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# natural awakenings

## PLANET RESCUE

Grassroots Actions  
Combat Climate Crisis

Brigit Strawbridge  
Howard on  
**DANCING  
WITH BEES**

**HEALTHY  
BLOOMS**  
Botanical Libations  
Sweeten the Season

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THAT HEALS**  
Cultivating Peace  
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## CALENDAR

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## DIRECTORY

Find local businesses with ease at  
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Find additional articles online at [myNaturalAwakenings.com](http://myNaturalAwakenings.com). Go to the homepage and explore local businesses, recipes, and articles exclusively from *Natural Awakenings*.



## MAKING LUCK

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**natural**  
awakenings

### LOCAL UPDATES & RESOURCES

With the ever-evolving COVID-19 pandemic causing uncertainty for citizens worldwide, Natural Awakenings is more committed than ever to supporting your health and well-being and the greater good of our community.

For the latest updates, tips and inspirations, visit [myNaturalAwakenings.com](http://myNaturalAwakenings.com). You can also subscribe to our digital magazine, view a list of easy-to-access distribution points and order a mailed subscription. We are offering an 'in-home' special, 4 months for just \$10.

Please remember to support other local businesses that are dedicated to keeping you healthy and green.

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CHECK OUT OUR ONLINE CALENDAR TO SEE LOCAL HAPPENINGS  
IN OUR COMMUNITY AND ADD YOUR OWN EVENTS!



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414 N. Miramar Ave (Hwy A1A)  
Indialantic (321) 729-9495  
[www.aquariandreams.com](http://www.aquariandreams.com)

Publisher/Editor **Kris Urquhart**  
Managing Editor **Laurie Davey**  
Contributing Writer **Julie Peterson**  
Design & Production **Courtney Ayers**  
Advertising Consultants  
Main Office **Kris Urquhart**  
**321-426-0080**  
Space Coast **Kasey Knight**  
**321-684-9026**  
Treasure Coast **Marie Mocerì-DiCanio**  
**772-444-7739**  
Webmaster **Zach Davey**  
Social Media **Amy Hass**  
Distribution Team **Sugey Bernal**  
**Paul Capodilupo**  
**Shawn Richter**  
**Tri-County**  
**Distribution**

## CONTACT US

Main Office & Advertising: 321-426-0080  
Distribution: 321-421-7817  
Email: [Kris@my-NA.com](mailto:Kris@my-NA.com)  
[myNaturalAwakenings.com](http://myNaturalAwakenings.com)

## NATIONAL TEAM

CEO/Founder **Sharon Bruckman**  
COO/Franchise Sales **Joe Dunne**  
National Editor **Jan Hollingsworth**  
Managing Editor **Linda Sechrist**  
National Art Director **Stephen Blancett**  
Art Director **Josh Pope**  
Financial Manager **Yolanda Shebert**  
Asst. Director of Ops **Heather Gibbs**  
Digital Content Director **Rachael Oppy**  
National Advertising **Lisa Doyle-Mitchell**

Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103  
Ph: 239-434-9392 • Fax: 239-434-9513  
[NaturalAwakeningsMag.com](http://NaturalAwakeningsMag.com)

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## letter from the publisher



## We're All in This Together

“One side effect of quarantine is I’m eating healthier!” I told my husband. As I write this letter, my husband has just begun mandatory work from home this week. Jim is antsy already; he misses the built-in social aspect of being in an office. However, he is learning to appreciate the upside of being home such as not shaving, casual dress (pajamas included), and access to homemade food for meals.

According to *The New York Times*, the reduction in driving and flying worldwide has reduced our climate pollution. In fact, concentrations of nitrogen dioxide, a pollutant released when fossil fuels are burned, have decreased 40 percent in China. However, the lasting effects of these reductions in greenhouse gas emissions are doubtful. The virus will pass, and people will fly, drive and sit in traffic again. But this experience presents an opportunity to recognize the changes we can make when we all work together.

In our feature article, Planet Rescue: Grassroots Strategies Combat Climate Crisis [page 22], Catherine Macdonald, TNC director of natural climate solutions for North America, shares, “There’s no one solution to climate change. We really have to try, all of us. It’s important that everyone feel they can contribute, because everything does make a difference, and no action is too small.”

This month it is more important than ever to take care of ourselves. Among these pages you will find tips for how to keep kids safe at home [page 30] and how exercise can help you heal by moving through chronic pain [page 28]. Check out our recipes for soothing botanical beverages that pack a healthy punch [page 18]. If you are spending more time at home, consider creating a nurturing space [page 32]. And finally, peruse our calendar for stress reducing and socially safe events still happenings in your area. With the daily ongoing changes, be sure and check the status of events by visiting our online calendar at [my-NA.com](http://my-NA.com) and call the host before attending to learn of changes or postponements. Many of our local businesses are finding creative ways to engage with the community. Let’s support each other during this unprecedented time and come out stronger on the other side.

*Be safe & be well!*

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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news briefs



**Natural Awakenings**  
Online for Local  
Updates and Resources


**N**atural Awakenings magazine remains more committed than ever in supporting your health and well-being. Our website is a great resource for the latest updates on local events and information.

“We recommend checking our website and calling the event host to find out if there have been any changes to planned events you find in our printed calendar,” says Publisher Kris Urquhart. “We will be posting cancellations or postponements on our website as we all navigate these uncharted waters together.”

In addition, Natural Awakenings Publishing Corporation national editorial team will continue to gather relevant and timely health information that is available on our website and will be updated as coronavirus events unfold.

To be sure you receive your copy of *Natural Awakenings* magazine, sign up to receive our digital edition via email at our website. For those who prefer the printed copy, a ‘shelter-in-place’ special subscription is available. Receive four months of Natural Awakenings mailed to you for just \$10.

For more information, visit [myNaturalAwakenings.com](http://myNaturalAwakenings.com). For questions on listing or updating your event online, call 321-426-0080. To purchase a mailed subscription, call 321-421-7817.



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## Space Coast Advanced Health Opens Second Location

Dr. Steve Alukonis of Space Coast Advanced Health has opened a second Chiropractic and Functional Medicine practice. "To accommodate



previous patients and service new patients, we have opened a Cocoa Beach office on Atlantic Ave," says Dr. Alukonis.

Dr. Alukonis has advanced training in nine chiropractic spinal adjusting techniques. Being a Chiropractic Orthopedist, he has advanced training treating auto accident patients. Dr. Alukonis also addresses neck pain, headaches, low back pain, stenosis, sciatic pain, shoulder problems, hips, fallen foot arches, dizziness (vertigo), TMJ and peripheral neuropathy. He has spinal decompression therapy for neck and back disc herniation and uses laser therapy to reduce pain and inflammation.

In addition to chiropractic services, Dr. Alukonis practices Functional Medicine helping autoimmune conditions, thyroid problems (e.g., Hashimoto's), digestive problems, fatigue, weight gain and food sensitivities. "In Functional Medicine, we use specialized tests to get to the root cause of your health conditions. We use nutrition, herbs and lifestyle changes to get you back to optimal health," says Dr. Alukonis.

*Accepting new patients at both locations: 401 N Wickham Rd, Ste U, Melbourne, and 1727 N. Atlantic Ave, Cocoa Beach. 321-425-2519. SpaceCoastAdvancedHealth.com. See ad, page 33.*

## Moon Meditations at Aquarian Dreams

Aquarian Dreams is pleased to host Moon Meditations. Anthony Profeta will lead a Full Moon Ocean Meditation on April 7 and a New Moon Earth Day Meditation on April 22 both at 7 p.m.

The Full Moon Ocean Meditation will begin with a crystal and Tibetan bowl meditation for participants to relax and reach a deeper meditative state. If weather permits, the group will cross the street to the ocean and end with a silent meditation under the moon. "For centuries the full moon has been a time for contemplation and reflection and therefore has been considered a sacred time for meditation," says Profeta. "Meditation performed during a full moon is especially powerful if you want to release things from your life or let go of old negative emotions and ways of thinking, you wish to transform yourself, or you want to tear down the walls and start again."

The New Moon Earth Day Meditation will take participants on a meditative journey of healing, relaxation, and connection. The crystal and Himalayan bowls will be played during the entire meditation. "The New Moon is the beginning of the lunar cycle. It is also a wonderful time to utilize the moon's increasing energy by channeling it into what we wish to create or build in our life," says Profeta.

*Cost: \$20 in advance/\$25 day of event. For more detailed information or to register, call 321-729-9495 or visit AquarianDreams.com. Aquarian Dreams is located at 414 N. Miramar Ave (Hwy A1A) in Indialantic. See ad, page 3.*



## Mini Vet School at Animal Wellness World



Animal Wellness World is offering a Mini Vet School on April 25 from 8:30 a.m. to 1 p.m. for ages 9-14, so they can experience being a veterinarian firsthand. Each child will receive a stethoscope and scrub top and attend different activities. They will learn about a physical exam, horse care, surgery, X-rays, examining parasites under a microscope, dog obedience and behavioral training, and pet nutrition.

The event takes place on a 4-acre facility where both conventional and integrative veterinary medicine services are offered. "We focus on treating the whole animal, fostering a partnership with our clients and using all appropriate therapeutic options to achieve optimal wellness for their pet(s)," says Dr. Donna Ragona, DVM.

All the conventional, routine services are offered: exams, vaccinations, teeth cleaning, urgent care and surgery. Their Integrative veterinary services include: acupuncture, I-therm (a therapeutic technology that artificially raises the temperature of targeted areas of the body to promote healing), physical therapy, pool therapy, Chinese herbal medicine, nutrition, laser therapy, prolotherapy, ozone IV therapy, massage, reiki, hyperthermia, and chiropractic adjustments.

*Pre-registration for the Mini Vet School is required. Call 321-684-7060 for more information or to register. Animal Wellness World is located at 3149 North Courtenay Parkway, Merritt Island. AnimalWellnessWorld.com.*



## Toxic Relief: A Whole Body Health and Biologic Dentistry Perspective

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 impact toxins have on both.



Participants will learn how biological dentistry and a functional nutrition approach to health get to the root cause of disease, which includes toxic overload. Dr. Walsh will discuss how Nutrition Response Testing is used to determine what toxins are weakening the body and what the best natural remedy is to remove them.

Smile Design and Wellness Center is a full service innovative comprehensive dental practice that uses many technologies to deliver biologically driven results. The Smile Design doctors will address the safe removal of amalgam fillings and other ways to minimize toxic buildup that may occur from using common dental care products and procedures.

Light refreshments will be served.

*This event will be held on Wednesday April 22 at 7 p.m. at CARE Natural Wellness Center at 1051 Eber Blvd., Suite 102 in Melbourne. To register for this free event, call CARE Natural Wellness Center at 321-728-1387. See ads, pages 35 and 44.*

## Peripheral Neuropathy Seminars for Drug-free Treatment

Dr. Steve Canuel, D.C., is offering a free seminar on Peripheral Neuropathy. "If you suffer with neuropathy and



are looking for a non-surgical, drug-free treatment, this seminar is for you," says Dr. Canuel. "We urge you to discover the latest breakthrough that can relieve pain and numbness."

"My seminar will address: what really causes peripheral neuropathy, dangers associated with medications typically prescribed, how to stop nerve damage before the effects are irreversible, and how our revolutionary protocol provides outstanding results for sufferers." 90% of treatment is done in the comfort of your home.

The seminars are scheduled 3 days a week: Monday at 3 p. m., Wednesday at 10 a. m. and Friday at 10 a. m.

*Canuel Chiropractic Spine and Injury Center. A Neuropathy Clinic is located at 490 Center Lake Dr, Ste 100A, Palm Bay. To reserve a seat or for more information, call 321-499-4608. Seating is limited. This seminar is sponsored by Blueprint to Neuropathy. WestMelbourneChiropractor.com. See ad, page 29.*



## Enjoy Life Without Pain!

**Pain shouldn't stop you from enjoying life's best moments.**

Ni's Chinese Medical Center specializes in treating pain with Acupuncture and Chinese Medicine. Using a natural solution to correct your pain so you can get back your life! Don't waste another day suffering, call today to schedule a health evaluation.

*"I had severe pain in my shoulder. I called the office and they worked me in. When I left I could put my hand behind my back, which I could not do when I arrived." S.F.*



Bo-Shih Ni, LAc, DOM  
Beth Myers, LAc, DOM  
Yang-Fen Sun, LAc, DOM



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## Herb Program to Boost Immune System

Dr. Bo-Shih Ni at Ni's Chinese Medical Center is pleased to offer an herbal program to assist those with cold or flu symptoms or for those who would like to boost their immune system.

"The herbal program helps to make the immune system stronger for fighting the virus and may lessen the severity of symptoms," says Dr. Ni.

Dr. Ni is waiving the phone consultation fee for everyone participating in this program. To participate, visit the Cold & Flu page at [DrBoNi.com](http://DrBoNi.com) to complete and email the forms. Dr. Ni will schedule a brief phone consultation and the herbs will be mailed. Raw herbal medicine is \$5 per bag, one bag of herbs makes enough medicine for one day. If another form of medicine, such as powder or capsules is prescribed, then the cost may vary.

*This program is for cold and flu symptoms/immune boosting only. If you have other health concerns, please call 321-757-9731 for more information and details. Bo-Shih Ni, LAC, DOM, is located at Ni's Chinese Medical Center, 1250 W. Eau Gallie Blvd., Suite L, in Melbourne. [DrBoNi.com](http://DrBoNi.com). See ad, page 9.*

## Home Deliveries Available for Local Produce and More

Florida Fields to Forks, Community Supported Agriculture (CSA) Farm, is now doing home deliveries in Central Brevard County for \$5 with a \$50 order minimum.



"We offer 100% grass-fed/grass-finished dry aged Angus beef, pasture raised chickens and eggs, pastured Berkshire pigs, and 100% forage fed Katahdin lamb," says owner Brock Hall. "Our local seasonal produce is grown to organic standards, and no pesticides are used in our pastures. Our animals are not fed hormones, antibiotics or growth supplements."

Farm market hours are Thursdays from 2:30 p.m. to 6:30 p.m. and Friday 10 a.m. to 2 p.m., giving the public a chance to check out the products. Simply become a member to continue purchasing from the CSA/Farm.

*Florida Fields to Forks is a CSA, member-only farm, with a one-time \$35 fee. For delivery service, text or call Brock Hall at 321-229-5288. For more information, visit [FloridaFieldstoForks.com](http://FloridaFieldstoForks.com). 1200 Corey Road, Malabar or call 321-431-7259.*

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## Reiki Level I Training and Certification Workshop on the Treasure Coast

Carol Baxter from the Inspired Living Center is pleased to offer training, attunement and certification in Reiki Level I on Saturday, April 18 from 10 a.m. to 4 p.m. Participants will learn how to channel energy healing for themselves and others.

During the Level I workshop participants will be introduced to the history, receive instruction on how to heal themselves and others through therapeutic touch, and gain an understanding of the chakra system and its life-giving energy.

“Of all the modalities of healing I have practiced and received in the last 22 years as a Counselor and Energy Worker, Reiki is still the one I use consistently for insight and deep healing,” says Baxter. “Standing alone or as an adjunct to other healing modalities, Reiki offers a powerful, compassionate method to restore emotional as well as physical well-being.”

*Class is held in a private residence and is limited to eight people. Please reserve your spot early. Cost: \$150 includes manual and certificate. For more information or to RSVP, please call 772-359-8924.*



## Morpheus8 Skin Renewal Treatment Available in Stuart

Dr. Deborah DeMarta is pleased to announce she is now offering aesthetic skin tightening with the



Morpheus8 by Inmode. Morpheus8 is a full-body fractional treatment for skin laxity that stimulates collagen production in the underlying layers of the dermis for firmer, tighter skin. “By targeting the deeper layers of the skin, the underlying facial and body contours can be revealed for a natural anti-aging process,” says Dr. DeMarta.

The most commonly treated areas include the lower face and neck. Areas of the face and body that exhibit wrinkles, discoloration or acne scarring are suitable for treatment. It can be used on all skin types and tones.

“Visible results can be seen within a few days, but typically after three weeks the most noticeable results appear. Improvements continue up to three months after treatment,” shares Dr. DeMarta. “Fractionated RF energy is a scientifically proven method to reduce wrinkles and rebuild collagen and fat. It is minimally invasive, using a matrix of micro pins to renew deeper layers of the skin with almost no patient downtime.”

*Deborah DeMarta, MD, FACS, FAARFM is a board-certified General, Aesthetic and Colorectal Surgeon who specializes in Integrative, Functional, Anti-Aging and Aesthetic Medicine. The Institute of Health & Wellness is located at 218 SW Atlanta Avenue in Stuart. For more information, call 772-539-9556 or visit [InstituteHealthWellness.com](http://InstituteHealthWellness.com). See ad, page 13.*

## Telecommuting for Convenience and Safety

Elizabeth Campbell, Board Certified Hypnotist, Master NeuroLinguistic Programming



(NLP) Practitioner and Certified ThetaHealer, invites clients to telecommute as a safe and practical alternative to in-person sessions.

“Because the guidelines for avoiding exposure to the latest coronavirus include the avoidance of unnecessary person to person contact, it could be that virtual sessions can be just what we need,” says Campbell. “I continue to meet clients in my office, but those who wish to take such precautions might like to telecommute to their sessions.” Campbell uses Zoom, Skype and FaceTime.

Campbell provides private sessions, group events and professional certification courses in Hypnotism, ThetaHealing and NeuroLinguistic Programming. Serving Stuart for 17 years, Campbell sees clients in her office and internationally via the internet.

“In the past year, I have worked online with clients in places including distant Florida locations, Texas, Massachusetts, Canada and Tanzania,” says Campbell. “When I am working virtually, I am engaged as if my client is actually in the room with me. My clients can be comfortably reclining in their own home, in front of their computer, while I am comfortably seated in front of my computer,” says Campbell. “This is a virtual session that works beautifully, no matter the distance.”

*Elizabeth L Campbell, is a Board Certified Hypnotist, NLP Practitioner and ThetaHealer. For more information, call 772-291-7813 or email [Elizabeth@TranceformU.com](mailto:Elizabeth@TranceformU.com).*



## Summer Camp at Ubuntu Fish Gallery

Ubuntu Fish Gallery (UFG) is an artists' gallery and intuitive lounge created by artists for artists, with an intention to provide a safe and comfortable environment where the gifts of creativity and spirituality can flourish in tandem.

Ubuntu Fish is taking its philosophy of combining creativity and self-awareness, while embracing the notion that "we are all in this together" and bringing it to children this summer by offering a week-long program for ages 9-13. Their program has been designed to inspire creativity and includes elements of nature, with focus on helping participants to recognize and integrate social personal skills such as accountability, self-reflection, communication, kindness, clarity, and more. The children will spend their days learning about themselves and the world around them while creating beautiful artwork with a variety of different mediums.

Dana Sardano, owner of UFG explains, "With 25 years in education I understand that the only way children can properly function in the world around them is to truly understand and be accountable for what they bring to it." She adds, "We will be combining creativity, mindfulness, and playfulness for a week-long experience that the children will remember for years to come."

*For more information about Ubuntu Camp, email [Dana@UbuntuFishGallery.com](mailto:Dana@UbuntuFishGallery.com) or visit [UbuntuFishGallery.com](http://UbuntuFishGallery.com). See ad, page 17.*

## Sikora Integrative Medicine Welcomes Health Coach

Dr Alita Sikora, MD and owner of Sikora Integrative Medicine, announces that Joy Melton, MA, EdS, CHC (Certified Health Coach), has recently joined her practice. Melton is a psychologist and certified health and wellness coach. She will be providing BEMER Therapy, wellness coaching and workshops. BEMER Therapy has been clinically proven to improve circulation and blood flow ensuring better delivery of oxygen and nutrients to the body and better waste and toxin removal and taps into the body's natural healing abilities. Benefits can include more energy, stress reduction and relaxation, better sleep, mental focus, concentration and mental clarity, enhanced physical fitness, endurance, and recovery, less pain, and boosted immune function.

Melton helps clients develop a personalized wellness routine to help improve overall physical and mental wellbeing and improve quality of life. "Her services are a great addition to the pain management services offered at our office," says Dr. Sikora. "We provide non-operative solutions for pain. These include PRP (platelet-rich plasma), Stem-cell Therapy, Exosome, Amniotic Allographs, Medical Marijuana Certification, and IV Therapy."

*To reach Joy Melton directly, call 772-539-7337 and to reach Sikora Integrative Medicine, call 772-228-6882. 1255 37<sup>th</sup> St, Ste B, Vero Beach. [SikoraMedical.com](http://SikoraMedical.com). See ad, page 45.*



## Stuart Acupuncture Now Accepting Insurance

Hillary Morris, AP is now accepting some forms of insurance at her office in Stuart. To find out if your plan covers acupuncture simply visit her website at [StuartAcupuncture.com](http://StuartAcupuncture.com) and click on the Insurance Verification link at the top of the page. Fill out the form, hit Submit and you will hear back within about 24 hours.

Morris provides holistic wellness including acupuncture, tuina, electric stimulation and Chinese herbal therapy for a wide range of conditions including muscular pain, women's health issues, chronic low back pain, neck pain, carpal tunnel syndrome, frozen shoulder and more. Morris has been practicing Traditional Chinese Medicine for over 20 years and trained in New York City under some of the top Chinese medical doctors in the world.

*Stuart Acupuncture is located at 7000 SE Federal Hwy, Suite 205 in Stuart. To find out more about services offered and for scheduling information, call at 772-266-8165 or email [Hillary@StuartAcupuncture.com](mailto:Hillary@StuartAcupuncture.com) or visit [StuartAcupuncture.com](http://StuartAcupuncture.com). See ad, page 19.*





## Dean Wellness Offers PRP for Hair Loss

Dr. Melissa Dean of Dean Wellness Institute is pleased to offer PRP (platelet-rich plasma) therapy for thinning hair or hair loss. Platelets are a component of blood and are considered some of the body's "first responders" that arrive to stop the bleeding and promote healing. To produce PRP, a patient's own blood sample is spun in a centrifuge to separate the components of the blood. The platelet-rich plasma, or PRP, contains growth factors to assist in the regenerative process. "This process uses the body's own ability to regenerate hair by using your own PRP," says Dr. Dean. Hair regrowth can take from three to six months. Treatments are done in a series of 3 sessions, typically 6 weeks apart.



"Hair loss and thinning can have a variety of causes including nutritional deficiencies, hormonal imbalance, heredity, mineral imbalance, stress, side effects from medication, and buildup of toxins," says Dr. Dean. "We check hormone and nutritional levels as well when we do this therapy. Then we can incorporate nutritional IV's and/or hormone balancing to maximize results."

For more information, call 772-567-1500 or visit [DeanWellnessInstitute.com](http://DeanWellnessInstitute.com). Dean Wellness Institute is located at 1345 36th St, Suite B in Vero Beach. See ad, back cover.

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## health briefs

### Take Echinacea to Reduce Anxiety

Echinacea extract may be helpful for situation-induced anxiety, indicates a new study from Hungary's Institute of Experimental Medicine, in Budapest. The researchers tested 64 middle-aged people that had scored high on the State Trait Anxiety Inventory. They were given either 80 milligrams *Echinacea angustifolia* root extract or a placebo every day for seven days, followed by a three-week washout period during which no pills were taken. Those taking the echinacea started experiencing less anxiety than the placebo-takers by day seven, and scored significantly lower in "state anxiety", marked by arousal connected to specific dangers or threats. Measures of "trait anxiety", in which anxiety is an ongoing personal characteristic, improved slightly compared to the placebo group. Improvements were maintained even during the washout period.

### Breathe Cleaner Air to Help Bone Health



Air pollution has long been linked to lung cancer, stroke and respiratory disease, and now research has found that it can lead to osteoporosis, as well. Researchers from the

Barcelona Institute for Global Health studied the bone mass and density of 3,717 people living in villages near Hyderabad, India. These were compared to fine particulate air pollution levels, which averaged more than three times the recommendations of the World Health Organization. The researchers also surveyed in-home cooking over wood, coal and other biomass sources. The results showed that exposure to ambient air pollution was associated with lower levels of bone mass, and that cooking over fires did not have that effect. "Inhalation of polluting particles could lead to bone mass loss through the oxidative stress and inflammation caused by air pollution," says lead author Otavio T. Ranzani.



### Consume Grape Seed Extract to Improve Cholesterol and Lower Inflammation

Grape seed extract, an antioxidant-rich supplement that is a byproduct of the wine and juice industry, significantly improves both total and LDL cholesterol levels and triglyceride levels, and lowers markers of inflammation, concludes a meta-review of 15 randomized trials in the journal *Phytotherapy Research*. Researchers from Iran, Canada and Croatia concluded that the popular extract also improves fasting glucose levels, but has little effect on HbA1c or HDL cholesterol levels.

### Try Pine Bark to Improve Erectile Function and Cholesterol

Erectile dysfunction, an early diabetic indicator, responds to treatment with pine bark extract, Slovakian researchers report. They tested 53 diabetic and non-diabetic patients with erectile dysfunction, giving half of them the extract (marketed as Pycnogenol) and the other half a placebo for three months. The pine bark extract improved erectile function by 45 percent in the diabetes group and 22 percent in the non-diabetes group. It also lowered LDL cholesterol by 21 percent and reduced blood sugar levels in the diabetes group.



# Keep Your Immune System Strong by Chip Griffin

The role of the immune system is to protect against disease or other potentially damaging foreign bodies. It is a collection of structures and processes within the body, in other words, our immune system is a complex network to limit or prevent infection.

The immune system is spread throughout the body, it can distinguish our tissue from foreign tissue. It also can identify dead and faulty cells and will clear them away. If the immune system finds an antigen (bacterium, virus, fungus, toxin or foreign body), it will generate an immune response to keep us healthy. According to the National Institute of Health (NIH), the immune system is a network of cells, tissues, and organs that work together to protect the body from infection. The first line of protection is our skin as it defends against microbes from entering the skin, so it is advisable to wash regularly and cover open wounds. Internally, our bone marrow produces a variety of cell types that create first line responders to attack invaders. Our blood stream continuously circulates immune cells to patrol and search for problems in the body. The lymph nodes are the communication hub to sample information and the immune cells are enriched in the spleen.

To keep your immune system strong, focus on a healthy lifestyle. Healthy living strategies that can help every part of your body to function better include:

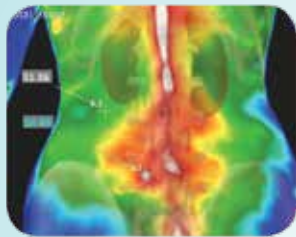
- Eat a diet high in fruits and vegetables
- Get adequate sleep
- Limit/moderate or eliminate alcohol
- Don't smoke
- Add a multivitamin
- Add a garlic spice or supplement to your diet
- Include immune support supplements such as echinacea, elderberry, immune enhancers, and colloidal silver
- Reduce stress
- Avoid infections, wash hands frequently
- Exercise regularly

*Chip Griffin, owner of Nature's Healthy Harvest, has a variety of immune supplements and superfoods. For more information, visit Nature's Healthy Harvest at 2330 N. Wickham Road or call 321-610-3989. [NaturesHealthyHarvest.net](http://NaturesHealthyHarvest.net).*

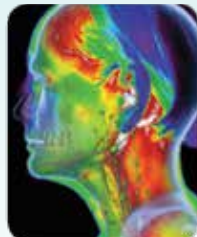
## STUART THERMOGRAPHY

### Early Detection Is Key To Overall Wellness

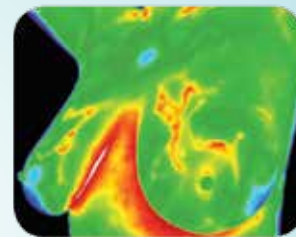
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## Coal Costs

### Closing Plants Saves Lives and Crops

Between 2005 and 2016, the shutdown of coal-fired plants in the U.S. saved an estimated 26,610 lives and the equivalent of around 570 million bushels of corn, soybeans and wheat, reports a new University of California at San Diego (UCSD) study published in *Nature Sustainability*. The coal plants were typically decommissioned as utilities transitioned from coal to natural gas for electric power generation, thus reducing particulate matter and ozone in the lower atmosphere. “When a coal-fired unit shuts down, local pollution [including particulate matter] levels drop, mortality rates

drop and crop yields of major staple crops rise,” writes study author and UCSD associate professor Jennifer Ann Burney. The newer, natural-gas and coal-fired units that have supplanted them are not entirely benign and deserve further study, she notes.



## Cool Solution

### Biodegradable Cooler Keeps Food Cold and Dry



The ice chests we haul to picnics are typically made of Styrofoam, Dow Chemical’s trademarked name for extruded polystyrene, but it is a highly flammable source of greenhouse gases that animals

can mistake for food and won’t degrade for hundreds of years, leading thousands of landfills to ban it. Now, Igloo, the top global cooler maker, has introduced a new, less-destructive alternative made out of paraffin wax and recycled tree pulp called Recool. The 16-quart, water-resistant cooler, sold at REI and other stores, keeps 75 pounds of contents ice-cold for up to 12 hours and goes up to five days without leaking water. The coolers can be stored and reused many times and then recycled, composted or used as a dry storage container. It’s also less likely to break or chip than Styrofoam.



## Plastics Adios

### Mexicans Return to Old Ways After Ban

A new law bans popular plastic bags in the Mexican capital, and grocery stores are poised to sell reusable synthetic fiber bags. The same law will ban handing out plastic straws, spoons, coffee capsules and other single-use items by 2021. Claudia Hernández, the city’s director of environmental awareness, says, “We are finding that people are returning to baskets, to *cucuruchos* [cone-shaped rolls of paper].” The old ways are present in other aspects, too. Many residents still use wheeled, folding shopping baskets and some vendors still measure out bulk goods in discarded sardine cans. Grocery stores that give out plastic bags will be fined, so most will opt for reusable shopping bags made of thick plastic fiber for about 75 cents. For hygienic reasons, the law leaves the door open to using plastic bags for such items as perishable deli meats or cheese.

## Hot Spots

### Climate Change City Index for 2050

Temperature changes, water shortages and rising sea levels will impact some of the world’s most populous cities during the next 30 years. Apartment rental hub *Nestpick.com* commissioned researchers to comb through data and determine how the ongoing climate shift could impact specific cities to help people choose where to live and add to the debate about procedures that can be put in place to ensure the longevity and livability of cities. Bangkok faces the highest risk of flooding from rising sea levels and a projected temperature increase of 3° F. Nairobi may move from a temperate humid warm summer climate to a tropical-type savanna wet summer climate due to rising temperatures. The demand for water is projected to be double the supply in Melbourne. Ho Chi Minh City and Amsterdam are also very high on the list.



## Think Outside the House

### Expanding Spring Cleaning



Spring cleaning traditionally heralds a new beginning, an opportunity to take stock of hearth and home and a time of renewal regardless of the season. Clearing figurative cobwebs is as important as sweeping away real ones, and while most folks focus on giving


their abode a thorough airing and scrubbing, there's plenty to tend to outside before the heat of summer sets in.

Clear out potentially dead grass and leaves and other organic matter near the sides of the house to prevent termites and other insect infestations. Collect the organic matter, add in food scraps and compost it all to benefit the garden. Composting sends the nutrients of loose ingredients into the soil as a natural fertilizer. *EarthEasy.com/grow\_compost.html* reports it can help divert as much as 30 percent of household waste from the garbage can.

Make sure to check the top and outer walls of the house. Upraised nails in a shingled roof or deteriorated shingles or gaps where plumbing vent pipes penetrate the surface—possibly due to high winds, falling branches or ice thawing in colder climes—can produce small breaks and holes for water to seep through onto tops of ceilings. That can possibly lead to mold as summer temperatures rise and water leaks into the interior of the house. *OldHouseWeb.com* says collars of vent pipes should be tight, as “some older [ones] can loosen over time and even some newer rubber collars crack and leak long before the shingles fail.” Also, check the gutters to make sure they are clear of packed leaves and tree branches.

Don't forget the family car, which may need its own spring cleanup. Go green with a natural soap to remove slush and grime, and then take a close look at the toll the past year has taken. Pebbles and rocks may have been kicked onto the sides of the car, resulting in small chips and abrasions of the paint from which rust might spread. The nonprofit Car Care Council (*CarCare.org*) recommends covering the areas as quickly as possible and if necessary to use a little clear nail polish—nontoxic, of course—as a quick fix for minor paint damage until a proper touch-up can be scheduled.

Then there's the undercarriage. Salt particles that may have been used in treating roads and highways in icy regions may be lodged into crevices which can corrode metal and functional parts. Make sure the hose sprayer also reaches these areas.



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# FLOWER POWER

## Botanical Libations Pack Healthy Punch

by April Thompson

Flowers and other budding botanical elements this spring aren't just eye candy to dress the table; they can bless an everyday beverage with intoxicating new scents, flavors and colors. "It's such a joy to see a beautiful flower or plant, smell it and then add it to a delightful beverage or meal. Plants have so much medicine to share, and it's fun to play with that," says Myra Sinnott, an aromatherapist and owner of Essential Botany, in Washington, D.C.

Many beverage favorites can be given a floral twist with little effort, says Cassie Winslow, author of *Floral Libations: 41 Drinks + Ingredients* and founder of the blog *DecoTartelette.com*, in Santa Cruz, California. Winslow's go-to drinks include lavender-infused lemonade and rose petal almond milk, which can be served hot or cold. "I also love an iced lavender *café au lait*. If I'm feeling extra fancy, I'll use fresh flower ice cubes, too." Dried hibiscus is another favorite of Winslow's, as even a few petals of the concentrated dark magenta flower will brighten and beautify any beverage—even a yogurt-based drink.

While many botanical drink recipes call for simple sugar syrup, Winslow suggests honey with a splash of water as a

substitute. Other drinks are naturally sweet, like jasmine tea steeped in apple cider.

Sinnott likes to fuse the power of flowers with other botanical elements such as rose petals in a light raspberry drink. "I also use rosewater in a warm elixir with a base of reishi mushroom tea, goji berries, turmeric, cinnamon and ginger, cacao, pearl powder and honey. Rose is a heart-opener and vitalizes the body with the immune-boosting reishi and the other tonifying ingredients," says Sinnott.

Winslow stresses the importance of buying organic ingredients, as many flowers are sprayed with toxic pesticides—or better yet, home-grown. She suggests the tea aisle of natural food stores is a good place for procuring organic floral ingredients such as chamomile and jasmine, which often come unblended in whole form.

Dried flowers are easier to source and are often more potent than fresh, she says. "Fresh is pretty, but can be more subtle in flavor." Her rose salt recipe, which can be used to rim drinks or seasonal dishes, calls for dried roses, which have a longer shelf life and won't clump up like fresh petals.

Marie Viljoen, Brooklyn-based author of *Forage, Harvest, Feast: A Wild-Inspired Cuisine*, suggests using cold infusions rather

Plants have so much medicine to share, and it's fun to play with that.

~Myra Sinnott

than heat or boiling flowers to retain their flavors and aromas. She also recommends picking flowers early in the morning or late afternoon, when their scent peaks.

### A Cup of Wildflowers

While botanical ingredients can be obtained commercially, it can be more fun—and frugal—to forage for them, suggests Viljoen, founder of the blog *66SquareFeet.blogspot.com*. "It's a lot of fun to go out to collect ingredients you cannot find in the store. You can experience unique textures, flavors and perfumes, and play with wild ingredients that have been all but forgotten," she says.

Some of Viljoen's seasonal foraged favorites include the fragrant elderflower, honeysuckle and common milkweed flower. "I like to capture milkweed's fragrance and deep pink color in a wild soda or a sweet cordial."

For newbie foragers, drink ingredients can be sourced as easily as herbs from a window box, like the antiviral thyme, which makes for a delicious wild soda made from a handful of herbs, sweetener and water left on the countertop a few days to lightly ferment and fizz. Another spring favorite, tender young spruce tips, has a sour flavor that ferments well with strawberries and rhubarb, says Viljoen.

The same recipe can also be used to make vinegar, a longer process resulting in a more enduring product with great botanical properties. "You can create a sipping vinegar, which is good to mix with seltzer or slow-cook with," says Viljoen.

Whether botanical ingredients are foraged, bought or brought in from the backyard garden to be put in a hot tea, a cocktail or a cold brew, the magic is in the making. "Flowers are endless fun to experiment with, especially when added to everyday drinks and dishes. It brings life to the kitchen," says Winslow.

April Thompson, a freelance writer in Washington, D.C., can be reached at *AprilWrites.com*.



# SOOTHING BOTANICAL SIPS



photo by Susan Bell

## Unconditional Love

Here's an Indian-inspired herbal infusion featuring classic Ayurvedic herbs that help spread unconditional love that is so needed in the world right now. It's recommended that you serve the infusion on heated rose quartz crystals; this will continue to emanate the love. This recipe is best made in larger quantities and stored for use throughout the year or whenever you need to spread or share more love with friends and family.

Yields: 3½ oz beverage

- .7 oz cinnamon bark (*Cinnamomum zeylanicum*)
- ½ oz ginger root (*Zingiber officinalis*), dried
- .2 oz ashwagandha root (*Withania somnifera*), dried
- .2 oz rhatavari root (*Asparagus racemosus*), dried
- ½ oz rose petals (*Rosa spp*), dried
- .4 oz rose hips (*Rosa canina*), dried
- 1 oz tulsi (*Ocimum tenuiflorum*), dried

For the warm rose quartz:

3-4 Rough pieces of rose quartz crystal

Mix all the herbs together in a large bowl, then decant into a sealable pouch or jar, being sure to store away from direct sunlight.

Flowers are endless fun to experiment with, especially when added to everyday drinks and dishes. It brings life to the kitchen.

~Cassie Winslow

Cleanse the crystals, by first rinsing and gently scrubbing them under running water, then place in the sun for a few hours and whisper some love poetry to them.

Place the crystals in the oven on a low heat (158 to 170° F) for 15 minutes, or until hot. Place the crystals in the teacups.

For a pot for 3 to 4 people, take 6 heaping teaspoons of the blend, pour over freshly boiled water, infuse with the lid on for 5 to 6 minutes, then fine strain and serve in cups over the warm pieces of rose quartz crystal.

Recipe courtesy of Michael Isted, the Herbal.

## Dandelion Honey Bowl of Soul

"I love to make a bowl of soul when I need to unwind, as this beverage is quite soothing," says Cassie Winslow. "Dandelions have a subtle spice that pairs so nicely with other warming spices such as cinnamon and nutmeg. Steeped in your favorite nutty milk, this'll be your new go-to goodie when you want to sit with your thoughts, gaze out the window and sip on something warm."

Yields: one beverage

- 1 cup, unsweetened, almond milk or hazelnut milk
- 1 Tbsp honey (or agave sweetener)
- 1 dandelion tea bag
- Freshly ground nutmeg for garnish

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# FLORAL PARTY FAVORS



In a small saucepan, warm the milk over medium heat until it just begins to simmer.

Whisk the milk, then slowly add the honey or agave sweetener and whisk together.

Pour the milk mixture into a large mug.

Add the tea bag and allow to steep for five minutes.

Discard the tea bag. Sprinkle the nutmeg on top.

*Recipe courtesy of Cassie Winslow, Floral Libations: 41 Drinks + Ingredients.*

For those that want to impress guests with a little floral flourish at their next dinner party, here are some tips from the experts.

Garnishing is a great way to use fresh edible flowers and show off their natural shapes and colors, says Cassie Winslow, author of *Floral Libations: 41 Drinks + Ingredients* and founder of the blog *DecoTartelette.com*, in Santa Cruz, California. “Unless it’s a small pretty bloom, you’ll want to just use a couple of petals though, as whole flowers can be hard to drink around otherwise.”

Simply infusing fragrant flowers in water overnight can be a refreshing upgrade to table water, says Marie Viljoen, author of *Forage, Harvest, Feast* and the 66-Square-Foot blog, based in Brooklyn. “Go for flowers with lots of fragrance, like jasmine, roses or violets. Just put in cool

water overnight and strain out the flowers in the morning.”

Drinks can be dressed up with a floral sugar or salt rim using rose or lavender. “I like to rim half the glass on the side and not just the top, to give it a cascading effect,” says Winslow.

Another fun party trick is to set up a bar and let guests garnish their drinks themselves.

Winslow suggests almost any cocktail recipe can be turned into a mocktail by using sparkling water instead of alcohol; for example, a virgin lilac margarita greyhound.

Floral ice cubes also add a fancy touch to the dinner table. To capture the blossoms in ice, Viljoen suggests filling the tray halfway with water, putting in the flowers, freezing and then filling in the rest of the water to refreeze.



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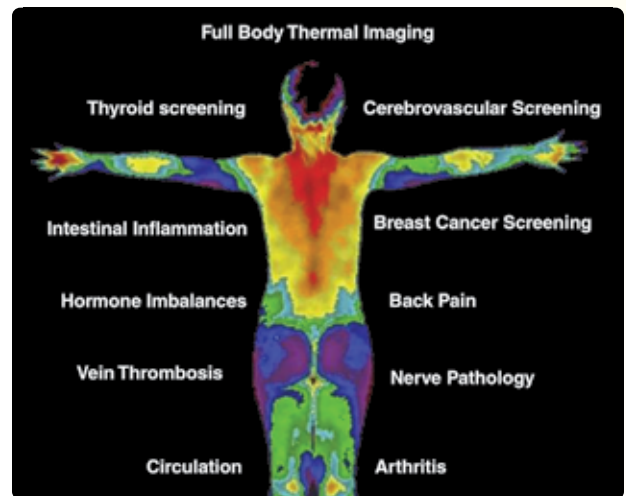
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The message I try to express [through my art] is that some of our best-known wild animals might, in my lifetime, no longer be on the planet.

~Josie Martin



painting by Josie Martin

# PLANET RESCUE

## Grassroots Strategies Combat Climate Crisis

by Julie Marshall

**L**ike most kids, Azalea Morgan loves polar bears. “They’re fluffy and cute,” the 8-year-old says, and after watching a documentary on how climate change is affecting these Arctic apex predators, she badly wanted to help. Her mom, Molly Morgan, suggested she do something big, because the problem of global warming is monumental.

For nearly three weeks last September, Azalea pedaled her bike alongside her mom and 9-year-old sister, Ember, setting out from their hometown of Andover, New Hampshire, en route to New York City to attend the United Nations (UN) Climate Action Summit, where Greta Thunberg and other global youth leaders marched for change. The trip was a fundraiser to put solar panels on their school and for future projects under

KidsCare4PolarBears, a Facebook page that documents their ongoing efforts.

While not everyone has the time or inclination to ride 250 miles and camp—some of it in the rain—or as Thunberg did, sail across the Atlantic in a zero-emissions yacht, there are steps individuals can take to combat climate change on a grassroots level, experts say, because the crisis is undeniable, as seen most recently in the catastrophic bushfires across Australia.

There are peaceful protests taking place worldwide scheduled throughout 2020 at [FridaysForFuture.org](https://www.fridaysforfuture.org) and other organizations, but a growing number of individuals that want to do more are using their imaginations and creative endeavors, inspiring others to take unique action.

Students at a school in Spain wrote and performed a play and illustrated a book to raise climate change awareness,

while a teen from California used her artistic skills to raise thousands of dollars for wildlife. On March 28, people around the world participated in the World Wildlife Fund’s Earth Hour by collectively turning off lights at 8:30 p.m. while holding eco-events, and others are joining in the global tree-planting campaign of The Nature Conservancy (TNC).

Reversing course may seem insurmountable, but individuals have a lot of power, says Dan Shepard, UN global communications officer: “The choices we make, the things we do, collectively matter and can have a huge impact on the world.”

### Stepping Up for Biodiversity

“I wanted to inspire other kids,” Ember says of her bicycle trek for



I love to see what young people are doing, because if we collectively use our voice to amplify the facts about climate change, we can work to find solutions.

~Elan Strait

polar bears. “I love animals and they deserve to not die.”

According to a 2019 UN *Global Assessment Report on Biodiversity and Ecosystem Services*, more than 1 million species are threatened with extinction, and one of the main reasons is climate change, say experts, including Nikhil Advani, director of Climate Communities and Wildlife at the World Wildlife Fund (WWF). Protecting large predators is one key to enriching biodiversity, Advani says. “The top of the food chain has a significant impact on prey species and the ecosystem.”

But predators are suffering because of humans that are feeling the impacts of climate change, Advani says. Long droughts have forced many Kenyan pastoralists to enter protected parks and compete with wildlife for water and grazing land, resulting in lion deaths as retaliation for killing livestock. In the Himalayas, as the Earth warms, snow leopard habitat is being encroached for pastureland. In Zimbabwe, farmers have turned to chopping down trees for wood as an alternative economic opportunity. “Everybody is stressed and competing for resources,” Advani says. “It is a very severe result of climate change.”

Advani and researchers are working in tandem with local societies in 30 countries across Africa, Central America and Asia to fund novel projects under the Wildlife Adaptation Innovation Fund. For instance, they are piloting a rainwater harvesting project to help farmers get through the dry seasons and are constructing concrete and mudbrick nests to help albatross breed better in Tasmania. These special projects are based on available levels of donations that are sometimes crowd-sourced.

Raising funds for innovative projects, as well as increasing awareness of what’s happening, is an important grassroots

strategy, says Elan Strait, WWF director of U.S. climate campaigns. It can be as simple as sharing updates, tagging social media influencers and instigating a rallying cry. WWF has its own program called Panda Ambassadors in which conservation activists of all ages can get tips and tools to promote specific projects they feel most passionate about.

“I love to see what young people are doing, because if we collectively use our voice to amplify the facts about climate change, we can work to find solutions,” Strait says. “And we need facts to get out there because, at least in the U.S., some people think climate change is still a controversy and are afraid to talk about it, but we should have that conversation with friends and family so we can find solutions.”

### Youth Rising to the Challenge

Getting involved in grassroots-level strategies is empowering not only for kids, but for adults that need their resiliency and inspiration, says Janet Stringer, manager of donor relations at Polar Bears International, in Bozeman, Montana. “In my work, I hear from so many people who are feeling deep despair about the climate crisis. I draw hope from the children who write to us, sharing stories and pictures about their dreams for a future that includes polar bears,” says Stringer. “I think we owe it to the next generation to work as hard as we can to come together and make the necessary changes to ensure that polar bears—and all wildlife—are not a species we learn about in the pages of a book, but a wild species that we can see with our own eyes, reminding us of how special our planet is and why it deserves our respect.”

One of her favorite examples comes from students at the Daina-Isard



## Extinction Is Forever

Josie Martin

With the help of her mother, Jill, Josie Martin dedicated her 9th birthday to the conservation of rhinos with a fundraiser. This marks the fifth time Josie has chosen to actively support an animal she loves to paint for her birthday month. She raises money for the animal and creates awareness about climate change and the resulting possibility of their extinctions. Donors received signed and numbered copies of watercolor paintings in her Extinction Is Forever series.

The young artist’s fundraisers provide well-researched information on animals and the issues they face. With an upbeat message and a photo of her joyful smile, Josie requests that donors provide their email address so that she and her mom can keep them updated. She works to improve her skills as an artist and sets a modestly higher goal for the number of donors and amount of funds to raise each year. She believes her events are a small thing that she can do for a big world and wants to help ensure that animals do not go extinct in her lifetime.

View the artist's latest fundraiser at [Donate.GorillaFund.org/Fundraiser/2458766](https://Donate.GorillaFund.org/Fundraiser/2458766).

# Getting Started

## Climate Action Opportunities

**Fridays For Future** – This is a global movement sparked by Greta Thunberg, with a map for climate strikes around the world ([FridaysForFuture.org](https://FridaysForFuture.org)).

**The United Nations** – Consider supporting several campaigns for climate change with grassroots strategies, including Climate Neutral Now, ACT Now and Good Life Goals ([UN.org](https://UN.org)).

**Moms Clean Air Force** – Parents protecting children from climate-driven pollution, offering strategies to get kids involved ([MomsCleanAirForce.org](https://MomsCleanAirForce.org)).

**Earth Hour 2020** – Read about the global effort to dramatize environmental concerns that occurred on March 28 when lights were turned off for an hour around the world ([EarthHour.org](https://EarthHour.org)).

**Panda Ambassadors** – World Wildlife Fund engages activists of all ages with a toolkit and inspirational stories ([WorldWildlife.org](https://WorldWildlife.org)).

**Plant a Billion Trees** – Join in the massive reforestation project by supporting the Nature Conservancy and planting trees ([Nature.org](https://Nature.org)).

**Polar Bears International** – Get involved and inspired through creative projects for polar bears ([PolarBearsInternational.org](https://PolarBearsInternational.org)).

It's important that everyone feel they can contribute because everything does make a difference, and no action is too small.

~Catherine Macdonald

school, in Olesa de Montserrat, Spain, and their climate-driven projects with teacher Connie Darilek, who asked the Aquarium of Barcelona to help them grow plankton, an organism threatened by warming seas.

“They gave us plankton and jellyfish, and it was really amazing for the students to learn the [Arctic] food chain and how serious it would be losing the polar bear on top,” Darilek says. Students recently published the book *Nanuc*, a story about a polar bear that they also illustrated, now in its second printing.

Josie Martin, 13, of Solana Beach, California, has raised \$8,700 for conservation of rhinos, elephants, pangolins, gorillas and polar bears by giving watercolor paintings to those that donate to charities through her PayPal Giving page at [Chuffed.org/project/peace-love-hope-for-rhinos](https://Chuffed.org/project/peace-love-hope-for-rhinos). “Each year, I think I’m getting a little bit better at creating art which sends a strong message,” she says. “The message I try to express is that some of our best-known wild animals might in my lifetime no longer be on the planet. I think the difference I make through art is that I am helping to raise awareness for important animal conservation work.”

### Every Action Counts

There’s no one solution to climate change, says Catherine Macdonald, TNC director of natural climate solutions for North America. “We really have to try, all of us. It’s important that everyone feel they can contribute, because everything does make a difference, and no action is too small.”

For those that are not art-inclined, one of the best things people can do is to plant trees, Macdonald says,

whether it’s replanting forests or increasing their numbers in urban areas. According to a 2018 study by TNC published in *Science Advances*, nature-driven land management could sequester 21 percent of America’s annual greenhouse gas pollution—the equivalent of emissions from all cars and trucks on the roads today. Planting trees emerged in the study as the most significant among 21 strategies to mitigate global warming. One good way to get started is join the TNC Plant a Billion Trees program, Macdonald says; details are at [Tinyurl.com/TNCPlantABillionTrees](https://Tinyurl.com/TNCPlantABillionTrees).

“Climate change is definitely a growing concern that we are facing, and as more people understand there is a problem and what the solutions are, the more influence we can have on the big decision-makers, whether that’s government or corporations that make our products,” she says. “And being aware informs voters to advance climate action.”

While Josie, Ember, Azalea and the students at Daina-Isard aren’t old enough to vote, their message is strong. “I’m worried about the impact climate change will have on our future,” Josie says. “I think people should protest peacefully for the things they believe in and that more people should exercise their right to vote for leaders who care about the youth in our world and the generations to come. I also think people should try to spend a little bit of their time taking action for what they want to see changed in our world.”

*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](mailto:FlyingBurros@gmail.com).*





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# ACUPUNCTURE FOR ANIMALS

## Needles Work Wonders on Pets

by Julie Peterson

**N**eedles make most pet parents cringe, but those used for acupuncture don't hurt animals, they help. They are what traditional Chinese veterinary medicine has used for thousands of years to enhance blood circulation, balance the nervous system and promote release of pain-relieving hormones in animals ranging from rabbits to horses.

"It's a holistic approach that pinpoints the issues, unlike medicines that must go through the entire body," says C.J. Schnier, coach for the University of Wisconsin women's polo team. The five thoroughbreds and a quarter horse on her Verona, Wisconsin, farm have a standing appointment every three weeks with a veterinarian that performs acupuncture for their injuries, arthritis, colic and immune systems.

Since the founding of the Boulder, Colorado-based International Veterinary Acupuncture Society in 1974, the number of certified animal acupuncturists has grown from 80 to about 1,800, making the specialty more accessible worldwide.

### Treating the Ark

Beyond the usual four-legged friends, acupuncture helps animals such as reptiles, rabbits and livestock as a complement to Western medicine or other body work to alleviate pain and speed recovery. "All animals can have acupuncture," says veterinarian Carol Jean Tillman, of the Animal Kingdom Veterinary Hospital, in Las Vegas. She uses acupuncture for dogs and cats with musculoskeletal conditions such as lameness due to injuries, arthritis and paralysis, and also finds it helpful for

allergies, immune system problems and digestive issues.

A 2016 review of veterinary acupuncture clinical trials published in the *American Journal of Traditional Chinese Veterinary Medicine* concluded that it was safe and effective in treating a wide range of medical conditions like canine hip dysplasia, pain from osteoarthritis and surgery, intervertebral disc disease, seizure disorders, vomiting, inflammatory bowel disease, cardiac and respiratory problems, and depression and anxiety.

### The Many Methods

Dry needle acupuncture is what most people recognize—the use of thin, solid, metallic needles inserted into specific meridian acupoints on a body. There is also aquapuncture, that involves injection of a liquid, such as diluted vitamin B<sub>12</sub>, into an acupoint to relieve muscle pain and discomfort. Moxibustion is a technique used for joint stiffness or allergies in which a heated Chinese herbal compound is applied to or held over acupoints. Electrostimulation, sending an electrical current through pairs of inserted needles, takes less time and creates longer-lasting effects.

"Electrostimulation is very effective for treating neurological conditions such as radial nerve paralysis, facial nerve paralysis, disc disease and any condition that requires strong stimulation," says veterinarian Bernadette Aleksey, at the Adorable Pets Veterinary Center, in Haddam, Connecticut. She regularly treats dogs, cats and horses for arthritis, neck and back pain, as well as neurological and gastrointestinal problems.

Results similar to acupuncture can be obtained without using needles. Acupressure using hands, cupping therapy using special cups or cool laser stimulation using low levels of light can stimulate hard-to-reach acupoints or work for animals that are too restless for needles. "Depending on the severity of the condition, acupuncture treatment could be recommended daily



for several days, then spaced out to every week, then as-needed or once a month,” says Tillman.

Precise placement of tiny needles into an ailing dog or a massive horse seems fraught with risk, but the animals only need to be gently restrained and plied with treats during the first treatment. They generally relax quietly for subsequent treatments.

Even Sienna, Schnier’s typically reactive thoroughbred mare, stands still for acupuncture around a swollen eye. “She knows it’s being done to help her,” Schnier says. And her 17-year-old cat held still for tiny needles placed in the sinus areas that helped it breathe better.

In a clinical setting, pets may be more apprehensive, but there are workarounds such as lasers or aquapuncture. “We provide a relaxing environment. The lighting is dimmed, we play relaxing music and treats are encouraged,” says Aleksey.

Pet parents can search for a certified veterinary acupuncturist at [ivas.org/vets](http://ivas.org/vets).

*Julie Peterson writes about pets, health and environmental issues. Connect at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).*



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~C.J. Schnier



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# MOVING THROUGH CHRONIC PAIN

## How Exercise Can Heal What Hurts

by Julie Peterson

When our body keeps hurting, especially if it's been that way for a long time, it's natural to want to snuggle into pillows with a good movie and move as little as possible. And for many years, that's the kind of rest that doctors recommended for the 20 percent of American adults suffering from chronic pain. But with a plethora of studies showing that exercise can reduce pain severity, enable better physical functioning and boost morale with virtually no adverse side effects, that advice is fast changing. "Exercise helps to release endorphins, which are the body's natural painkiller chemicals," explains Rumki Banerjee, M.D., medical director of Apex MD, in Glen Allen, Virginia.

For those suffering from conditions like rheumatoid arthritis, fibromyalgia and low back pain, the thought of moving may be uncomfortable, and even the sight of stairs may trigger pain signals. But walking up just one step can give the brain new information. "If it's possible to do a movement one time without pain, the brain starts to change, the door to movement reopens and we begin to end the chronic pain cycle," says Annie Forest, a fitness trainer who specializes in

the neurology of pain at Forest Coaching Studios, in Madison, Wisconsin.

A good first step is to consult an expert. "If your doctor approves, take advantage of the knowledge and expertise of a movement expert. Physical therapists, occupational therapists, Pilates trainers and yoga teachers are trained to help others move safely and more effectively," says Peter Abaci, M.D., medical director of the Bay Area Pain and Wellness Center, in Los Gatos, California, and author of *Conquer Your Chronic Pain: A Life-Changing Drug-Free Approach for Relief, Recovery, and Restoration*.

The muscle pain that occurs in everyone starting a new exercise regime—known as delayed onset muscle soreness—typically lasts only a day or two, and is a sign the body is slowly gathering strength, say physical therapists.

It's best—and probably the only thing possible for those in chronic pain—to start slow. "Walking is one exercise that gets your body moving, blood and fluids circulating, and if done outdoors, can take you out into nature to offset the amount of time spent indoors," says physical therapist Karena



Wu, owner of ActiveCare Physical Therapy, in New York City and Mumbai.

Slow stretching, especially if it involves holding positions up to one minute, and gentle versions of yoga, including chair yoga, have also proven helpful. A study of 228 people with chronic back pain published in the *Internal Archives of Medicine* found that both approaches reduced symptoms within 12 weeks and lowered the use of pain medications, and that results lasted at least six months.

Tai chi, an ancient Chinese practice that involves breath control combined with slow, fluid movements, has been shown to benefit people with osteoarthritis, rheumatoid arthritis and tension headaches, among other chronic conditions. In a study in the *New England Journal of Medicine*, people with fibromyalgia taking tai chi classes twice a week for 12 weeks reported less pain and depression and better sleep than another group taking wellness classes and stretching sessions. Chi kung (qigong), another slow-moving, mind-body exercise, supplies similar benefits, concluded a February study published in the journal *Holistic Nursing Practice*.

Compared to aerobics, especially for older people with lower back pain, “Pilates may be more effective for pain and disability because exercises are more targeted to the muscles of the pelvis and trunk,” concludes a recent Brazilian study.

Aqua therapy, also known as water aerobics, reduces pressure on aching joints while still providing enough gentle resistance to build strength, plus a heated pool can relax the whole body. Swimming was shown in a 2013 study in *Clinical Rehabilitation* to ease the lingering pain of cancer survivors better than land exercises; studies of arthritis and fibromyalgia patients showed similar results.

It’s also key to have goals—even as simple as cooking a meal without pain. “I ask people to envision a pain-free life and imagine what that would look like, what they would do if they didn’t hurt,” says Forest. “If you say, ‘I’m a softball player and a mom who picks up her kids,’ then your brain wants to head in that direction. Having a target is really important.”

Julie Peterson writes from rural Wisconsin. Reach her at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).

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# HEALTHY HOME, HEALTHY KIDS

## How to Keep Them Safe

by Ronica O'Hara

**A** healthy home for kids looks much like what's needed for a healthy planet: clean air, clean water and clean food, all of which create a space in which our children can be well and thrive. This means taking active steps to eliminate everyday contaminants that can harm their developing organs and brains. "Children are not mini-adults. Their bodies cannot filter out toxins and chemicals as effectively as a full-grown adult body can," says Kimberly Button, author of *The Everything Guide to a Healthy Home: All You Need to Know to Protect You and Your Family from Hidden Dangers*. Here are some practical steps to take.

### Clean Air

■ **Clean "green."** The chemicals in popular disinfectants alter children's gut microbes and heavy use leads to higher body mass index by age 3, reports Canadian researchers; eco-friendly cleaning agents do not harm kids' health, they found. A solution of one part white vinegar to three parts water can be used to clean counters, floors and toilets. The acetic acid in vinegar can deactivate even the flu and tuberculosis viruses, recent studies have shown.

■ **Get rid of mold.** Mold, especially if it's black, is highly toxic to children: a Polish study found it lowered IQs in children under 6. "When the

mycotoxins in mold affect children's developing nervous systems we may see fatigue, difficulty learning, and attention issues," says naturopath Jill Crista of Janesville, Wisconsin, author of *Break The Mold: 5 Tools to Conquer Mold and Take Back Your Health*. She recommends mixing in a glass (not plastic) spray bottle essential oils, such as rosemary, holy basil, tea tree or eucalyptus, spraying the mold, and using a disposable cloth to wipe it off. The essential oils "not only kill mold, but neutralize the toxins," she says. "It won't fix mold on porous surfaces, which require professional remediation."

■ **Ban smoking.** Children that breathe secondhand smoke are more prone to ear infections, coughs and colds, tooth decay and respiratory problems like asthma and pneumonia, and they miss more days of school, reports the American Academy of Pediatrics. Even smoke residue that clings to clothes, furniture, bedding and other surfaces can harm a child when this third-hand smoke is inhaled, absorbed or ingested.

### Clean Water

■ **Get a water test.** Because children drink more water per pound than adults, even low levels of contaminants can impact their IQ and behavior. Check with the local health department to see if it offers free test kits, buy one at a hardware store or find a local lab by calling the U.S. Environmental Protection Agency Safe Drinking Water Hotline at 800-426-4791.

■ **Purify it.** Several types of water purification systems, including tap-mounted, under-sink and pitchers, are effective and affordable, ranging from \$20 to \$300. Seek filters certified by the National Sanitation Foundation testing agency that address contaminants identified by the water test.



## Clean Food

### ■ Buy organic when possible.

“Swapping to mostly organic foods is a good way to reduce your child’s daily toxic burden and reduce their risk of developing gut issues, autoimmune diseases, and food sensitivities and allergies,” says Caitlin Self, a licensed dietitian and functional nutritionist in Baltimore who blogs at *FrugalNutrition.com*. Using the list of the Dirty Dozen pesticide-laden produce compiled by the Environmental Working Group ([ewg.org/foodnews](http://ewg.org/foodnews)) as well as its recommended Clean 15 makes shopping organic easier.

### ■ Clean produce of pesticides.

Simply rinsing produce under cold water for 30 seconds reduces pesticide residues for nine of 12 pesticides, a study by the Connecticut Agricultural Experiment Station found. Saltwater or vinegar rinses also remove pesticides effectively, and in a recent *Journal of Agricultural and Food Chemistry* study, soaking apples in one ounce of baking soda to 100 ounces of water for 15 minutes removed 80 and 96 percent of two pesticides, respectively, even under the skin of the fruit.

### ■ Stock up on healthy snacks.

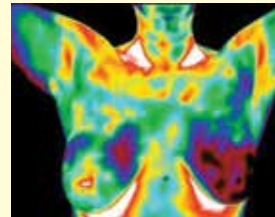
After-school munchies are not only natural, but healthy. “Kids’ little tummies tend to need more frequent feedings than fully formed adults to ensure they have stable blood sugar,” says Self. Rather than highly processed crackers, pudding and most granola bars, offer combos like grapes with cheese, celery with peanut butter or hummus on whole-wheat bread. “Some parents will need to rely on some more packaged snacks to get through,” says Self, who recommends trail mix, fresh fruit or crispy chickpeas.

Ronica A. O’Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

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## healing ways



Our spaces are not meant to be stagnant, but to evolve through each stage of our lives.

~Bridget Saraka

“Step outside the room and then come back in as a guest,” suggests Ridge. “What do you notice with your newcomer’s eyes? What does the room feel like? What smells are you aware of? Do you need to move a cat litter box to another area of the house? Would an area rug soften the hard sounds of foot traffic? Pause on each of your senses and make notes.”

# A Home That Heals

## Creating a Nurturing Space

by Marlaina Donato

**H**ome, whether a humble studio apartment or a dream house, is a critical facet of well-being, a spiritual headquarters from which good health springs. Everyone in the family, including two- and four-legged children, can benefit from an environment that feels like a sacred space. Creating nourishing corners, along with more open areas that feed the senses and a system of functional ease, can be a deep and rewarding act of self-care.

“Our home is by far one of the most significant investments we’ll ever make. Our spaces are not meant to be stagnant, but to evolve through each stage of our lives,” says *feng shui* expert Bridget Saraka, of Saskatoon, Canada.

Ali English, owner of Eldrum Interiors, in Lincolnshire, England, concurs, “We all need a safe holt to return to, that space where we can be utterly ourselves, utterly at peace.”

### Sanctuary and Mental Health

Investing in harmony does not require a high price tag. “It’s important to have a mental vision of what this means, and for me, there are three major components: peace, order and beauty,” says Texas-based designer Rachel Anne Ridge, who blogs at [HomeSanctuary.com](http://HomeSanctuary.com).

Like water and wind, harmony within the home should also flow. “Listening to the energies in your home and taking the time to move furniture around until you have a placement that makes your head feel calm is really important,” says English.

Feng shui—the ancient Chinese system of creating harmony in personal and professional spaces—prioritizes color psychology. “More times than I can count, I’ve had clients report loss of motivation after painting their homes taupe. They’ve also reported weight gain and digestive disorders,” says Saraka. “It’s best to use colors that reflect light, especially for homes in locations where winter is long and days are short.”

Disruptive clutter is another key player in eliciting discontent, especially for children that are sensitive to environmental stimulus. “A space that is cluttered can cause emotional distress, resulting in less-than-desirable behaviors,” says Saraka. “Something as simple as the lines of the furniture can feel sharp, creating anxiety. It all matters.”

### Cultivating Comfort

Soul-inspiring visuals, satisfying textures and natural, delightful scents are all desirable domestic companions. A small, ambient lamp in a bathroom or a spring-colored sheer in a window can invite the benediction of light.

### Bringing the Outdoors In

Incorporating organic elements can boost the vitality of any living space. “House plants are a wonderful way to bring the green world into our homes. Go for organic ones if possible, and if you’re worried you may forget to water them, consider plants like scented leaf pelargoniums; for example, Royal Oak. They thrive on neglect and can also provide some wonderful room fragrances,” says English. She also suggests including natural or quality faux branches and blooms in the home as ways of decorating—berries to provide splashes of rich orange, pine cones dabbed with metallic paint, or even long stems of ivy leaves twisted into garlands.

Having live plants in the home also benefits physical health. “Adding a few real plants to a space can help reduce environmental toxins found in paints and manmade products, as well as electromagnetic frequencies—by-products of electronics.”

Ridge concurs, “Cacti can be a charming alternative for those of us who don’t have a green thumb, but still want to enjoy a living plant indoors.”

In the end, a place of sanctuary comes from a place of love. English sums it up best: “If you pour that sense of love into your home, you will, over time, find that mirrored back at you, and you’ll feel it whenever you go through your front door.”

*Marlaina Donato is the author of several books and a composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*



## Tips from our experts

### *Feng shui* tips from Bridget Saraka:

Create daily rituals with small, manageable goals that'll help sustain balance and harmony.

Give everyone in the household daily, weekly and monthly chores to help maintain a clean, healthy, safe, beautiful and calm home.

Make sure that each space has optimum lighting, that all light bulbs work and window treatments are opened daily to fill each room with natural light.

Position the beds in the home to have a view of the door entering the room. This is called the "command position", which instills a sense of control over the immediate environment.

### Practical suggestions from Rachel Anne Ridge:

Start with the floor. Simply pick up and straighten the items there—shoes, books, papers, coats and that stack of items earmarked for donating that you set in the corner weeks ago. A clear walk space gives you immediate energy and a sense of order.

Use a timer. Setting it for five minutes (or giving yourself just enough time to let a teabag steep in a cup) is perfect motivation to unload a dishwasher, clear the junk mail from the counter or wipe down a sink.

Reduce indoor noise pollution. Installing felt bumpers on cabinet doors and drawers is a tiny activity that yields big results. Cover the feet of kitchen chairs with pads and use fabric placemats on tables. Throw rugs can also soften sounds. Upgrading speakers for TVs and devices can improve sound quality and facilitate lower volumes.

### Inspiration from Ali English:

One of my most favorite guidelines is William Morris' adage, "Keep nothing in your home that you do not know to be useful or believe to be beautiful."

Never feel that you are "stuck" with where you've placed furniture and items. I move things around my home on a regular basis, only really settling when furniture has found the place where it merges most perfectly with the overall energy of a room.

Begin by creating a "mood board" where you collect ideas that inspire you.

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~Greta Thunberg  
2019 World Economic Forum

## Climate Warriors Unite A Call to Action

by Sandra Yeyati

In November 2018, one of the worst fires in California history overtook the town of Paradise and surrounding communities, killing 88 people and destroying more than 18,000 buildings. Alexandria Villaseñor, who was visiting family 100 miles away in her hometown of Davis, experienced the suffocating effects of the smoke: Every breath was difficult for the asthmatic teen who is now 14 and lives in New York City.

The fire changed Villaseñor's life. "I was very upset, and I wanted to understand why these fires were happening," she says. "I started to research climate change and wildfires, and began to see the scientific connection between the two."

Awakened by personal concerns and ignited by emerging role models, activists of all ages are learning how to become effective climate warriors. Watching Greta Thunberg speak soon after the California disaster to world leaders at COP 24, the United Nations Climate Change Conference in Poland, empowered Villaseñor to take to the

We are the ones we've been waiting for.

~Solemi Hernandez

streets and protest. "Greta gave permission to students all around the world to make their voices heard," she says of the Swedish teenager whose school

strike initiative—Fridays for Future—has become a worldwide phenomenon.

On December 14, 2018, Villaseñor began her own Friday vigils outside the U.N.—sometimes alone, other times with friends she's inspired to take action; she also helped organize the 2019 Global Climate Strike in New York City, attended by more than 300,000 people, and founded Earth Uprising, a nonprofit global youth movement. She's one of 16 youngsters, along with Thunberg, that filed a legal complaint with the U.N. demanding that France, Germany, Brazil, Argentina and Turkey curb their carbon emissions.

"There are so many ways that young people can get involved," says Villaseñor. "They can give presentations about climate change in their classes and communities. Go out with a sign and protest, or lobby politicians. Have clear demands of what



you want your city or town to do. I've seen local action influence action nationally and internationally."

Dianne Rhodes, 76, of Saskatoon, Canada, began her activism in 2006 after seeing Al Gore's documentary *An Inconvenient Truth*. "It was shocking what we were doing to the environment, our home, our planet. It hit me like a freight train, and I saw the urgency," she says.

Rhodes trained with Gore, enabling herself to give up-to-date, truthful and science-based slide presentations. Her talks vary in subject and audience, from composting instructions for a group of pre-K kids to in-depth climate science for business professionals. "Activism is a way of letting people know what's happening. It's so important to get that awareness, to give people hope and then to show them how they can make a difference," she explains.

Rhodes recommends both grassroots and "grass-top" action, including protest marches, working directly with city planners and changing personal behavior and choices at home. She's excited about a new initiative in Canada: "We're doing town hall meetings all across the country based on the Green New Deal ... where people talk about how to get a city's carbon emissions down—what we can do in our



Activism is a way of letting people know what's happening.

~Dianne Rhodes

neighborhoods, and how we can go after our city governments to get them behind this as fast as possible."

Solemi Hernandez, 41, a Venezuelan immigrant raising two sons in Naples, Florida, quit her job and took out a loan so she could dedicate all her time to environmental activism. "Ecosystems are about to collapse and we don't know the exact tipping point. I don't see a healthy future for my kids," she says. One month after her dramatic decision, the Citizens Climate Lobby hired her to become its southeast regional coordinator. "We're going to create and elect new decision-makers instead of trying to change those leaders that are not representing us."

In 2019, Hernandez attended COP 25 in Spain and saw Thunberg up close speaking to thousands of cheering activists. "Greta is an inspiration, but it's not on her shoulders to solve the issues," she says. "It's on us to organize in our communities, see what we do personally and not look to her to be the savior. We are the ones we've been waiting for."

*Sandra Yeyati is a contributor to Natural Awakenings and past president of the Naples, Florida, Press Club. Connect at SandraYeyati@gmail.com.*

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# Brigit Strawbridge Howard on Rediscovering Nature

by April Thompson

**B**ee advocate, wildlife gardener and naturalist Brigit Strawbridge Howard was alarmed the moment she realized she knew more about the French Revolution than the native trees around her. Howard's realization that she had lost touch with the natural world led her on a journey deep into the fascinating world of honeybees, bumblebees, and the often unsung superpollinator solitary bees, chronicled in her book *Dancing with Bees: A Journey Back to Nature*. Howard writes, speaks and campaigns to raise awareness of the importance of native wild bees and other pollinating insects. She lives in North Dorset, England, with her husband, Rob, where they love to bee-watch in their backyard garden.

female worker bees leaving hives and not coming back alarmed me from a human food chain perspective. It happened to be around the time I realized I had completely lost touch with the natural world I so loved as a child. I started looking for bees and became completely immersed in their world; the more I watched them, the more I lost track of time and the more questions I had. I also began to more worry about the bees themselves than about their decline's effect on us.

Bees have been a portal to the natural world for me. It happens when many people get interested in a specific species because everything is interconnected, and you start to notice the whole web of life.

It's never too late to reconnect and find the curiosity and awe that you experienced as a child.

### *What first piqued your interest in bees?*

Initially, apocalyptic headlines about bee decline and colony collapse with

### *What makes bees distinct from other kinds of insects?*

Bees go out specifically to collect pollen and nectar to feed their larvae;

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other insects eat pollen and are important pollinators, but don't collect it for their young. They also tend to visit the same flower species again and again, which other pollinators don't always do.

### How has your study of bees affected you personally?

I dropped out of school as a teenager. Bees are the only thing I've truly ever studied; I am self-taught in insect biology and ecology. I have read scientific papers that I would have never thought were for the likes of me in my quest to understand more about bees.

Also, when I feel overwhelmed with life, because of my interest in bees I have something else to focus on. I can lose hours and hours walking in the woods and totally forget my problems. I have learned to tune into the tiny things, the fungi and miniscule plants I would have otherwise walked past.

### What is one of the most interesting aspects of bee behavior?

Some years ago, I remember vividly a day on my patio listening to bees with my eyes closed and seeing if I could recognize them by their buzzes. Bumblebees have a deep booming buzz, for example, and I recognized this, but suddenly it changed to a high-pitched sound like a dental drill. I opened my eyes, and it was a bumblebee going round and round the sides of a Welsh poppy, sounding really frantic and having a pollen bath. As it turns out, she was sonicating, otherwise known as buzz foraging. This is how bees pollinate tomatoes. A lot of flowers don't give up pollen easily, but the bumblebee knows exactly what to do. It grasps the flower and continues to vibrate without moving its wings. This produces high-frequency vibrations that trigger the tomato flower to open and explodes pollen out onto the bee.

### What are a few ways that we can help support bee populations?

Maintain gardens, backyards and balconies with a variety of nectar-rich plants and create habitat for bees to nest in. Plant flowers that will bloom in succession. Stop using pesticides, insecticides and other chemicals, because the bees are taking that cocktail of chemicals back to the hive or nest, and collectively they are more dangerous than the sum of their parts. Also, dare to be less tidy in your garden; grow wildflowers and let flowering weeds like clover and dandelions be. Watch and see what comes. It won't just be the bees: If we get it right for the bees, it spirals out to other species.

It's never too late to reconnect and find the curiosity and awe that you experienced as a child. It was bees that captured my attention and imagination; for someone else it may be something else, but if you make time to stop, sit and look around you, you will find the wonder in nature.

*April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.*

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## calendar of events

**PLEASE NOTE:** All events were accurate at press time, but due to circumstances created by the current COVID-19 pandemic, we suggest confirming these details with the hosts before attending.

**THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.**

**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

#### FRIDAY, APRIL 3

**Donation Reiki Healing Session** - These healing techniques work with helping the physical, mental, emotional, and karmic conditions of the individual. Experience your body shifting toward deeper relaxation and becoming filled with clarity and awareness as emotional issues dissolve. With Maria Banas. Register online or call 321-729-9495. Suggested Donation \$20. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic.

#### SATURDAY, APRIL 4

**Reiki 1 Certification Course** - 10-5pm. 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 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, APRIL 8

**Meditation for Beginners** - 7-8pm. Brief overview of mediation technique, twenty-minute breathwork and meditation. Includes techniques, guidance, and experience essential to start and support independent home meditation practice. Instructor Monica Lombardo. \$10 or yoga membership. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at [AquarianDreams.com](http://AquarianDreams.com) or call 321-729-9495.

#### THURSDAY, APRIL 9

**Fix Your Gut, Save Your Life** - 7-8pm. The health of your gut is incredibly important to your overall wellbeing. Its role is to obtain, sort through, and deliver nutrients to the rest of the body. During this event, you will learn strategies to improve your gut health, immune function, response to stress and more. Free but call 321-728-1387 to register. Care



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Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. 321-728-1387. [CareWellnessFL.com](http://CareWellnessFL.com).

#### FRIDAY, APRIL 10

**Natural Solutions for Scoliosis and Back Pain** - 10-11am. Participants will learn about different solutions to improve the health of their spine, such

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### SATURDAY, APRIL 11

**Reiki 1 Certification Class** – 10am-5pm. Experience the high frequencies of Usui/Holy Fire III Reiki. Learn the science and history of Reiki, how to do a full treatment for yourself and others, body scanning, and Reiki breathing techniques. Included: Attunement/Placement, ICRT Manual, Certificate, lots of experiential practice. With Rev. Karen Hedley, Reiki Master Teacher. \$135. Full Circle Yoga School, 320 N. Atlantic Ave, Ste 3A & 3B, Cocoa Beach.

**Kundalini Meditation with Deep Gong Healing** – 11:30-12:45pm. Benefits of Healing Gong: Creates deep relaxation and clears the mind; Immediate reduction of stress and anxiety; Stimulates the glandular system and improves function; Stimulates circulation; Organizes emotional energy and more. Led by Jessica Martin. Bring a mat and or blanket and comfortable clothes. \$15. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

### TUESDAY, APRIL 14

**Deeksha Healing: The Oneness Blessing with Crystal Bowl Meditation** – 7-8:30pm. Includes powerful Soul Sync and crystal bowl meditation and Deeksha Blessing, which is a transfer of energy to initiate higher states on consciousness. Brings a shift in perception resulting in clarity and spontaneous feelings of love, joy, peace and inner silence, dissolving negative life patterns and releasing cellular and energetic level traumas. \$20. Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

### FRIDAY, APRIL 17

**Natural Solutions for Scoliosis and Back Pain** – 10-11am. Participants will learn about different solutions to improve the health of their spine, such as food therapy, herbal medicine, prolotherapy and acupuncture. FREE. Cocoa Beach Public Library, 550 N Brevard Ave, Cocoa Beach. 321-868-1104. Healthforlifewellnesscenters.com.

**Beatles Sing-Along (Kirtan)** – 7:30-9pm. Sing some of your favorite Beatles songs with Kevin Keough. Lyrics will be on hand. Kevin performs internationally and is a member of the Lennon-Live tribute band. \$15. Aquarian Dreams 414 N Miramar Ave (Hwy A1A) Indialantic. Register online at AquarianDreams.com or call 321-729-9495.

### SATURDAY, APRIL 18

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

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4-5:30pm

### SOME OF THE ISSUES WE ADDRESS:

- Cardiovascular & Lipid Abnormalities • Diabetes
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- Thyroid & Cortisol Issues • Gastrointestinal Diseases
- Hormonal & Sleep Disorders • Autoimmune Diseases
- Advanced Healing using Peptides • Genetic Testing
- Nutritional Support for Cancer Patients



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## TUESDAY, APRIL 21

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

## WEDNESDAY APRIL 22

**Toxic Relief: A Whole-Body Health and Biologic Dentistry Perspective** - 7-8pm. Drs. Chris Edwards, Rob Brown, and Haley Freymiller will be joining Dr. Brian Walsh to discuss the importance of oral health to overall health and the impact toxins have on both. Learn the benefits of biological dentistry and a functional nutrition approach to health and how to eliminate toxins naturally. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

## FRIDAY, APRIL 24- SUNDAY, APRIL 26

**Karuna Reiki Master Certification Training** - Advanced Level Weekend Course with Maria Banas. Karuna Holy fire is only available to Reiki Masters. It is complete with 4 levels, 4 attunements, 3 master symbols and 8 treatment symbols. After this class you will be able to teach all levels of Karuna Reiki. A certification as Usui/Tibetan Reiki Master is a requirement for the class. Maria Banas is Usui/Holy Fire III & Karuna Holy Fire III Master Teacher, O&O Academy Oneness Teacher, and Certified Yoga Teacher with Yoga Alli-



## CALENDAR

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

ance. Friday 6:30-9:30pm, Saturday 10am-6:30pm, Sunday 1-7:30pm. Cost: \$779 paid in advance, or \$825 day of event. Register online or call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

## SATURDAY, APRIL 25

**Mini Vet School** - 8:30am-1pm. Animal Wellness World presents our "Mini Vet School!" This is an excellent opportunity to inspire your child to learn about animals and science. Animal loving kids get first-hand experience of what it's like to be working in a real animal hospital! . 150.00. Animal Wellness World, 3149 N Courtenay Parkway, Merritt Island. 321-684-7060.

## MONDAY, APRIL 27

**Soundscape Yoga Nidra** - 7-8:15pm. This workshop combines the healing properties of sound (singing bowls, chimes, etc.), Reiki, and Essential Oils with Yoga Nidra (yogic sleep). Students effortlessly lie down and listen to the guided meditation. Free of tension and thought, we remember our true Self and float into peaceful bliss. All levels. \$15. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. 321-729-9495.

## TUESDAY, APRIL 28

**Reiki Healing Journey with Crystal Bowls** - 7-8:15pm. A Reiki healing experience: Journey in the River of Life with Holy Fire Reiki and sound healing. The River of Life contains all the healing frequencies we need for every level of our being. \$10 pre-paid or \$15 day of event. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. AquarianDreams.com.

## WEDNESDAY, APRIL 29

**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 women are using this safe alternative to mammograms. Katie Ainsley will be speaking. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

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## TREASURE COAST EVENTS

### FRIDAY, APRIL 3

**Kundalini Yoga** – 9-10:15am. Kundalini is an ancient Yoga practice that incorporates all aspects of Yoga, including Asana, Pranayama, relaxation, meditation, and Mantra. In addition to 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.

**Stuart's Art Walk** – 5-9pm. Every first Friday of the Month is our Art Walk from 5 to 9pm. Here in The Creek District spend your Friday night enjoying some visual arts, great food at our local restaurants, live music, and much more! See you then. Free. Tranquility Haven Center, LLC, 524 SE Dixie Highway, Stuart. 772-210-5172. Tranquility-HavenCenter.com.

### SATURDAY, APRIL 4

**Homeopathy Certification Weekend Training** – 9am-5pm. Students will develop a working knowledge of about 50 different homeopathic remedies in a course curriculum based on the Classical Homeopathic tradition of Samuel Hahnemann, MD. Learn basic homeopathy for common ailments and how to use these remedies safely and effectively. 15 hours of instruction over a two-day period. \$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.

**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.

**Know Your Chakras** – 2-4pm. When you learn that you can master your own energy field, you will find a level of empowerment and vitality that enables you to find and fulfill your life purpose. Understanding your energy system is the first tool to healing what may be deficient in your life. \$33. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

**Soul to Soul An Intro to Trance** – 9-1pm. This beginner level class will teach you how to quiet your body, mind and emotions so that you can connect with who you are at the deepest level. We invite you to join us for this experiential intensive to meet your Soul. Your soul is that eternal part of yourself. You will learn techniques that you can take home with practice you will build on these skills to advance to other skills taking you to the next level. \$77. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparKofDivine.com.

### SATURDAY, APRIL 4- SUNDAY, APRIL 5

**Animal Communication Retreat** – Join Kumari for a one-of-a-kind wild animal communication retreat with exotic Big Cats: Amos the Black Panther, Charlie the Cheetah, Cody the ocelot, clouded leopards, jaguars, and more. This retreat is appropriate for all levels -- those beginning their journey to connecting telepathically to animals through the advanced student looking to refining their skills and deepening their awareness. \$599 or \$499 until April 1. For more details or to register, visit KumariHealing/Events.com. Panther Ridge Conservation Center, 2143 D Road, Loxahatchee Groves.

### TUESDAY, APRIL 7

**Auto-Immune Issues: Solutions & Relief** – 6-7pm. Take your life back today! Natural Solutions to Auto-Immune disorders such as: Rheumatoid Arthritis, Lupus, Celiac Disease, Multiple Sclerosis, Thyroid Disease, Addison's Disease, Pernicious Anemia, Guillain-Barre Syndrome, and Myasthenia Gravis, and more. Find our what's wrong. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

### SATURDAY, APRIL 11

**Featured Artist Reception** – 5-8pm. Join us for our artist reception featuring Heidi Lee. There will be refreshments, live music, and of course the beautifully powerful art of Heidi Lee will be on display. Free. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

### SUNDAY, APRIL 12

**Easter Sunday Services** – 10-11am. Wake up to the Truth of your Being. We have been released from the tomb of materiality and our eyes have opened to the light of our Christ nature. Join us in praising and contemplating the mystery of this perennial Easter story of awakening the Christ in you, as you. Love offerings appreciated. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityOfFortPierce.com.

### TUESDAY, APRIL 14

**Acupressure for Everyone: Heal Yourself Today** – 6-7pm. Learn acupressure techniques to naturally heal yourself and your family! Bring a partner. Work on issues of: Fatigue, Radiating Pain, Weight-Gain, Pain that comes and goes, Deep Aches, Burning Sensations and so much more!. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

### FRIDAY, APRIL 17

**Happy Hour with the Intuitives** – 5-8pm. We, at Ubuntu Fish, have learned that intuition and creativity flourish when we experience joy, so to get our creative juices flowing, we've created HHWTI so that we all can come together and be joyful and ultimately grow, evolve, and learn from one another. Bring your friends. Bring your



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favorite oracle cards, a musical instrument, your paint brush, your pendulums- whatever brings you joy. Just to be clear, however, we supply the joy at “Happy Hour with the Intuitives”, but we do not supply the “happy”. \$10 per person (bring a friend for free). \$10. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

## SATURDAY, APRIL 18

**Reiki Level I Training and Certification Workshop** – 10am-4pm. Carol Baxter from the Inspired Living Center is pleased to offer training, attunement and certification. Participants will learn how to channel energy healing for themselves and others. \$150. The Inspired Living Center Port Saint Lucie. 772-359-8924. TheInspiredLivingCenter.com.

**Energy 101** – 2-4pm. Once we understand and take responsibility for our individual energy, we can heal and become more aware, thus, beginning the steps of active manifestation. \$33. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

## TUESDAY, APRIL 21

**Natural Allergy Solutions that Work** – 6-7pm. Be allergy free! Class offers natural solutions and answers for: Asthma, Food Allergies, Sinus Congestion, Environmental Allergies, Headaches, Fatigue and More!. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

## FRIDAY, APRIL 24

**Shamanic Drumming Circle** – 6-7pm. Experience guidance, healing, and spiritual awakening and connect with your spirit at a deeper level. Bring a drum. A few will be available to share. (Love Offerings appreciated) Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-877-2102. UnityofFortPierce.com.

## SATURDAY, APRIL 25

**Psychic Fair** – 11am-4pm. Have questions? Need answers? Join us; we will have many readers on hand to assist you in finding the answers you need to move forward. Astrology, Tarot, Intuitive Readers, Mediumship, Psychic Readers and Aura photography. Reiki, Angel Healing and massage demos going on as well as a great gift shop to browse. Demo’s Love Donation/ Readings \$25. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499.

**Paint Your Joy** – 2-4pm. Let’s all take a “time-out” from our lives and reflect on and paint what brings us joy. No rules. No pressure. No artistic talent necessary. Just joy. \$35. Ubuntu Fish Gallery and Intuitive Lounge, 508 Osceola Street, Stuart. 772-210-2931. UbuntuFishGallery.com.

## SUNDAY, APRIL 26

**Workshop by Terrance Young “Living the Twelve Powers”** - Using our God given potential to lead an abundant life We will practice different

## mark your calendar

### 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.

**LIFT Gatherings will resume when the COVID-19 situation resolves.**

**Stay connected with us online!**

Follow us at

**Facebook.com/TCLiftNetwork to connect.**

ways to express each of our twelve powers and how they ultimately lead to our spiritual purpose. Unity of Fort Pierce, 3414 Sunrise Blvd, UnityOfFortPierce.com. 772-461-2272.

## TUESDAY, APRIL 28

**Type II Diabetes: 5 Secrets for Prevention and Reversal** – 6-7pm. Natural solutions and answers for: Diabetes and symptoms associated with diabetes including frequent thirst & urination, poor wound healing, and more. Free. Alternative Medicine Family Care Center, 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

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For the latest updates on local events and information, visit us online at:

**MyNaturalAwakenings.com**

Find us at **Facebook.com/NASpaceTreasure**

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## on going events

**PLEASE NOTE:** All events were accurate at press time, but due to circumstances created by the current COVID-19 pandemic, we suggest confirming these details with the hosts before attending.

**THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.**

**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).

## 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. [thezenroom.info](http://thezenroom.info).

**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 World Fastest Chi-energy Creation Training** – 11am-noon. 99% of our practitioners can feel the Chi-energy in minutes on the first practice. Chi-energy improves your immune system fast, helping you stay healthy and avoid getting sick. Tai-Chi is included in MAC membership. Melbourne Athletic Club Studio, 1218 Sarno Rd, Melbourne. [MasterChungWang.com](http://MasterChungWang.com).

**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).

**Yoga in the Village** – 5-6pm. Restorative Yoga. Using bolsters, blankets, pillows and straps to fully support your body into supreme relaxation and bliss. Beginners welcome. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541. [thezenroom.info](http://thezenroom.info).

### 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 World Fastest Chi-energy Creation Training** – 11am-noon. 99% of our practitioners can feel the Chi-energy in minutes on the first practice. Chi-energy improves your immune system fast, helping you stay healthy and avoid getting sick. \$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.

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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.

**Friends After Diagnosis** – 2-3:30pm. 4th Mon. 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.

**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.

## tuesday

### SPACE COAST

**Yoga in the Village** – 8-9am. Early Birds get the Yoga! Rise and Shine with 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.

**Yin Yoga** – 12-1pm. 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. Realize immediate benefits like more open hips, a more relaxed body and centered mind. \$10 or Yoga Membership Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

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

## TREASURE COAST

**2 For Tuesday** - 10am-5pm. Salt Cave Halotherapy Sessions - 2 for Tuesdays- Better Breathing, Stress Reduction Self-Care. Price Varies. The Salt Cave at The Hair Tiki, 735 Commerce Center Drive, Suite B, Sebastian. 772-228-8986. TheHairTiki.com/salt-cave.

**Chair Yoga – Fitness & Balance** – 3-4pm. Improve your strength, flexibility, and balance as you learn proper breathing techniques to reduce stress and improve mental clarity. A variety of props and modified poses will keep things interesting and challenging. \$5. Satellite Beach Library, 751 Jamaica Blvd, Satellite Beach. 321-779-4004.

**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.

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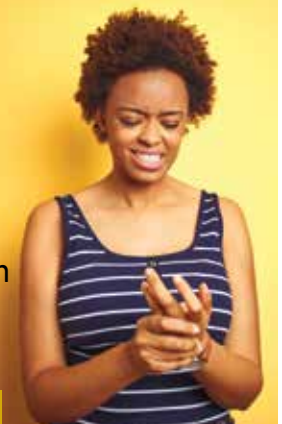
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WOMEN'S WELLNESS ISSUE





# 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.

**Yoga in the Village** – 9:30-10:30am. Yoga in the Village. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541. thezenroom.info.

**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.

**Tai-Chi World Fastest Chi-energy Creation Training** – 10:30-11:30am. 99% of our practitioners can feel the Chi-energy in minutes on the first practice. Chi-energy improves your immune system fast, helping you stay healthy and avoid getting sick. Tai-Chi is included in RTG membership. Raise The Bar GYM Studio, 3008 W New Heaven Ave, W Melbourne. 321-720-4694. MasterChungWang.com.

**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 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.

**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. 772-461-2272.

**Gentle Flow** – 6-7pm. Breath-work, meditation, flowing through yoga poses. Linking breath to movement giving your practice intention/purpose. Focusing on proper body alignment, balance and core strength, helping to enhance spiritual well-being. Michelle is a trained faith based teacher a light that shines. . New Students 2 for \$17. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

**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.

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## classifieds

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

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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 [WildFloirdaRescue.org](http://WildFloirdaRescue.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. [CriticSavers.com](http://CriticSavers.com) 321-636-3343 ext. 214.

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

### FOR RENT

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

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

**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 - Fitness & Balance** – 10:30-11:30am. Improve your strength, flexibility, and balance as you learn proper breathing techniques during our fun filled Chair Yoga Class. A variety of props and modified poses will keep things interesting and challenging. \$5. David R Schechter Community Center, 1089 South Patrick Drive, Satellite Beach. 321-773-6458.

**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.

**Tai-Chi World Fastest Chi-energy Creation Training** – 5:30-7pm. 99% of our practitioners can feel the Chi-energy in minutes on the first practice. Chi-energy improves your immune system fast, helping you stay healthy and avoid getting sick. \$8 Walk-in (\$30 / mo). Veterans Memorial Complex, City of W Melbourne, 2285 Minton Road, W Melbourne. [MasterChungWang.com](http://MasterChungWang.com).

**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 its 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

**Joanne's World of Nutrition** – 10-11am. Listen to radio station WPSLAM 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).

**DEEP PLAY for Kids** – 4:15-5pm. Each session is filled with multi-sensory activities and movement that embraces each child individually. Your child WILL be honored for who they are & who they are meant to be with Deep Play. 2 classes wk. \$12. Three or more \$10. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

**Candlelight Meditation & Gentle Movements** – 7:30-8:30pm. Candlelight flow. Deeply focusing on meditation and slow movements to truly practice and be present to your own life experiences. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

## 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.

**Bones, Balance, Posture, Arthritis Exercise** – 10-11am. Bone Makers supports Complete Cancer Support the second Friday of the month, a free low impact, modified exercise class for imperfect bodies. Perfect for those with former joint injuries, balance, bones and posture challenges, arthritis or in need of improved circulation for healing. Every Friday for \$8 drop in unless coming with Cancer support group. BoneMakers at Hobbs Pharmacy, 133 N Banana River Dr, Merritt Island. 321-759-4962. [BoneMakers.com](http://BoneMakers.com).

**Salt Yoga** – 10am-7pm. Salt (Halotherapy) Yoga: Seated, Relaxation & Full Motion- Something for Every Body. Price Varies. The Salt Cave at The Hair Tiki, 735 Commerce Center Drive, Suite B, Sebastian. 772-228-8986. [thehairtiki.com/salt-yoga-halo-therapy](http://thehairtiki.com/salt-yoga-halo-therapy).

**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.

**Yoga Nidra** – 5:15-6:15pm. A guided meditation which brings you into a deep state of conscious rest. The class involves breathwork, some gentle physical relaxation techniques, and then a full guided yoga nidra cycle to bring you through the kosha, or five layers of the self, until you are deep in your subconscious with Aisling. Gratitude Donation. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### TREASURE COAST

**Energy Healing Sessions** – 11am-4pm. We strive to provide a safe and loving environment for your healing needs. Please note: All practices are complementary to conventional medicine. Practitioners



do not diagnose or prescribe. Practices are non-invasive balancing practices. With Beth Starting at \$40. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499.

**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.

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

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

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

## saturday

### TREASURE COAST

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

**Friends After Diagnosis** – 10-11am. 1st Sat. 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.

**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.

**Divine Soul Reading** – 11am-3pm. A Divine Soul reading is the perfect way to find out what your gifts are and why you are having trouble reaching your full potential. We will access your Akashic Records to see what may still be affecting you in this lifetime. The information given will help you to reshape your life, to reach your full potential and to align with your divinity. \$200. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499.

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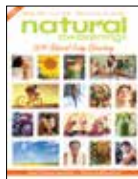
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## DENTISTRY CONT.

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HealthForLifeWellnessCenters.com

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

## FENG SHUI

### FENG SHUI DESIGN

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



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

## HAIR SALONS

### ELEMENTS ORGANIC SALON

3800 W Eau Gallie Blvd, #106  
Melbourne, 321-349-0389  
ElementsOrganicSalon.com



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

### 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."

### 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 Herbals in-store or online. Gluten FREE, organic produce, seminars, demo's, and more. Peggy's... Your path to Health.

### SUNSEED FOOD CO-OP

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

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

### SUNSHINE HEALTH FOOD STORE

2916 S. Washington Ave  
Titusville, 321-269-4848  
InsightNutrition.net

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

## HERBALISTS

### GINA KEARNEY

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 47.

### 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 27.

### THE HERB CORNER

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

Bulk Herbs, Herbal Certification Course and other herbal classes. Essential oils, handmade salves and lotions, customized herbal blends and private consultations. See ad, page 19.

## HYPNOSIS

### 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, 772-291-7813  
Elizabeth@TranceformU.com



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



## HYPNOTHERAPY BY JENNY

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



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

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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.

### DEBORAH A. DEMARTA, MD,

FACS, FAARFM  
Institute of Colorectal Health & Wellness  
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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 13.

### 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 10.

### YALE R. SMITH, MD, DABA,

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



With 33 years of experience and expansive knowledge in traditional and integrative and functional medicine, Dr Smith specializes in heart attack prevention, food allergies, hormone imbalances, weight loss, and nutritional support for cancer patients. See ad, page 39.

## 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 10.

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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.

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### FLORIDA FIELDS TO FORKS, CSA

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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 always complimentary. (MA91001)

### 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 47.

## 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.

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### GENIE'S GEMS

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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

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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 43.

## 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 41.

## NEUROPATHY

### DR. STEVE CANUEL

Board Certification Nephropathy  
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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 29.

## 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.

## PSYCHIC MEDIUMS

### CHRISTOPHER JOHANSEN

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



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

### TESS, THE TREASURE COAST MEDIUM

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Past Life Regressions  
By appointment: 772-200-0016  
TessTheHealer@gmail.com  
TreasureCoastMedium.com



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## REFLEXOLOGY

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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)

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### 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

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TheHairTiki.com



### SALT CAVE

levels for stress anxiety & fatigue.

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

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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.



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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

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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.

### 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.

### 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 17.

### 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! See ad, page 34.

## 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 45.

## 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 21.

### SPACE COAST THERMOGRAPHY

7125 Turner Rd, Ste 101  
Rockledge/Suntree, 321-574-9014  
SpaceCoastThermography.com



Radiation-free breast health screenings, women's health studies, and full-body studies with the highest resolution thermal imaging equipment available in Brevard County. Discounts Available! See ad page 31.

### 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 15.

### 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 40.

## VETERINARIANS

### ANIMAL WELLNESS WORLD

3149 N Courtenay Pkwy  
Merritt Island, 321-684-7060  
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Conventional and alternative medical care for your animal companions. Offering boarding, grooming, pool therapy, acupuncture, laser therapy, i-therm and more.

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CoastalAnimalWellness.com

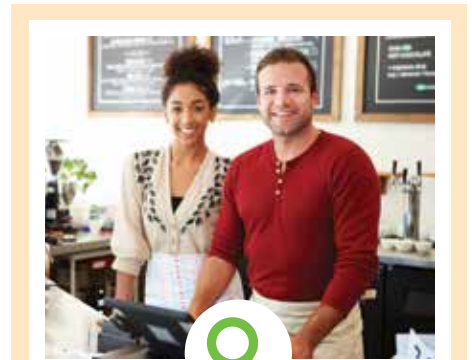
Our full-service hospital offers Animal Chiropractic, Laser Therapy, Clinical Nutrition, Acupuncture, and Homeopathy. Our patients and clients Love Integrative Care.

## YOGA

### HATHA YOGA WITH MARILYN

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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 39.



## DIRECTORY

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Fairfield County/  
Housatonic Valley\*

Hartford

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**District of Columbia (1)**

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**Florida (12)**

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Ft. Lauderdale

Jacksonville/St.

Augustine

Miami & Florida Keys

Naples/Ft. Myers

Northwest FL

Ocala/Gainesville FL

Orlando

Palm Beach County

Sarasota

Space & Treasure Coast

Tampa Bay

**Georgia (1)**

Atlanta

**Idaho (1)**

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**Illinois (1)**

Chicago

**Indiana (1)**

Indianapolis\*

**Louisiana (1)**

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**Massachusetts (1)**

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Cos.

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Minneapolis/St. Paul

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Counties

North NJ

North Central NJ

South NJ

**New Mexico (1)**

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**New York (5)**

Albany

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Milwaukee\*

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\*Existing magazines for sale



# 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



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

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 quickly kills cold viruses.** 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 **NATA19**.

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

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ADVERTORIAL

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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.

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*"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  
(many types offered)
- Sports Health Management
- Nutritional Programs
- Tobacco Cessation
- Preventative Medicine
- Vitamin Evaluation
- Oxygen Therapies
- *Plus many other  
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