full Moon Meditation** – 7-8:30pm. Full moon meditation is powerful for releasing things from your life, old negative emotions and thinking, and transformation. Session begins with a Crystal and Tibetan bowl meditation and if weather permits will go across street to the ocean for silent meditation under the moon. Bring yoga mat or towel. \$20 prepaid in advance (or \$25 day of event.) Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at AquarianDreams.com or call 321-729-9495.

## WEDNESDAY, MARCH 11

**Whole Body Health and Biologic Dentistry with Live Plaque Analysis** – 7pm. Dr. Brian Walsh of Care Natural Wellness Center will be joining Drs. Chris Edwards, Rob Brown and Haley Freymiller to discuss the importance of oral health to overall health. Attendees will learn about the benefits of biological dentistry and a functional nutrition approach to health. Free Live Plaque Analysis included. Free but call 321-751-7775 to register. Smile Design & Wellness Center, 5445 Village Drive, #100, Rockledge. SmileDesignCenter.us.

**Transformation Meditation Experience** – 7-8:30pm. Participate in a transformational trance experience led by Bruce Orion while receiving healing frequencies through Maria Banas's Reiki healings and crystal bowls. \$20. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at AquarianDreams.com or call 321-729-9495.

## FRIDAY, MARCH 13

**Natural Solutions to Allergy Problems** – 10-11am. Already sneezing? Sylvie Morin, DOM will teach you about the causes of the symptoms that occur during allergies, and about effective non-drug solutions such as acupuncture, herbs, nutrition, and vitamins. RSVP as space is limited. Free. Catherine Schweinsberg Rood Central Library, 308 Forrest Ave, Cocoa. 321-633-1792. HealthForLifeWellnessCenters.com.

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## SATURDAY, MARCH 14

**Kundalini Yoga Workshop** – 9:30-11am. A special Kundalini Yoga and Meditation class focusing on releasing unconscious patterns and realign with truth. 90-minute class includes a meditation and gong relaxation. Jessica Martin is a certified Kundalini Yoga Instructor and I-SKY Yoga Therapist with over 15 years teaching Kundalini Yoga as Taught by Yogi Bhajan. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at [AquarianDreams.com](http://AquarianDreams.com) or call 321-729-9495.

**Natural Health Expo** – 10am-6pm. Experienced health practitioners, the latest in natural health products, demonstrations, jewelry, crystals, and other things to help you live your best life! Speakers all day, both days - included with the low \$5 admission fee. Free parking - For more info. [NaturalHealthExpoFL.com](http://NaturalHealthExpoFL.com). \$5. International Palms Resort, 1300 N. Atlantic Avenue, Cocoa Beach.

**Manifest Synchronicities Spiritual Workshop** – Noon-6pm. Join Maria Banas and Karen Hedley on a powerful retreat to manifest your heart's desires. First, we begin with a sound bath Reiki journey with journaling. The day includes Yoga Nidra, creating a vision board, and a gratitude ceremony that ends at the beach with the Deeksha blessing. \$119 / \$139 after March 10. Yoga Art Lounge, 1301 South Patrick Dr., Suite 60, Satellite Beach.

**Nourish Soap Workshop** – 1-2pm. Only 12 Seat available per workshop Nourish has a new exciting soap making experience in our store. During the workshop you will be customizing a moisturizing glycerin soap bar and a soothing bath salt. Learn the benefits of natural body care as we help you hand-make your products. The Workshops are \$25 per person. Nourish, 849 E. New Haven Ave, Melbourne. 321-723-6464.

## SATURDAY MARCH 15

**Trance Dance** – 11am-1pm. Love Offering. Unity at the Space Coast, 2000 South Street, Titusville. 321-383-0195. [UnityOnTheSpaceCoast.org](http://UnityOnTheSpaceCoast.org).

## SUNDAY, MARCH 16

**Reiki 1 Certification Course** – 12:30-6:30pm. Reiki 1 with Usui/Holy Fire III consists of an Attunement/Placement given to the student and teaching by Usui, recognized worldwide. Holy Fire energy is a more refined source of higher consciousness that empowers the energies of the symbols and techniques used in Usui and Karuna Reiki. Topics

## space coast save the date

### SATURDAY APRIL 25 & SUNDAY APRIL 26

**Spirit Fest 2020 - Melbourne** – 10am-6pm. Over 50 booths with vendors, practitioners, readers, artists, demonstrations, and MORE! You'll find crystals, jewelry, divination tools, holistic health specialties, natural products, to name just a few! Speakers all day, both days, with special guests! Check our website often for updated info [www.sanctuaryFL.com](http://www.sanctuaryFL.com). \$5. Azan Shriners Center, 1591 W Eau Gallie Blvd, Melbourne. [sanctuaryFL.com](http://sanctuaryFL.com).

covered: How Reiki works, The Holy Fire, Chakra functioning and balancing and more. Maria Banas is a certified Reiki Master-Teacher. \$160. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Register online or call 321-729-9495. [AquarianDreams.com](http://AquarianDreams.com).

## WEDNESDAY, MARCH 18

**Meditation: Spring Cleaning for the Mind** – 7-8pm. Meditation is a wonderful way to help cleanse the mind as we transition into the new season with Monica Lombardo. \$10 or Yoga Membership. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Register online or call 321-729-9495. [AquarianDreams.com](http://AquarianDreams.com).

## FRIDAY, MARCH 20

**Natural Solutions to Allergy Problems** – 10-11am. Already sneezing? Sylvie Morin, DOM will teach you about the causes of the symptoms that occur during allergies, and about effective non-drug solutions such as acupuncture, herbs, nutrition, and vitamins. RSVP as space is limited. Free. Cocoa Beach Public Library, 550 N Brevard Ave, Cocoa Beach. 321-868-1104. [HealthForLifeWellnessCenters.com](http://HealthForLifeWellnessCenters.com).

## FRIDAY MARCH 20- SUNDAY MARCH 22

**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](http://KumariHealing.com/BlissRetreat) for more information. To register online visit [AquarianDreams.com](http://AquarianDreams.com) or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic.

## SATURDAY, MARCH 21

**Introduction to Basic Chinese Theory** - 9am-1:30pm. One of 12 classes in the series Fundamentals of Herbalism Certification Course. Gain a deeper understanding of herbs and their application through the art and science of herbalism. Classes may be taken individually or as an entire course. Reserve your space. 321-779-4647. Mama Jo's Sunshine Herbals, 1300 Pinetree Drive, Indian Harbour Beach.

**Reiki 2 Certification Class** – 10am-5pm. Deepen your knowledge and experience of the high frequencies of Usui/Holy Fire III Reiki. You will learn three primary hand symbols and their uses, distance healing, body scanning, and full treatment for yourself and others. Included: Attunement/Placement, Reiki 2 Certificate, and lots of practice. \$160. Yoga Art Lounge, 1301 South Patrick Dr., Suite 60, Satellite Beach.

**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](mailto:GlendaCarlin1@gmail.com) or call 321-704-1678. Unity of Melbourne 2401 N. Harbor Blvd Melbourne.

## TUESDAY, MARCH 24

**The Anti-Inflammatory Diet** – 7-8pm. Chronic inflammation is the root cause of many serious illnesses-including heart disease, many cancers and Alzheimer's disease. There are many sources of inflammation, but the one that is most controllable is dietary choices. Learn the fundamentals of an anti-inflammatory lifestyle so that you don't have to suffer. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. [CareWellnessFL.com](http://CareWellnessFL.com).

**New Moon Meditation** - 7-8:45pm. During this meditation, you may lie on a mat, sit in a chair, or sit on a cushion while Susan Rizzo takes us on this meditative journey of healing, relaxation, & connection. The Crystal Bowls will be played during the entire meditation. Bring yoga mat or pillow. \$20 pre-paid in advance (or \$25 day of event). Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

## WEDNESDAY, MARCH 25

**Meditation for Higher Consciousness** – 7-8:15pm. A group meditation session for accessing higher levels of consciousness with Bruce Orion. Bruce's background includes spiritual counseling, astrology (since 1971), hypnotherapy, eastern mysticism, and

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For more information visit **CancerCareBrevard.com**

he apprenticed with well-known spiritual healer, Karmu. For more information, visit BruceOrion.com. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

### FRIDAY, MARCH 27

**Navigating a Plant-Based Diet** – 4-6pm. Explore all the ways we can put more plants on our plates and discuss many of the benefits with Keenun Barley. First 30-minutes will be for information sharing and discussion, followed by food demos, and finishing up with Q & A session. A soup, salad dressings, pesto pasta, a dessert and more. \$25 (\$20 pre-pay discount). Includes food samples, recipes, and a plant-based goodie bag. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

### SATURDAY, MARCH 28

**Live Public Auction** – 10am-4pm. Please visit our website for details on upcoming Auctions. Click "Upcoming Auctions" on our homepage. Auctioning Real Estate to Diamond Rings to Tupperware and just about everything in between. No charge to attend. Cliff Shuler Auctioneers & Liquidators, Inc, 420 Julia St, Titusville. 321-267-8563. soldfor.com.

**Reiki 1 and 2 Certification Weekend** – 10am-5pm. Experience the high frequencies of Usui/Holy Fire III Reiki. You will learn the history and science behind Reiki, three Reiki symbols and their uses, distance healing, body scanning, and full treatment for yourself and others. Included: Attunement/Placement, Certificates, and lots of practice. March 28 & 29. Reiki 1 - \$135 / Reiki 2 - \$160 (\$295 both). Full Circle Yoga School, 320 N. Atlantic Ave, Ste 3A & 3B, Cocoa Beach.

### SUNDAY, MARCH 29

**Women's Health & Hormones Workshop** – 11am-1pm. Join us for a workshop for women of all ages, as we'll be talking about hormones in all stages of life. Learn practical Ayurvedic tips for balancing hormones through nutrition, yoga and meditation. We will also be doing a live smoothie demonstration, so everyone will be getting a fresh smoothie. \$25. Healing Elements Ayurveda, 1290 S Hwy A1A, Suite 102, Satellite Beach. 321-480-9617. HealingElementsAyurveda.com.

### TUESDAY, MARCH 31

**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 at CARE Natural Wellness Center. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

## TREASURE COAST EVENTS

### SUNDAY, MARCH 1

**ISDTC Sunday Services** - 10:30-11:30am. ISDTC Sunday Services are the 1st and 3rd Sundays of the month. Our Sunday Service is an interactive experience celebrating the Divine in our lives through healing meditation and Affirmation of Spirit. Free. The Institute For Spiritual Development Treasure Coast, ISDTC, Co-located Spark of the Divine 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. isdtreasure.org.

### TUESDAY, MARCH 3

**Lowering Cholesterol: Get the Facts** - 6-7pm. Do you have: High Cholesterol, High Blood Pressure, Thyroid Imbalances, Muscle Pain & Fatigue, Hormonal Imbalances, Low Energy & Fatigue, or Sugar Cravings? Find out what's wrong and how to get your health back. Spaces are limited so call for reservations. 772-778-8877. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach.

**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.

## treasure coast save the date

### SATURDAY APRIL 4

**Scented Dragon PSL Psychic Fair** - 10am-5pm. Some of the Treasure Coast's best readers will be on hand for private on-on-one sessions. Bring your question and find the answer you've been seeking. Call to book in advance or just stop by. 6993 Hancock Dr., Port St. Lucie (just off US 1). 772-877-2102 for more info.

**Homeopathy Certification Weekend Training** - 9am-5pm. 15 hours of instruction based on the Classical Homeopathic tradition of Samuel Hahnemann, MD. Students will develop a working knowledge of about 50 different homeopathic remedies. This is a great opportunity to learn basic homeopathy for common ailments and how to use these remedies safely and effectively. \$300 includes 15 hours of instruction, all class materials and a certificate of completion. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877. AMFCC.info.

### WEDNESDAYS, MARCH 4-MARCH 25

**Affirmative Prayer Class** - 7-8:30pm. Join Rev Janice in a four-week interactive class where students cultivate a healing consciousness, listen for insight and speak heart-felt affirmative prayers as developed by Myrtle Fillmore and used at Silent Unity. (Manual \$10). Class offered on Love offering basis. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. UnityOfFortPierce.com 772-461-2272.

### FRIDAY, MARCH 6

**Kundalini** - 9-10:15am. Kundalini an ancient Yoga practice that incorporates all aspects including Asana Pranayama mantra & meditation. Developing

physical vitality, this system of yoga works the energy body for emotional balancing, strengthening the nervous system, stress relief, and personal transformation. New Students 2 for \$17. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

### SATURDAY, MARCH 7

**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. FriendsAfterDiagnosis.com/fad-wp.

**Reiki Level I and II Certifications Weekend 14 CEUs available** - 11am-6pm. Learn the Art of

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**WHEN:** Wednesday, March 25

**TIME:** 5 - 7pm

Meeting Start: 5:30pm

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**Paint Your Joy** – 2-4pm. Join Dana Sardano on 3/7 and 3/28 for an afternoon of carefree creativity. Let's all take a "time-out" from our lives and reflect on and paint what brings us joy. No rules. No pressure. Just joy! \$35. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. ubuntufishgallery.com.

## SUNDAY, MARCH 8

**Kashi Sunday Market** – 10am-2pm. Cinnamon Buns, vegan & gluten free desserts, Teas, Coffees. Try a chair massage or a tarot card reading, gifts and bargains from Vendors including Organic Produce, breads, loaves, Artists & Crafters, Bric-a-brac, Jewelry, fairy hair, vintage. Vegan and gluten free Lunch Buffet from 12 - 1:30pm. \$15. Children's corner with painting, crafts, go carts. Free. Kashi School Of Yoga, 11155 Roseland Road, Sebastian. 772-589-1403.

**Round table Discussion "Seeing Everything as a Blessing"** – 11am-12pm. Round tables are opportunities for sharing of spiritual questions, experiences and insights. The public is cordially invited to participate in this forum for exploring spiritual insights. Round table discussions are led by an ECK Spiritual Aide who is a member of the ECK clergy. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

**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

**The Eagle Huntress Movie Screening** – 1:30pm. In honor of International Women's Day, Friends After Diagnosis is hosting a free screening of the documentary The Eagle Huntress. Ocean explorer Shirley Pomponi, PhD, of Florida Atlantic University's Harbor Branch Oceanographic Institute will be the guest speaker prior to the start of the movie. No tickets required seating is first come, first seated. Doors open at 12:45pm. Free. The Majestic 11, 940 14th Lane, Vero Beach. 772-453-4616. FriendsAfterDiagnosis.com.

## MONDAY, MARCH 9

**Grow Your Life with Love** – 11:30am. Guest speaker Arthur Tassinello will share with us what we can do to inspire peace and love around the world. This event is HEF's project of the month and the Holistic DIY will be how to grow your own sprouts. Berry Fresh Cafe 1429 SE Federal Hwy, Stuart. Please call 772-208-7688 for more info.

**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. 772-970-7700. FriendsAfterDiagnosis.com/fad-wp.

**Full Moon Tea Ceremony** – 6:30-8:30pm. Join us in celebrating the Full Moon, we will be discussing lunar phases and astrological influences, enjoying a personalized tea ceremony (CBD optional) and manifesting aspects within ourselves that align us with a more intuitive, passionate, and adaptable lifestyle. All guests will receive a bowl of sacred tea, Reiki Energy Clearing and Reiki charged Moon Kit to take home. Please contact Ann Marie Rubertone 772-801-3044 or Rachel Stevens 954-646-4374 for booking. Limited seating. Natural Healing and Wellness of Florida. \$20 pre-purchase \$25 same day purchase. Your CBD Store Port St. Lucie, 2818 SW Port Saint Lucie Blvd, Port Saint Lucie. 772-207-7302.

## TUESDAY, MARCH 10

**Headaches & Migraines: A Thing of the Past** – 6-7pm. Learn natural solutions for Stress Headaches, Tension Headaches, Migraines, Allergies, Sinus Headaches, and Menstrual Headaches. Make headaches a thing of the past. Spaces are limited so call for reservations. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

## THURSDAY, MARCH 12

**7th Path Self-Hypnosis** – 6-7:30pm. This Mind-Body-Spiritual approach to self-hypnosis is the only one of its kind. It is taught 7th Path Self-Hypnosis-While actually in a state of hypnosis where you learn to re-program yourself for success by eliminating limiting beliefs and erroneous programming. 3/12 and 3/26. \$45. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

## SATURDAY, MARCH 14

**Intermediate Trance** – 9am-3pm. This class is limited to 12 \$100 must pre-register Learn how to access higher frequencies to go deeper to retrieve more healing energy and information. Gain greater clarity while learning how to avoid burnout. If you feel a deeper calling to the Earth then this class is for you. \$100. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

**Reiki Level I Training** – 10am-4pm. Increase spiritual awareness through learning the ancient Practice of Reiki. Reiki Masters Rev Janice Cary and Trish Gable will lead Reiki I. The student will learn the techniques, hand positions and is attuned in directing this Universal Life Energy. RSVP. Bring your lunch. \$150 includes manual. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

**How to Use Your Spiritual Tools** – 2-3:30pm. This workshop has been designed to provide clarity and give you some helpful and insightful tips on how to work with various spiritual tools to further empower and enhance your healing experience. \$33 Ubuntu Fish Gallery, 508 SE Osceola St. Stuart, 772-210-2931. UbuntuFishGallery.com.

## SUNDAY, MARCH 15

**Living the Twelve Powers** – 11:30am-12:30pm. Using our God given potential to lead an abundant life. Participants will practice different ways to express each of our twelve powers and how they ultimately lead to our spiritual purpose. This workshop is led by Terrance Young. Love offering \$10. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

**ISDTC Prayer Treatment Class** – 12:30-3pm. Learn the basics of Science of Mind and similar prayer construction principles to practice Spiritual Mind Treatment. You will be able to customize prayers to address your own unique situation. \$25.00. The Institute For Spiritual Development Treasure Coast, ISDTC, Co-located Spark of the Divine 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. isdtreasure.org.

## TUESDAY, MARCH 17

**The Story Your Blood Tells** – 6-7pm. Have you ever: Been confused by lab results? Wanted to know what your results really mean? Wondered what this means for your current & future health? Bring a copy of your copy of your recent bloodwork. Spaces are limited so call for reservations. 772-778-8877. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach.

**Salt Cave Special** – 50% off Salt cave pricing for St. Patrick's day. The HAIR Tiki 735 Commerce Center Dr., Ste. B Sebastian. 772-228-8986.

## FRIDAY, MARCH 20

**Happy Hour with the Intuitives** – 5-8pm. Happy Hour with the Intuitives. Come hang out with like-minded people for a few hours to discuss fringe stuff and explore creativity. \$10 per person (bring a friend for free). Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

## SATURDAY, MARCH 21

**Soul To Soul An Intro to Trance** – 9am-1pm. This beginner level class will teach you how to

## INSTITUTE FOR SPIRITUAL DEVELOPMENT TREASURE COAST Services 1st and 3rd Sunday at 10:30am

### Prayer Treatment Class

Sunday, March 15  
12:30 - 3:00 pm

### Mini Metaphysical Service

Vero Beach  
Thursday, March 19  
6:30-7:30pm



### Mini Service Sebastian

Tuesday, March 24  
6-7pm

### Sunday Services

March 1 & 15  
10:30am

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quiet your body, mind and emotions so that you can connect with who you are at the deepest level. Attend this experiential intensive to meet your Soul. Your soul is that eternal part of yourself. \$77. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

**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. Friendship House, 3404 Aviation Blvd., Vero Beach. 772-970-7700. FriendsAfterDiagnosis.com/fad-wp.

**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 Conference Room 1600 21st St. Vero Beach. 772-223-1188. ECK-Florida.org.

**Which “Clair” Are You?** – 2-3:30pm. Which “Clair” Are You? In this workshop, you will learn about the different “clair”, techniques, tools, and what crystals with which to work to strengthen your “clair”. \$33. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

**1 Year Anniversary Celebration** – 2-6:30pm. Your CBD Store Port St Lucie wants to show our appreciation for helping our store be successful! Get excited for our giveaways, door prizes, raffles and discounted CBD Products. We will be serving refreshments and light appetizers along with CBD samples. Be sure to bring your friends and family! Free. Your CBD Store Port St. Lucie, 2818 SW Port Saint Lucie Blvd, Port Saint Lucie. 772-207-7302.

## SUNDAY, MARCH 22

**ECK Light and Sound Service** – 11am-12pm. “The Passkey to Heaven” Each service focuses on an aspect of Eckankar: a reading from the ECK works, singing HU, stories, music, guest speaker 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.

**The Truth of Being One** – 11:30am. Spiritual messenger, Elaine Taylor will share her experience with life after her physical death and will open the floor for Q & A regarding her lifelong journey and the ability to see beyond which began for her, as a child. Many of us have stories such as these, join us and let us share the Truth of Being One. Love offerings appreciated. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

## MONDAY, MARCH 23

**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. 772-970-7700. FriendsAfterDiagnosis.com/fad-wp.

## TUESDAY, MARCH 24

**Digestive Disorders: Prevention and Healing** – 6-7pm. Do You Have Irritable Bowel Syndrome, Acid Reflux, Crohn’s Disease, Gas, Bloating, Diarrhea, Low Energy & Fatigue, Cramping, or Hiatal Hernia? Learn How to Find Digestive Balance Naturally. Spaces are limited, so call for reservations. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

## mark your calendar

WEDNESDAY, MARCH 25 – 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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**New Moon Vision Board and Workshop** – 6:30-8:30pm. The New Moon is considered to be a fresh start for new beginnings. Practice meditations for prosperity, create a vision for your best life. Turn your dreams into reality by creating your very own Vision Board. (All supplies are included, a manifesting EFT session and affirmation card) If you’re ready to Identify, Clarify and get Focused call Rachel Stevens 954-646-4374 or Ann Marie Rubertone 772-801-3044 to reserve your spot! Limited seating. Located at Natural Healing and Wellness of FL. \$25 pre-purchase \$30 same day purchase. Your CBD Store Port St. Lucie, 2818 SW Port Saint Lucie Blvd, Port Saint Lucie. 772-207-7302.

## TUESDAY, MARCH 31

**Arthritis: Prevention & Relief** – 6-7pm. Help You With: Rheumatoid Arthritis, Joint Pain, Knee & Wrist Pain, Hip Discomfort, Fatigue, Reduced Painful Activity. Get Pain Free Naturally. Spaces are limited so call for reservations. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

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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](http://www.MyNaturalAwakenings.com).

## sunday

### SPACE COAST

**Yoga in the Village** – 8:30-9:30am. Yoga has been known to cause health and happiness. A basic yoga practice focusing on posture, breath, and mindfulness. Beginners welcome. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

**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 Bruce Orion. 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/ Chair Tai Chi** – 11am-12pm. A life changing practice that everyone can do. Visit my website [MasterChungWang.com/testimonials](http://MasterChungWang.com/testimonials) and view the testimonials from our students. Tai Chi is included in MAC membership. Melbourne Athletic Club Studio 1218 Sarno Rd, Melbourne. 321-720-4694. 4

**Sunday Church Service** – 11am-12:30pm. Unity is a positive, practical approach to Christianity based on the teachings of Jesus and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path. Free. Titusville - North Brevard 2000 South Street Titusville. 321-383-0195. [UnityOnTheSpaceCoast.org](http://UnityOnTheSpaceCoast.org).

### TREASURE COAST

**Unity of Ft. Pierce** – 10am. Practical spiritual teachings that empower abundant and meaningful living. We honor all paths to God and strive to be a beneficial presence on our planet. Join us and experience inner peace and guidance through a stronger connection with God. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

**Restorative Yoga** – 4pm. The main focus of Restorative Yoga is that by relaxing in poses, with the aid of props, without strain or pain, we can achieve physical, mental and emotional relaxation. You will explore deep relaxation and possibly a few singing bowls. Led by Kim Romer. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

**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](http://TCQuakers.org).

## monday

### SPACE COAST

**Yoga in the Village** – 8:30-9:30am. Yoga has been known to cause health and happiness. A basic yoga practice focusing on posture, breath, and mindfulness. Beginners welcome. \$10. The Zen Room 631 Brevard Ave Suite C Cocoa Village. 321-544-8541.

**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.

**Bone 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. Free class for first-time visitors. DRS Community Center Gym, 1089 S. Patrick Dr., Satellite Beach. 321-759-4962.

**Tai-Chi/Chair Tai-Chi** – 11am-noon. A life changing practice that everyone can do. Visit my website [MasterChungWang.com/testimonials](http://MasterChungWang.com/testimonials) and view the testimonials from our students. \$15 Walk-in (\$50 / mo). ZenYOGA321, #150 1024 Hwy A1A, Satellite Beach. [MasterChungWang.com](http://MasterChungWang.com).

**Free Neuropathy Seminar** – 3-3:45pm. Do You Suffer with Neuropathy? Learn about the latest breakthrough that can relieve pain and numbness caused by peripheral neuropathy. Non-surgical, Drug-free Treatment. 90% of treatment done in the comfort of your own home. Our program has helped hundreds, nationwide gain their life back. Limited Seating Call to RSVP. Stephen H. Canuel, D.C. American College of Physical Medicine Board Certification Neuropathy. Free. Melbourne Chiropractic Spine and Injury Center, 490 Center Lake Drive NE, Suite 100A, Palm Bay. 321-499-4608. [WestMelbourneChiropractor.com/peripheral-neuropathy-relief](http://WestMelbourneChiropractor.com/peripheral-neuropathy-relief).

**Yoga for Beginners** – 4-5pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Aisling. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Vinyasa Flow** – 5:30-6:30pm. This 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 Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Palchen Buddhist Study Group** – 6-8pm. Come for both sessions or just one. 6pm is chanting, 7pm we meditate and read a Buddhist book together and discuss. donations appreciated. Space Coast Wellness Center, 725 S. Apollo Blvd., Melbourne. 321-917-4529.



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**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**

**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.

**Kai Chi Do** - 6:15-7:15pm. Kai Chi Do is a meditation in energy movement. Bring something to hydrate with and any blockages that you need to unblock for this powerful one-hour session. Free. Love donations accepted. Genie's Gems, 21 SW Flagler Ave, Downtown Stuart. 772-678-6228. 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.



**SPACE COAST**

**Chair Yoga – Balance & Fitness** – 10:30-11:30am. Improve your strength, flexibility, and balance. Learn proper breathing techniques to reduce stress and improve mental clarity. A variety of props and modified poses will be available to keep things interesting and challenging. Class led by Pyper. Everyone is welcome. No mats required. \$5 per person. DRS Community Center 1089 South Patrick Drive, Satellite Beach. 321-446-9690. YogaWithinFL.com.

**Yoga for Beginners** – 10:30-11:30am. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Chair Yoga – Balance & Fitness** – 3-4pm. Improve your strength, flexibility, and balance. Learn proper breathing techniques to reduce stress and improve mental clarity. A variety of props and modified poses will be available to keep things interesting and challenging. Class led by Pyper. Everyone is welcome. No mats required. \$5 per person. Satellite Beach Library 751 Jamaica Blvd Satellite Beach. 321-446-9690. YogaWithinFL.com.

**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.

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**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. 321-704-1678. GreatRayExperience.com.

### TREASURE COAST

**Chair Yoga** – 11:15am-noon. No heat, no floor poses, any fitness level. \$5 intro. Indian River Bikram Yoga, 676 US-1, Suite 4, Vero Beach. 772-925-9697. IndianRiverBikram.com.

**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. Relax, rejuvenate and heal with Reiki the Japanese technique for stress reduction with Tina. Give yourself this gift. Everyone will appreciate a calmer more balanced you. Love donation. Spark of Divine, LLC Healing and Learning Center with Gift shop, 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

**Bone Makers** – 9:15am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Free class for first-time visitors. Wickham Senior Center 2785 Leisure Way, Melbourne. 321-759-4962.

**Free Neuropathy Seminar** – 10-10:45am. See description Monday 3pm.

**Tai-Chi/Chair Tai-Chi One of the best healing practice** – 10:30-11:30am. A life changing practice that everyone can do. Visit my website MasterChungWang.com/testimonials and view the testimonials from our students. Tai-Chi is included in RTG membership. Raise The Bar GYM Studio, 3008 W New Haven Ave, W Melbourne. 321-720-4694.

**Sivananda Yoga** – 10:30am-Noon. A multi-level Sivananda Hatha Yoga class. Each class is tailored to meet the needs of the students present. Includes basic asanas, breathwork and relaxation. Instructor, Sita Kline is a certified Sivananda yoga teacher. \$10 or Yoga Membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Vinyasa Flow** – 5:30-6:30pm. 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

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### COMMUNITY

**DONATIONS NEEDED FOR WILD FLORIDA RESCUE (WFR)** — WFR provides safe and compassionate emergency first response service for wildlife in need of urgent medical attention. They operate on the generosity of our community. Visit [WildFloridaRescue.org](http://WildFloridaRescue.org) to donate, "adopt" an animal (virtually), or to set your amazon smile charity to WFR. 321-821-7881.

**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. *CritterSavers.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.

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**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.

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.

**Posturize** — 5:30-6:30pm. Wonderful set of movements for muscles and joints to improve posture and for pain-free movement. Excellent for prevention and treatment of repetitive motion issues. Wear loose clothing and bring a mat or thick blanket. Do call or text for other class times, as well as to confirm your spot. \$5. Space Coast Wellness Center, 725 S. Apollo Blvd., Melbourne. 321-917-4529. [hoshinotherapyofmelbourne.com](http://hoshinotherapyofmelbourne.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

**Insight Meditation** - 11am-Noon. Experience a calm and centered mind in 2020 with Rev. Janice Cary. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. Love offerings accepted. [UnityofFortPierce.com](http://UnityofFortPierce.com). 772-461-2272.

**Reiki Healing Circle** — 6:15pm. Join the powerful healing team for an hour of peace and deep relaxation. Practitioners welcome. Free. Donations accepted. Psychic & The Genie, 313 Colorado Ave, Downtown Stuart. 772-678-6170. [PsychicNTheGenie.com](http://PsychicNTheGenie.com).

**Reiki Circle** — 6:30-8:30pm. Unique alchemy & energetic facilitation, co-creating deep profound encounters with the Spirit Realm. Facilitated by Ann Marie Rubertone known as the Lifestyle Goddess Psychic Medium and Rachel Stevens. Call to register 772-801-3044 or 954-646-4374. Love donation (\$10). Your CBD Store PSL 2818 SW Port St. Lucie Blvd., Port St. Lucie.

## thursday

### SPACE COAST

**Chair Yoga— Balance & Fitness** — 10:30-11:30am. See description Tuesday 10:30am.

**Kundalini Yoga** — 12:15-1:30pm. Kundalini class with pranayama, stretching poses, kriya, meditation and relaxation with gong. This Kundalini class is rigorous yet is acceptable for all levels. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**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.

**Yoga** - 5:45-6:45pm. 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. Let your soul shine with health and happiness! Come find the peaceful union among body, breath, mind, and spirit. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

**Informational Movie Night** — 7-8:30pm. 2nd Thur. Once a month, Upper Cervical Health Center opens it's doors to all community members for a Free informational movie night premiering "The Power of Upper Cervical" which is an eye opening documentary on Upper Cervical Care and its ability to change lives. The science and technology behind the advanced technique will be thoroughly explained by the Doctors and snacks will be provided for the show. Free. Upper Cervical Health Centers, 1600 W. Eau Gallie Blvd Suite 104, Melbourne. 321-622-4447.

### TREASURE COAST

**The Salt Cave Special** — All Thursdays in March are bring a friend free to the Salt Cave with one paid entry The HAIR Tiki 735 Commerce Center Dr., Ste. B Sebastian. 772-228-8986.

**Joanne's World of Nutrition** — 10-11am. Listen to radio station WPSL AM 1590 every Thursday morning to learn about holistic health and wellness with Joanne owner of Nutrition World in Ft. Pierce who has 30 plus years of expertise. [JoannesNutritionWorld.com](http://JoannesNutritionWorld.com).

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

## friday

### SPACE COAST

**Yoga in the Village** — 10-11am. Yoga has been known to create smiles. Experience basic yoga postures, breath, and mindfulness. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

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

**Free Neuropathy Seminar** — 10-10:45am. See description Monday 3pm.

**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. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Yin Yoga** — 12-1pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Debby Jeffries. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

## TREASURE COAST

**Healing Reiki Circle** – 12:30-1:30pm. Reiki a technique for stress reduction and relaxation. Think how much better you can perform in your life. Love Donation. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

**DEEP PLAY for Kids** – 4:30-5:30pm. Each session is filled with multi-sensory activities and movement that embraces each child individually. Your child WILL be honored for who they are and who they are meant to be with Deep Play. 2 classes wk. \$10. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

**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

## SPACE COAST

**Cocoa Beach Contra Dance** – 7-10:30pm. 1st Sat. Lively, much updated version of a barn dance, all ages welcome. If you can walk, you can contra dance. Short lesson at 7 dance starts at 7:30. Bring friends and family. Lots more info on our website. \$10 adults, \$5 under 25. Cocoa Beach Recreation Center, 321 Ramp Road, Cocoa Beach. 321-917-4529. cocoaeachcontra.org.

## 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,

**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.



(772) 224-2444

1649 SE Port Saint Lucie Blvd. 34952  
downtoearth yogastudio@gmail.com

www.dte-yoga.com

*Bringing the practice of Yoga Down To Earth for all to enjoy!*

- Foundation/Beginners
- Restorative Yoga
- Yoga I & II Level
- Flowstorative
- Yin Yoga
- Monthly workshops
- Power Vinyasa
- Sunrise Yoga

**Buy 1 Regular class for \$20 Get The Second Class FREE!**  
(2nd class expires in 10 days)

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## Ketamine Holistic Wellness Center introduces Dr. Louise Peters!



**Unleash the Power of your Mind  
for Healing and Wellbeing**

Dr. Louise Peters, licensed  
clinical psychologist, provides  
Ketamine-assisted Therapy and  
Rapid Resolution Therapy (RRT).

**Get rapid relief from:**

- Guilt / Shame
- Anxiety
- Anger / Resentment
- The ongoing effects of:
  - Sexual trauma
  - Childhood abuse
  - PTSD
  - Loss / Grief
  - Heartbreak / Betrayal



KETAMINE  
holistic wellness center

321-777-8040 • 1024 Hwy A1A #152 • Satellite Beach

## 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](mailto: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](http://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](http://Phase9Align.com)



Gentle, HARI Style, Japanese Acupuncture and/or CranioSacral treatments. Nervous system disorders, TMJ, pain, anxiety, headaches, migraines, concussions, sleeplessness, gastrointestinal, mental focus, emotional issues. Call for appointment.

### HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE

1395 N. Courtenay Pkwy, Ste 202  
Merritt Island, 321-252-3720  
[HealthyHealingClinic.com](http://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.

### STUART ACUPUNCTURE, INC.

Hillary Morris (Heidelberg), A.P.  
7000 SE Federal Hwy, Suite 205  
772-266-8165  
[StuartAcupuncture.com](http://StuartAcupuncture.com)

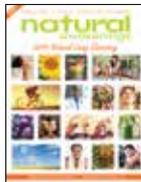


With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad on page 28.

### ADVERTISING/ MARKETING/PR

#### NATURAL AWAKENINGS MAGAZINE

Kris Urquhart, Publisher  
[Kris@my-NA.com](mailto:Kris@my-NA.com)  
321-426-0080  
[my-NA.com](http://my-NA.com)



Natural Awakenings is your multimedia 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](http://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 25.

### ART THERAPY

#### MARCY PURDY, ATR BC

ArtReach of Vero Beach  
[MarcyArtReach@gmail.com](mailto: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  
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[SoldFor.com](http://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.

### AYURVEDA

#### HEALING ELEMENTS AYURVEDA

1290 S Hwy A1A, Ste 102  
Satellite Beach, 321-480-9617  
[HealingElementsAyurveda.com](http://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.

### CBD HEMP PRODUCTS

#### NATURE'S HEALTHY HARVEST

2330 N. Wickham Rd, Ste 14  
Melbourne, 321-610-3989  
Top rated & tested CBD oil, capsules, gummies, topicals, literature, classes.

#### YOUR CBD STORE

429 5th Ave, Indialantic  
321-327-3741  
[IndialanticFL.cbdrx4u.com](http://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, topical creams, vapes and pets, there is something for everyone. Free samples! Mon-Sat 10am-6pm.

#### YOUR CBD STORE PORT ST. LUCIE

2818 SW Port St Lucie Blvd  
Port Saint Lucie, 772-207-7302  
[YourPSL CBDStore@gmail.com](mailto:YourPSL CBDStore@gmail.com)



Your source for quality CBD products and education. We're happy to answer all your questions in our relaxed atmosphere. Tinctures, water solubles, skin-care, edibles and pet products. See ad, page 29.

### 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-birthed infants welcome!

## CHIROPRACTIC

### CLOW CHIROPRACTIC

145 Palm Bay Rd NE, Ste 120  
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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 Breward 25+ years.

### DR. ROZANA SHARMA, DC

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Melbourne, 321-361-6869  
Inside FL Therapy Center



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.

### UPPER CERVICAL HEALTH CENTER

1600 W Eau Gallie Blvd, Ste 104  
Melbourne, 321-622-4447  
UpperCervicalCare.com



Drs. Renee Hahn and Amanda

Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 35.

## 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.

## COACHING: MIND-BODY EATING

### PATRICIA AKERS COACHING

Melbourne Beach, 321-652-0799  
PatricaAkersCoaching@gmail.com  
Facebook.com/Patricia-Akers-Coaching



Discover the factors that influence the way we eat and feel about our body. Offering complimentary get acquainted session, pantry makeovers, guided grocery shopping and more.

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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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Candice@HappyColons.com

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

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Specializing in energy psychology, using wellness models that uplift and balance body, mind and spirit. H.E.R.O., SoJourn, workshops for teachers and students and other modalities all used.

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CranioSacral Therapy gently releases deeply rooted emotion, trauma, and tensions within the soft tissue, calms the central nervous system, and regulates the pressure of cerebrospinal fluid that cushions the brain and spinal cord. It relieves pain, dysfunction and improves whole-body health and performance. (MA 75423/ MA93522/ MM35261)

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### 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 11.

### 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 40.

## EYE & VISION CARE

### HEALTH FOR LIFE

1727 N. Atlantic Ave  
Cocoa Beach, 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

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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

3800 W Eau Gallie Blvd, #106  
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ElementsOrganicSalon.com



organic salon & spa

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

## 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."

### LUCKY'S MARKET

3170 W New Haven Ave  
W. Melbourne, 321-405-0398  
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Lucky's Market is a natural grocer, providing a wide range of organic, natural, local, and private label products to fit every need.

### 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.

### ORGANIC FOOD CENTER

862 N. Miramar Ave  
Indialantic, 321-724-2383  
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.

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

Flower Essence Therapy  
422 SW Akron Ave  
Stuart, 516-984-4615  
HerbsAndOwls.com



Gina is a Certified Herbalist specializing in Flower Essence Therapy - a vibrational form of healing derived from living flowers that assists in emotional and energetic healing and personal growth. See ad, page 7.

### 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 48.

### THE HERB CORNER

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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 9.

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### 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.

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### BY THE SEA HYPNOSIS

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



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

### LORI BURKE HYPNOTHERAPY LLC

Lori Burke, Cert. Clinical Hypnotherapist  
Viera, 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 CHt/CCHt/CTHt #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 Hypno-therapy, 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  
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 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!

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### 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.

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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 37.

### 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 19.

### 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 17.

## 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 19.

### 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, AVAZZIA Micro-Current Advanced Pain Management, Thai Massage, Thai Foot Massage, Reflexology, Visceral-Neural Manipulation; helping client's 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 all ways complimentary. (MA91001)

### JUDY PORTER, LMT

Studio in Motion, LLC  
 Vero/Sebastian 772-577-3057  
 TheStudioinMotion.com



Licensed and Board-Certified Massage Therapist; Palm Beach State College Graduate. Healing Massage, post-surgical, cupping, sports, deep tissue, hot stone, Reiki/Chakra, organic facials and more. (MM37640, MA38153)

### STUDIO 1250

1250 W. Eau Gallie Blvd, Suite A  
 Melbourne, 321-425-2050  
 Studio1250Spa.com



Offering massage, natural skin care and body care, including facials, body wraps and scrubs in a relaxing and healing environment. Call to book today. (MM37698)

## MEDICAL MARIJUANA

### 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 15.

## MEDITATION

### TRANQUILITY HAVEN CENTER

Andrea Pearson, 772-210-5172  
524 SE Dixie Hwy, Stuart  
TranquilityHavenCenter.com



Our center provides a safe space that optimizes your meditation experience. We offer a variety of meditation, yoga and healing classes, for all ages.

## METAPHYSICAL STORE

### CREATIVE ENERGY ENCHANTED GIFTS FOR THE MIND, BODY AND SOUL

780 W New Haven Ave  
Melbourne 321-952-6789  
Facebook.com/CreativeEnergyFL



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!

### 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.

### PSYCHIC AND THE GENIE

313 Colorado Ave  
Stuart, 772-678-6170  
PsychicTheGenie.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 34.

## NETWORKING: HOLISTIC

### TREASURE COAST LIFT

Learn & Inspire From Togetherness  
321-426-0080  
Facebook.com/TCLIFTNetwork

Join us in our mission to bring together holistic, natural health, eco-friendly, like-minded practitioners and business owners in the Treasure Coast community. Monthly networking meetings to inspire and support. Brought to you by Natural Awakenings. See ad, page

## NEUROPATHY

### DR. STEVE CANUEL

Board Certification Nephropathy  
490 Center Lake Dr, Ste 100A  
Palm Bay, 321-499-4608  
WestMelbourneChiropractor.com



A long-term solution you can do at home! Our scientific, proven approach heals your nerves and reverses your symptoms. Relief without Surgery, Shots, Addictive Medications. See ad, page 49.

## PEDIATRICIANS: HOLISTIC

### RUTH M. RODRIGUEZ, DO

Natural Solutions with Dr. Ruth  
Space & Treasure Coast, 321-427-6538  
NaturalSolutionsWithDrRuth.com



Dr. Ruth Rodriguez, board-certified Osteopathic Pediatrician provides holistic and individualized guidance to return children to vibrant health via Concierge- and Tele-medicine, and one-to-one consultations.

## 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. See ad, page 30.

## PSYCHIC MEDIUM

### CHRISTOPHER JOHANSEN

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

## REFLEXOLOGY

### CHAD TAYLOR, LMT

Melbourne / Palm Bay  
321-652-3946  
MassagesWithPurpose.com



Reflexology Therapy uses foot pressure points to stimulate organs and systems (blood, lymph, and nerves), remove energy blockages, calm the nervous system, and promote healing throughout the body. Other therapies: CranioSacral Therapy, Scar Release, Micro-current Pain Management, Lymphatic Drainage, Thai Massage, and Deep Tissue Massage. (MA93522/ MM35261)

## REIKI

### SPARK OF DIVINE LLC

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

Healing and Learning Center with Metaphysical Gift Shop. Classes and Sessions in Reiki, Angelology, Shamanism, Meditation, Yoga, Qi Gong, Nia, Crystals, CDs, Books, Candles, Statuary, Unique Local Artwork, etc.

## SALT THERAPY

### THE SALT CAVE IN THE HAIR TIKI

735 Commerce Center Dr. Ste. B  
Sebastian, 772-228-8986  
TheHairTiki.com



Dry salt therapy (halotherapy) promotes healthier breathing & skin, sounder sleep, endurance & overall wellness. It's also healing on a variety of levels for stress anxiety & fatigue.

## SAUNA THERAPY

### STUDIO IN MOTION, LLC

8128 US Highway 1  
Vero/Sebastian, 772-577-3057  
TheStudioInMotion.com



Detoxify naturally in our medical-grade sauna. Just one session can remove toxins, boost your mood and leave your skin glowing. Chromotherapy and guided imagery helps balance energies.

## SOLAR ENERGY

### SOLAR ENERGY SYSTEMS OF BREVARD, INC.

1536 Cypress Ave  
Melbourne, 321-253-3232  
321GoSolar.com



Excellence in installing & servicing commercial & residential photovoltaics, solar hot water, solar attic ventilation & pool heating. Offset or eliminate your rising utility bills.

## SPIRITUALITY

### THE INSTITUTE FOR SPIRITUAL DEVELOPMENT TREASURE COAST

1789 Old Dixie Hwy  
Vero Beach, 772-404-1352  
ISDTC.sm@gmail.com



ISDTC is a non-profit organization dedicated to spiritual and personal development. We offer classes, spiritual services and events. Co-located with Spark of the Divine. ISDTC.sm@gmail.com. See ad, page 45.

### GLENDA CARLIN WITH GREAT RAY EXPERIENCE

321-704-1678  
GlendaCarlin1@gmail.com  
GreatRayExperience.com



Weekly A Course in Miracles meetings. Learn to practice true forgiveness to release your inner light to know the Great Ray which connects you to God. See ad, page 9.

### UNITY OF FORT PIERCE

3414 Sunrise Blvd.  
Fort Pierce, 772-461-2272  
UnityOfFortPierce.com



Cultivate a healthy, prosperous attitude through Connecting, nurturing and expressing your Authentic Self; Rev Janice Cary provides spiritual counseling/life coaching, Classes, Meditation. See ad, page 47.

### UNITY ON THE SPACE COAST

2000 South St, Titusville  
321-383-0195  
UnityontheSpaceCoast.org



A positive, practical, progressive approach to Christianity based on the teachings of Jesus and the power of prayer, celebrating personal and spiritual diversity.

### UNITY SPIRITUAL CENTER OF VERO BEACH

950 43rd Ave  
Vero Beach, 772-562-1133  
UnityOfVero.org



A Positive Path for Spiritual Living. Rev. Dan Holloway. Sunday Service: 10 am. Unity Labyrinth open to the public. Everyone is Welcome!

## STEM CELL THERAPY

### DR. ALITA GONSALVES SIKORA

1040 37th Pl, Ste 102  
Vero Beach, 772-228-6882  
SikoraMedical.com



Avoid surgery or joint replacement using PRP (platelet rich plasma), Stem-cell Therapy, Exosomes, Amniotic Allografts to promote new tissue growth by stimulating a healing, regenerative response. See ad, page 7.

## THERMOGRAPHY

### FOR YOUR HEALTH THERMAL IMAGING, LLC

6550 North Wickham Rd, Ste 6  
Melbourne, 321-987-7893  
YourThermalHealth.com



Whether your pain, condition, or disease is acute or chronic, a thermography scan can identify dysfunction and pathology for your healthcare professional. It's pain-free, fast, radiation-free, and non-invasive. See ad, page 2.

### STUART THERMOGRAPHY

Dr. Steven Zanfini  
Stuart, 772-781-5353  
CompleteCareTC.com



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 20.

### THERMOGRAPHY OF BREVARD

1119 7th Ave, Vero Beach  
1051 Eber Blvd, Ste 102, Melbourne  
321-312-0363  
ThermographyofBrevard.com



Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 25.

## VETERINARIAN

### ANIMAL WELLNESS WORLD

3149 N Courtenay Pkwy  
Merritt Island, 321-684-7060  
AnimalWellnessWorld.com



Conventional and alternative medical care for your animal companions. Offering boarding, grooming, pool therapy, acupuncture, laser therapy, i-therm and more.

### COASTAL ANIMAL HOSPITAL WELLNESS CENTER

545 Gus Hipp Blvd  
Rockledge, 321-632-3800  
CoastalAnimalWellness.com

Our full-service hospital offers Animal Chiropractic, Laser Therapy, Clinical Nutrition, Acupuncture, and Homeopathy. Our patients and clients Love Integrative Care.

## YOGA

### HATHA YOGA WITH MARILYN

Pelican Beach Clubhouse  
1495 Highway A1A  
Satellite Beach, 321-773-6458

Balance your Body, Mind & Spirit with Hatha Yoga. Gentle, guided yoga postures with Stretching, Deep Breathing, and Relaxation. \$5 per class through Satellite Recreation Department. See ad, page 49.



## CALENDAR

Check out the latest events at  
[MyNaturalAwakenings.com/calendar](http://MyNaturalAwakenings.com/calendar)

# natural awakenings

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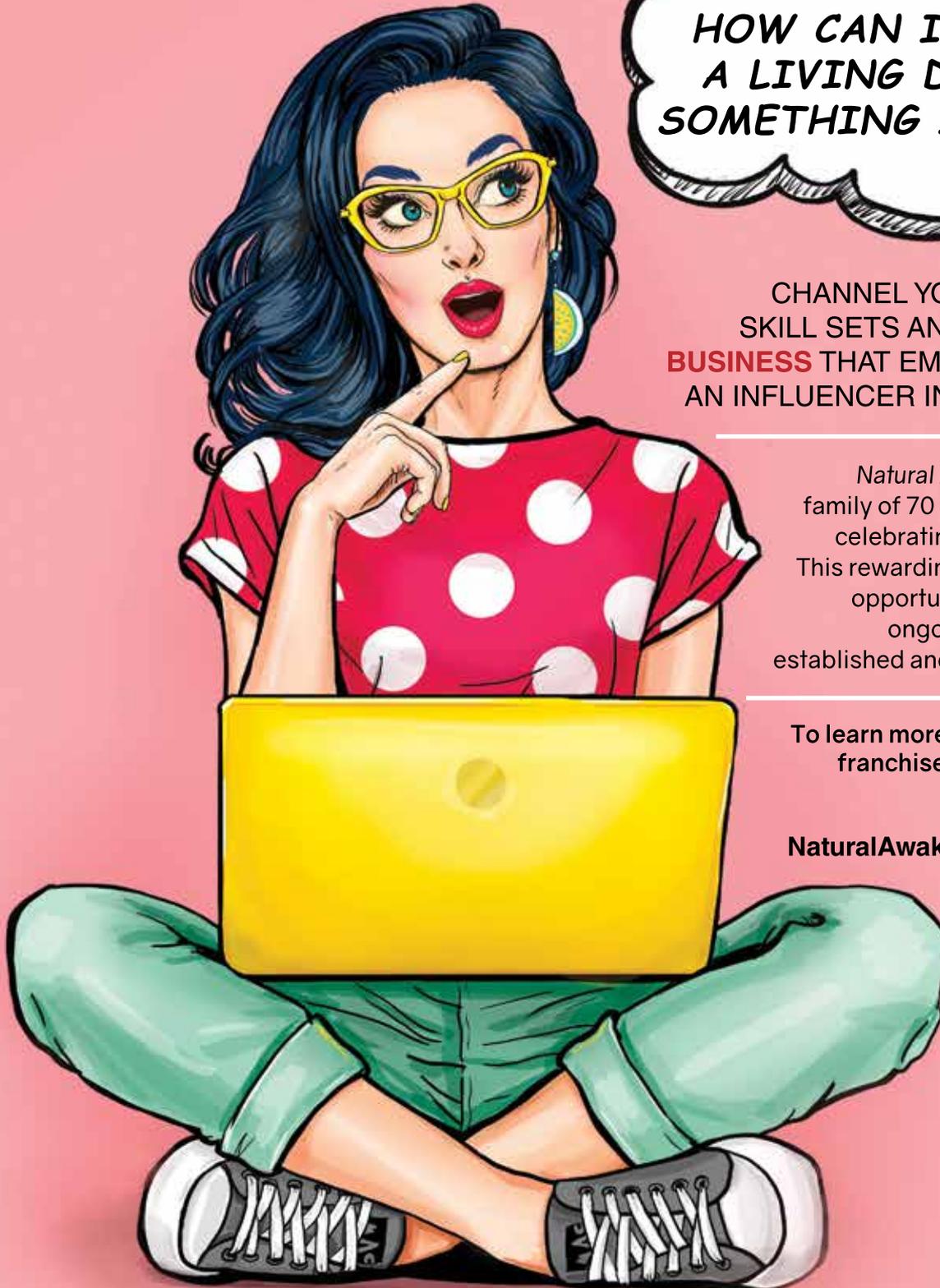
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# Seven years without a cold?

## New device stops cold and flu

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.



**Dr. Bill Keevil:** Copper even kills deadly germs that 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.

Get \$10 off each CopperZap with code **NATA18**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.



**New research: Copper stops colds if used early.**

# The Premier Center for REGENERATIVE MEDICINE



**Melissa Dean, MD, MMB**  
Anti-Aging Medicine  
Master's Metabolic  
Medicine

Dr. Melissa Dean has been serving Vero Beach, FL and the surrounding area for over 15 years. With a welcoming and positive atmosphere, Dean Wellness Institute provides an integrative approach to medicine. Every patient that walks through our door will be provided with a customized plan of care tailored to their individual healthcare and nutritional needs.

**Thomas Edison sums up our philosophy best:**

*"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."*

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- Chelation Therapy  
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- Tobacco Cessation
- Preventative Medicine
- Vitamin Evaluation
- Oxygen Therapies
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