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natural awakenings

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AND CARRY ON
Exercises for Kids

FINDING
BALANCE
In Uncertain Times

FLOWER
WOW-ER
Beautiful Floral Designing

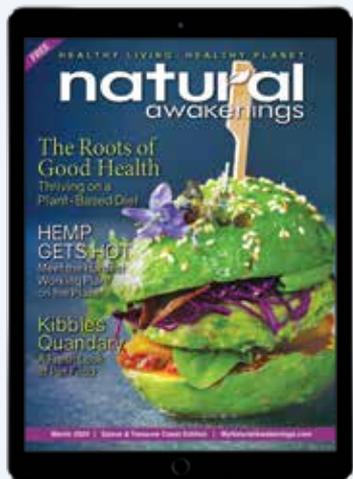
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Offer New Hope

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letter from the publisher

A Little Kindness Goes A Long Way



“A customer bought me a rose today!” said Theresa, one of my best friends. She has temporarily lost her business to the pandemic and is now working at the grocery store in the interim. Unfortunately, not everyone is handling the stress well and a customer decided to take out his frustrations on Theresa, his cashier. The customer in line behind him witnessed the interaction decided to counter this stressful exchange with kindness.

Receiving a single rose restored Theresa’s faith in humanity.

“Uncertain times cause anxiety and make people feel out of control,” says Julie Peterson in *Finding Balance in Uncertain Times* [page 18]. In this article local practitioners share ideas for us to find balance. “Getting back that sense of control can help us move forward in a more positive way, with greater happiness and confidence.”

Stories of kindness are the good news that inspire us to pay it forward. When pulling up to the window to pay for his ice cream, my brother-in-law found that the person in the car in front of him had paid for his order. There is a movement to “tip the bill” so that our front-line wait staff, curbside delivery and takeout delivery drivers receive appreciation for supporting their customers. In times of uncertainty, a little kindness goes a long way.

We are more committed than ever to supporting your health and well-being and the greater good of our community. Find out how our local natural health community is innovating to support everyone with online options, telemedicine and curbside delivery [page 8-10]. Consider recommendations from local experts for boosting your immune system [page 20]. And try new recipes for soul nourishment [page 28]. (My soul is yearning for the chocolate muffins!) Over the last few weeks, I’ve interviewed local practitioners via Zoom video who have discussed health, immune, balance, and business tips. In this issue you’ll find a taste of what they shared, to hear more visit our website, subscribe to our YouTube channel, join our email list and like us on Facebook.

Here’s to paying it forward!

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.

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, email 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. Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

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

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

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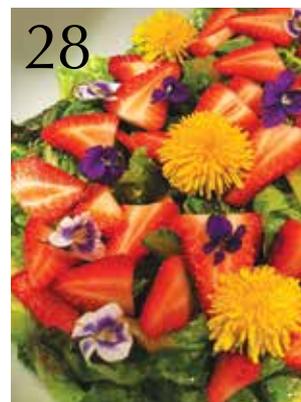
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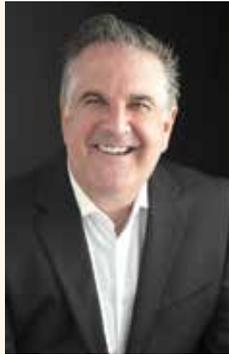
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Dr. Yale Smith Completes Advanced Metabolic Cardiovascular Certification

Yale Smith, MD, has completed the Advanced Metabolic Cardiovascular Certification. This certification focuses on the biological basis of cardiovascular structure and function, and diagnosis and treatment of Cardiovascular Disease (CVD).



This program is open to all Diplomates of the American Board of Anti-aging and Regenerative Medicine. The course work covers over 100 hours of lectures overseen by Mark Houston, MD, one of the foremost world authorities in Integrative and Metabolic Cardiology. The certification is awarded by the Metabolic Medical Institute, a subsection of the American Board of Anti-aging and Regenerative Medicine. The physician must complete modules covering: Integrative Cardiovascular Biology, Clinical Revolution in Cardiovascular Health and Disease, Nutritional and Dietary Therapies for Preventative Treatment of Cardiovascular Disease, and Metabolic Cardiovascular Health.

The lectures lay a foundation for practitioners to dissect highly complex biochemical and physiological processes of patients' origins of cardiovascular disease. The Physician learns how to evaluate patients through a complex gathering of the medical history and state-of-the-art laboratory testing to evaluate vascular endothelial damage. Treatment includes standard medical therapies along with lifestyle changes, including diet and exercise, in combination with traditional medications and nutraceuticals. "The goal is to prevent and reverse a cardiovascular event or stroke from occurring and ameliorating the existing origin of the disease," says Dr. Smith.

Dr. Smith is practicing telemedicine as a way to serve his patients until the current social distancing directive is lifted. Call 321-421-7111 to make an appointment. 7000 Spyglass Ct, Ste 300, Viera. AntiAgingIM.com. See ad, page 9.

Art Therapy Sessions Available via Zoom

ArtReach of Vero Beach owner and practitioner, Marcy Purdy, is now offering Zoom sessions as well as outdoor garden sessions from Twin Oaks Professional Center in Vero Beach. As a Nationally Board-Certified Art Therapist for over 35 years, specializing in children and adolescents, Purdy is welcoming this new way of reaching-out to those who can benefit from Art Therapy.



Purdy explains, "People of all ages have a need to identify and express their feelings in a comfortable setting, in order to relieve stress during these challenging times." She goes on to talk about the specific benefits for children, "Since children are often more comfortable practicing self-exploration through art rather than words, Art Therapy programs can be extremely beneficial right now. The fact that this younger generation is growing-up with technology, an online session is a comfortable format. I have even observed more of a willingness to open up and express feelings."

To schedule an online or garden session or for more information, please call 772-538-5532.

CARE Natural Wellness Center Hosts Immune System Webinar



"It is more important than ever now to get healthy and stay healthy naturally," says Dr. Brian Walsh of CARE Natural Wellness Center. Even though the fallout from COVID-19 has affected many aspects of life, CARE is still open to assist the community with all their natural healthcare needs. They are following the CDC guidelines for sanitation of the office and equipment to maximize a germ-free

environment. On May 12, Dr. Brian Walsh will be hosting a webinar on the role the immune system plays in keeping us safe from not only COVID-19 but also other forms of immune challenges like colds, flu or any other infections that compromise our health. On May 28 Dr. Walsh plans to resume the in-office health talks with The Autoimmune Matrix, as long as it's safe to do so. Upcoming health talks are listed on the Calendar of Events page of their website. Also in May, CARE will be offering specials on such services as Pulsed Electromagnetic Field (PEMF) Therapy, Celluma Light Therapy, and Chirothin Physician Supervised Weight Loss Program.

For more details visit CareWellnessFL.com or call the office at 321-728-1387. CARE Natural Wellness Center is located at 1051 Eber Blvd, Ste 102, Melbourne. See ad, page 36.

Write Your Cancer Story Essay Contest

Local Nonprofit Complementary Cancer Care will be honoring cancer survivors for National Cancer Survivors Month by hosting a “Write Your Cancer Story” essay contest. Members of the general public are invited to submit one original, not previously published, 1,000 word or less essay inspired by a personal experience with cancer. Essays may be written from the point of view of the patient or caregiver. Three finalists will be announced in June and published on Complementary Cancer Care’s website, CompCancerCare.org, where the community will be invited to vote. Finalists will be invited to read their essay at a reception to celebrate cancer survivors. One winning essay will be printed in an upcoming Complementary Cancer Care newsletter and be published in *Viera Voice* newspaper.



Complementary Cancer Care partners with community experts and local resources to provide much needed support services to complement medical treatment—such as yoga, tai chi, meditation, art classes, educational speakers, peer support groups, and mental health counseling—at no cost to clients. These programs—designed to focus on movement and relaxation practices, creative expression, information, and support, among other benefits—are designed to help relieve the cancer burden and improve total quality of life. The goal is to connect people going through similar circumstances, to foster emotional support, and to provide tools and resources to educate and empower them on their journey to healing.

Submit entries by May 22, 2020, via email with your name, age, and phone number to: info@CompCancerCare.org. For more information on Complementary Cancer Care or to donate, visit CompCancerCare.org.

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Coming Next Month

JUNE

Brain Health

plus: Inspired
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Curbside Pickup Keeps Customers Safe

Many businesses have implemented curbside pickup as a way to minimize customer interaction with staff and time needed in person to purchase essential items. At Nature's Healthy Harvest, owner Chip Griffin has posted signs with the store's phone number so that customers can call from their car, pay by phone and have the items brought to their car. They even receive a copy of Natural Awakenings magazine with their order.

At Joanne's Nutrition World, her back entrance is perfect for curbside service and they are still able to offer some of their wellness options safely such as biofeedback and the infrared sauna.

Your CBD Stores in Indialantic and Port Saint Lucie are also helping customers via telephone answering questions and taking orders that can be delivered curbside, assisting those seeking CBD products for anxiety and other ailments.

Feeding our pets is essential and while stores such as Natural Pet Specialty Shop are open, curbside pickup helps owners stay safe while keeping their pets happy and healthy. Just call ahead with your order and pay over the phone.

Soap is in the news as the necessary item for washing our hands often and Nourish Natural Bath Products is keeping customers stocked with a wide variety of bar and liquid soaps. They are offering free shipping online with a minimum order as well as curbside delivery at their Melbourne store.

For more information on these businesses, please see their ads. Nature's Healthy Harvest: page 42. Joanne's Nutrition World: page 15. Your CBD Store Indialantic: page 42. Your CBD Store Port Saint Lucie: page 15. Natural Pet Specialty Shop: page 46.

Conscious Living Products Available In-Store, Online, Curbside and Delivered

Aquarian Dreams in Indialantic now has conscious living products available for online sales. With over 1,500 products available there is a wide variety of conscious living books, natural children and baby products, home art and décor, yoga and meditation products, gifts, clothing, crystals and gemstones, music and meditation CDs and other natural health products. Curbside pickup of all products is also available; just call ahead to confirm availability and place your order.

Psychic and the Genie in Stuart is providing no-charge delivery within a 15-minute radius with telephone orders. "To say thank you for your support for the last three years, we are going to pay it forward and deliver to your door," says owner Christopher Johansen.

Deliveries are no contact and products are also available online. The store is open with limited to only a few customers at a time and chairs are provided outside to wait.

Scented Dragon in Fort Pierce and Port Saint Lucie is happy to announce both stores will be re-opening May 1. "We're excited to welcome our customers back into both stores for their shopping pleasure," says owner Jasen Torres. Scented Dragon is celebrating Mother's Day with 20% discounts May 9 and 10 and Memorial Day with 20% discounts May 23, 24 and 25. Tuesday and Friday night Drum and Reiki Circles will resume as soon as possible; call ahead to find out when.

Creative Energy's showroom is open by appointment and offering online ordering that is shipped to your doorstep. To make a personalized appointment visit their website. Visitors must wear masks and are limited to two visitors at a time.

Spark of Divine has added Zoom classes, as well as, healing services, meditations and readings over the phone.

For more information on these businesses, please see their ads. Aquarian Dreams: page 3; Psychic and the Genie: page 45; Scented Dragon: page 14; Creative Energy: page 45; Spark of Divine: page 46.

Yoga Classes go Virtual

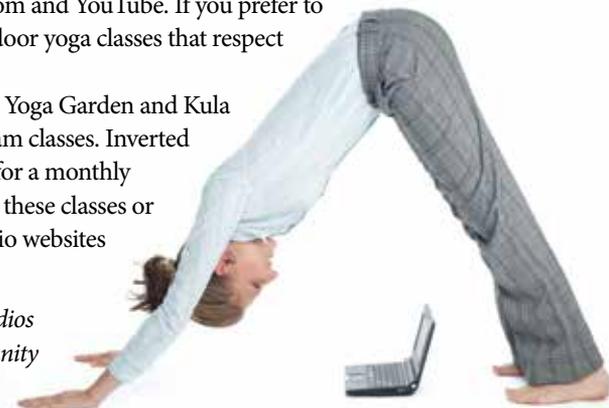
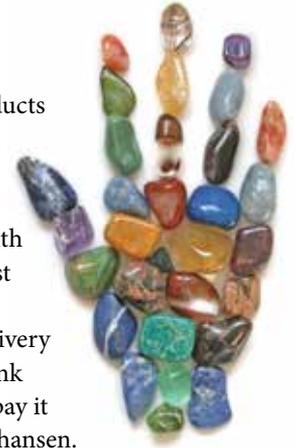
Finding balance, reducing stress and exercising from the comfort of your home is now possible with virtual yoga classes available at most yoga studios. Online access creates an opportunity to continue with your current yoga practice, start a new practice or explore new classes and teachers without a geographical limitation.

Aquarian Dreams offers access to their yoga schedule via the MindBody App. Pre-registration is required by simply booking your spot 30 minutes prior to attending the online Zoom class.

Down to Earth Yoga is hosting private sessions either in person or through the Zoom app and offer classes to the public via Zoom and YouTube. If you prefer to attend class in person, they have outdoor yoga classes that respect the social distancing guidelines.

The Zen Room, Yoga Art Lounge, Yoga Garden and Kula Yoga Studio are all offering Live Stream classes. Inverted Elephant online classes are available for a monthly online membership of \$39. To access these classes or register visit the individual yoga studio websites for specific information.

For more information on the yoga studios listed, please refer to the Yoga Community Guide on page 26.



Herbalists Respond to Increased Demand

As the news of the coronavirus spread, so did the desire to support the body's immune system. Many in our community have turned to our local herbalists for natural options to stay healthy.

Joanna Helms, BA, Registered Herbalist (AHG) and owner of Mama Jo's Sunshine Herbs, responded to the increased demand by creating herbal teas and other products at an accelerated pace. They implemented CDC guidelines for social distancing by setting up an outdoor waiting area with chairs six-feet apart complete with herbal tea refreshments. Customers can call ahead to place orders or wait for their order outside while it is prepared.



Cecelia Avitabile, Master Herbalist, Certified Nutritional Consultant and owner of The Herb Corner developed teas designed to support and protect the lungs and respiratory system from different kinds of viruses. The store is open, restricting the number of patrons in the store at one time and keeping the area sanitized.

Gina Kearney, Certified Herbalist, Flower Essence Practitioner and owner of Herbs & Owls, has been actively meeting with clients over zoom to help them use herbal medicine to enhance immunity, moderate stress, and promote overall health and wellness during this critical time. She has also been offering no contact herbal delivery in the local Stuart area.

For more information on these businesses, please refer to their ad. Mama Jo's Sunshine Herbs: page 17. The Herb Corner: page 10. Herbs & Owls: page 44.

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business innovations

Telemedicine is Now Business as Usual

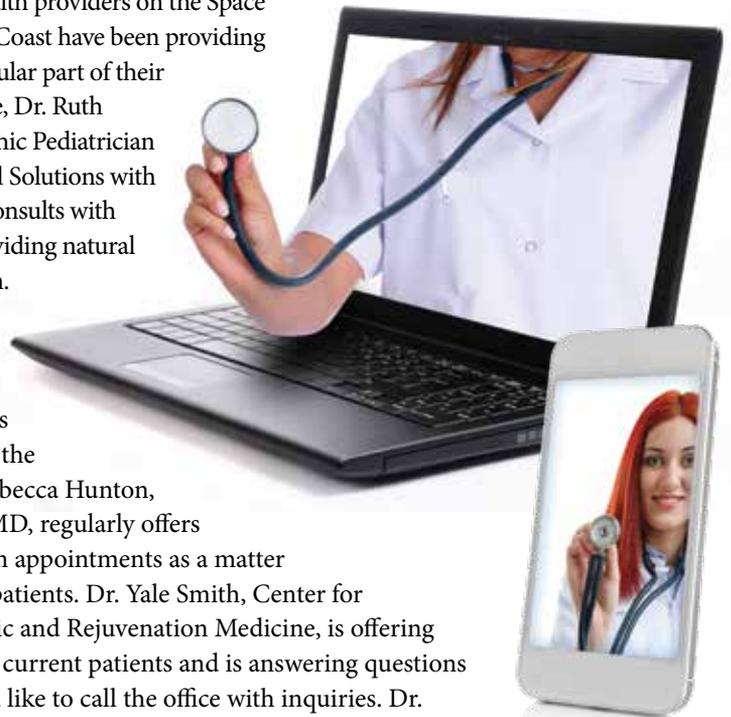
Many of our health providers on the Space and Treasure Coast have been providing telemedicine as a regular part of their services. For example, Dr. Ruth Rodriguez, Osteopathic Pediatrician and owner of Natural Solutions with Dr. Ruth, regularly consults with parents virtually providing natural remedies for children.

Functional Medicine doctors can easily provide telemedicine options due to the nature of the consultation. Dr. Rebecca Hunton, Radiantly Healthy MD, regularly offers telephone and Zoom appointments as a matter of convenience for patients. Dr. Yale Smith, Center for Anti-Aging Aesthetic and Rejuvenation Medicine, is offering telemedicine for his current patients and is answering questions for those that would like to call the office with inquiries. Dr. Melissa Dean, Dean Wellness Institute, is seeing patients as required for illness and treatments but is also incorporating telemedicine wherever possible to keep everyone safe. Dr. Deborah DeMarta, Institute of Health and Wellness has increased telemedicine; however, her surgical office is equipped with an air system called a Hydroxide Ion Generator that is germicidal, fungicidal, and viricidal providing extended safety for in-office patients. And Margaret Witzleb, ARNP, of Children's Healthcare of Brevard, LLC, is providing telephone appointments, as well as, seeing patients in the office during limited hours.

Due to restrictions on acupuncture recommended by the Health Department in April, acupuncturists have implemented telemedicine options offering Chinese Medicine. For example, Indian River Acupuncture and Functional Medicine continues to accept new Functional Medicine patients via HIPAA compliant Telehealth visits as well as provide Chinese Medicine and nutritional consultations via phone. Herbal supplements can be shipped to patients. Ni's Chinese Medical Center changed all patients to phone consultations and continues to offer their herbal program to boost the immune system. After a brief phone consultation with Dr. Ni, herbs are delivered by mail. Hillary Morris of Stuart Acupuncture is providing the first Chinese Medicine telemedicine session free to *Natural Awakenings* readers.

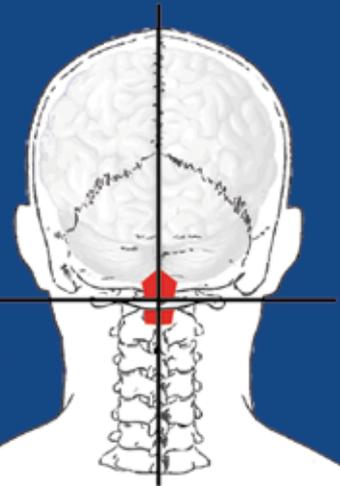
Health care is an essential business and for some, appointments are necessary to receive treatment but accommodating when possible is the new normal. For the safety and convenience of patients, telemedicine appointments are available for patients at select locations for Cancer Care Centers of Brevard.

For more information on the businesses listed please refer to their ad. Natural Solutions with Dr. Ruth: page 46. Radiantly Healthy MD: page 24. Centers for Anti-Aging Aesthetic and Rejuvenation Medicine: page 9. Children's Healthcare of Brevard, LLC: page 42. Dean Wellness Institute: back cover. Institute of Health and Wellness: page 17. Indian River Acupuncture and Functional Medicine: page 7. Ni's Chinese Medical Center: page 35. Stuart Acupuncture: page 10. Cancer Care Centers of Brevard: page 41.



Did You Know Your Nervous System Runs Your Immune System?

Let Us Get On Your Nerves "Naturally"



FREE SHOWING

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**Thursday, May 14th
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Exercise to Boost Sperm Quality

A new Harvard study of 746 young sperm donors reports that men that exercise more have better sperm quality. The men, with an average age of 26, at least a high school education and no radiation exposure or sexually transmitted diseases, were qualified to donate to a sperm bank in their area. Compared to men that seldom exercised, those that reported the most total exercise and logged the most time doing intense workouts had better sperm motility, which increases the chances for sperm to move through the female reproductive tract to reach an egg.

Take Quercetin to Reduce Blood Pressure



Supplementation with quercetin, a plant pigment found in capers, cilantro, fennel, onions, red leaf lettuce, watercress, elderberries, asparagus, kale, cocoa, apples and chia seeds, can significantly

reduce both diastolic and systolic blood pressure, lowering each by about three milliliters/Hg, reports a new review of research published in the *Oxford Academic Journal*, of 17 clinical studies that tested 896 participants. Quercetin also improved HDL cholesterol and triglyceride levels when consumed for eight weeks or more.

Consume Date Vinegar to Boost Heart Health and Reduce Inflammation

In a study of 76 people with mildly high total cholesterol and LDL cholesterol, research published in the *Journal of Herbal Medicine* found that consuming 30 milliliters of vinegar made from date pulp and pits daily for four weeks significantly improved total cholesterol, LDL, triglyceride and HDL levels, as well as several biomarkers of inflammation.

Tuck Kids In Early to Reduce Depression and Cognitive Issues

Fewer than seven hours of sleep for a child is not only linked to anxiety, depression, impulsiveness and cognitive difficulties, but also impacts a child's brain structure, suggests new research from the UK's Warwick University published in *Molecular Psychiatry*. Researchers used data that included MRI scans of more than 11,000 children ages 9 to 11 from 21 centers in the U.S. Parents also provided information about their child's sleep duration and mental health conditions, and children performed a battery of cognitive tests. Researchers found that compared to children that slept between the recommended nine and 11 hours, those receiving less than seven hours had 53 percent more behavioral problems and scored 7.8 percent lower on cognitive tests. In children that slept less, volumes were smaller in five brain regions. Children that slept longer showed less depression and higher cognitive scores, and felt safer and more secure in their homes and neighborhoods.



Watch Out: Rapid Weather Changes Boost Flu Risk

Rapid weather swings as a result of climate change raise the risk of flu virus infections and epidemics, reports a study from Florida State University and international researchers. Tracing weather patterns and infection rates during a 20-year period in the U.S., China, Italy and France, scientists found that extreme fluctuations in weather during the autumn months of 2017 essentially kick-started that winter's severe flu epidemic, implying, "The lapsed human immune system in winter caused by rapidly changing weather makes a person more susceptible to flu virus," says lead author Zhaohua Wu, a professor of meteorology. The study warned that as weather variability increases, Europe could see a 50 percent increase in deaths tied to flu by the end of the century, but added that factoring in weather variability could help public health planning.



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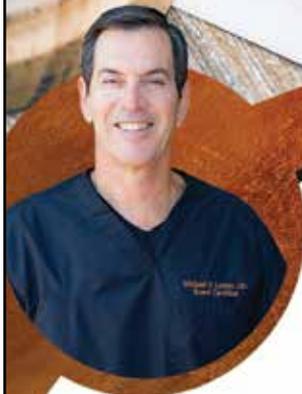
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Virus Fighters

Essential Oils for Challenging Times

In these coronavirus days, an essential oil mixture with legendary origins in the Bubonic Plague offers soothing scents for the homebound and might add some viral protection.

The mixture of five oils: eucalyptus, clove, cinnamon, lemon and rosemary, is known as Thieves. As the story goes, in the 1500s, as the Black Death decimated Europe, when four unemployed spice merchants that turned to robbing the bodies and homes of the dead were captured and threatened with being burned alive, they confessed to the judge their secret to avoiding infection—the spice blend that they rubbed on their hands, ears, feet and temples.

They were all hanged, but their formula survives as Thieves, and is today one of the most popular essential oil blends in the market, sold under that name and also as Five Guards, Health Shield and Fighting Five. Although shown to sharply reduce three kinds of airborne bacteria in 10 minutes, its antiviral properties have not been extensively studied. Its components, however, have proven antimicrobial, antiseptic and antiviral properties:

- **Eucalyptus**, long used for respiratory infections, has been proven effective against a number of viruses, particularly the swine flu and herpes type 1 viruses.
- **Clove** has exhibited strong antiviral activity against such viruses as the adenovirus type 3 respiratory virus, poliovirus and coxsackievirus.
- **Cinnamon leaf** shows antiviral activity and can prevent pneumonia due to influenza.
- **Lemon** oil has antibacterial and antifungal properties, and is often used in cleaning products.
- **Rosemary** eases stress and has antiviral, antimicrobial and antidepressant qualities.



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Thieves can be purchased in natural health stores or online. For a homemade blend, Jennifer Lane, an aromatherapist, registered nurse and founder of *LovingEssentialOils.com*, recommends combining these essential oils:

- ✓ 35 drops lemon
- ✓ 20 drops cinnamon leaf
- ✓ 15 drops clove bud
- ✓ 15 drops eucalyptus
- ✓ 10 drops rosemary

Adding five drops of the blend, along with water in a diffuser, can waft the scent throughout a room and diminish airborne odors and germs. For respiratory support, put a few drops into a cup of steaming, but not boiling, water, drape a towel around the cup and face, and breathe in the fumes. Add it to a carrier oil like jojoba oil or coconut oil at a 1:30 ratio (such as one-half ounce Thieves to 15 ounces jojoba) and rub it on pulse points in the wrist and neck. But do not ingest the blend. If a child under 10 is in the house, don't diffuse it or use it topically on them, because rosemary and eucalyptus can be unsafe for a child, advises Christina Anthis, author of *The Beginner's Guide to Essential Oils: Everything You Need to Know to Get Started*.

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global briefs

Passing Gas

Seaweed Lowers Cows' Methane Emissions

If Australia can grow enough of the puffy, pink *Asparagopsis taxiformis* seaweed for every cow in Australia, the country could cut its greenhouse gas emissions by 10 percent.

That's the conclusion the University of the Sunshine Coast (Australia) seaweed research group leader Associate Professor Nick Paul. The cows burp out methane, but, "When added to cow feed at less than two percent of the dry matter, this particular seaweed completely knocks out methane production. It contains chemicals that reduce the microbes in the cows' stomachs that cause them to burp when they eat grass," he says. Cows are known to eat seaweed. "This seaweed has caused a lot of global interest, and people around the world are working to make sure the cows are healthy, the beef and the milk are good quality,"

Paul notes. "But the one missing step, the big thing that is going to make sure this works at a global scale, is to make sure we can produce the seaweed sustainably."



Life Perseveres

New Bird Species Found on Remote Island

Although thousands of species have been identified and finding new taxa like birds, is rare, a study published in the journal *Science* describes five new songbird species and five new subspecies found on a single small island near Sulawesi, Indonesia, during a six-week expedition. Scientists targeted the area because of its geological history and complexity, and the historical notes of other explorers.

Two factors that contributed to the description of the large number of species in a small geographic area included knowledge of geographical land connections that helped pinpoint isolated islands likely to harbor substantial endemism and accounts of historic collectors such as British naturalist Alfred Wallace. The findings suggest that human understanding of biogeographically complex regions remains incomplete.

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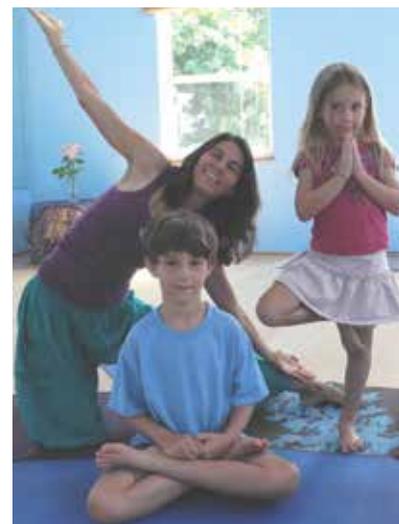
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KEEP CALM AND CARRY ON Exercises for Kids

With Florida schools out for the rest of the year, moms, dads, and kids have suddenly found themselves in a cozy and possibly chaotic new situation. Children look to their parents to model how to handle such a big change in daily life. Here are some ideas to help adults and kids keep calm and find a sense of inner peace.



MINDFUL LISTENING

Anthony Profeta, Meditation Teacher at Aquarian Dreams, shares that meditative exercises including mindful listening and breathing exercises can help kids relax and focus. Practicing mindfulness can reduce stress and cultivate creativity and learning mindfulness techniques can lead to social, emotional and cognitive benefits.

Profeta encourages parents to try this mindful listening exercise by inviting their kid(s) to sit up and close their eyes. Then ring a singing bowl, or a bell. Ask them to listen very carefully, and when they can no longer hear the sound to raise their hand. To practice without a bell ask the children to listen to the sounds around them. Which are closest? Which are far away?

BREATHING

When the body is under stress, breathing can become shallower. Deep breathing helps get more oxygen into the bloodstream and physically helps the body to calm down and lower stress.

Stephanie Pereira, owner of Youth Roots Yoga & Wellness and teacher at Tranquility Haven Center shares “My favorite breathing exercise or pranayama is bumblebee breath, sometimes known as sound breath or humming breath.” To try bumblebee breath with kids, find a comfortable seated position or lotus pose. Start by placing thumbs in ears and fingers over eyelids while breathing in and out through the nose. On the out breath make a humming sound.

“Slowing the breath will slow down the mind,” says Profeta. “Invite your kid(s) to breathe with you inhaling for five and exhaling for five.”

MEDITATION

According to the Chopra Center, a study done in the San Francisco Unified School District with more than 3,000 students

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found dramatic improvement in overall academic performance, including a spike in math test scores for students who practiced mindfulness meditation and “quiet time.”



Profeta recommends starting slowly with shorter sessions, not expecting children to sit for 20 minutes. Often, sitting in silence is not the best way to start with children. “We need to make the sessions fun and interesting,” says Profeta. “You can look into methods such as balloon breath, birthday breath, or mindful listening exercises.”

Pereira often uses a children’s meditation called Peace Begins with Me. “From a seated position, resting palms on thighs, bring thumb to pointer, middle, ring and then pinky,” says Pereira. “Recite the mantra “peace begins with me” four times out loud, then four times quietly and lastly four times in your mind with eyes closed.”

ART THERAPY

Expression through art is a way to help kids feel a sense of normalcy without judgment, while allowing them to show their individual personality and bring attention to their strengths. ArtReach of Vero Beach owner Marcy Purdy suggests that parents help children create a Feelings Journal, using art and words. “Children can identify a word that helps express their emotions, then draw, paint, sketch or even cut-out from magazines pictures and graphics that illustrate that emotion,” says Purdy. “For younger children this can be done by identifying emoji’s, choosing one of the feelings, and creating a picture to represent that feeling.”

To connect with the practitioners mentioned in this article, refer to their ad. *Aquarian Dreams*: page 3. *Tranquility Haven*: page 45. *ArtReach of Vero Beach*: page 42. Learn more by watching our video series at myNaturalAwakenings.com/HealthyKids.

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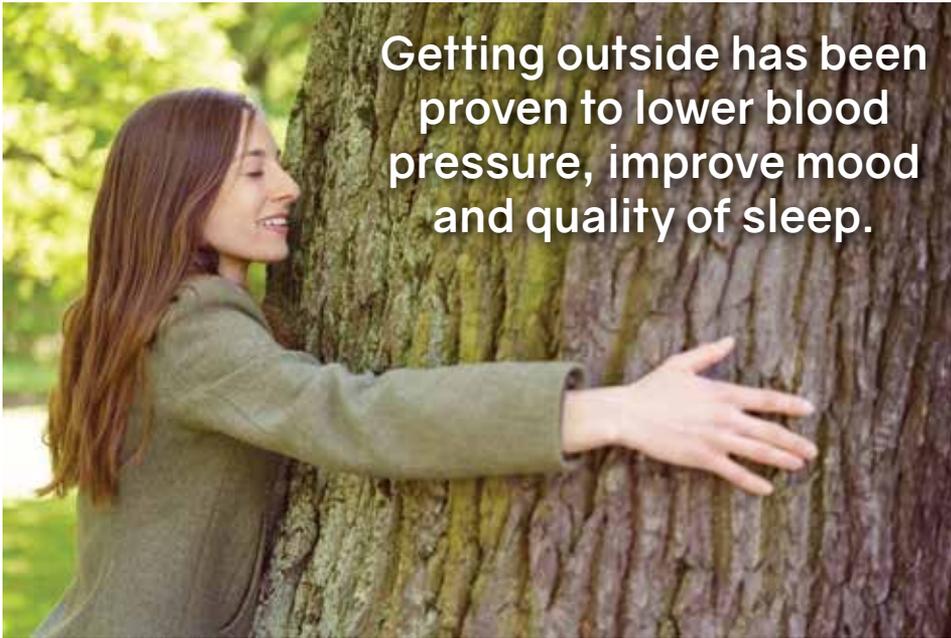
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Getting outside has been proven to lower blood pressure, improve mood and quality of sleep.

Finding Balance in Uncertain Times

by Julie Peterson

Uncertain times cause anxiety and make people feel out of control. Feeling a loss of control creates more anxiety and this can turn into a vicious cycle. As we shelter at home, we may be completely safe and yet we may feel completely unsafe, unhappy, and unsure about everything. Getting back that sense of control can help us move forward in a more positive way, with greater happiness and confidence.

Establish a Routine

Our lives changed quite suddenly and most of the routines we had in place are gone.

“Absolutely nothing is the same, but it’s important that we allow ourselves to be okay with the fact that everything is different,” says Reverend Janice Cary of Unity of Fort Pierce, who is also a Life and Spiritual Coach. Figuring out how to live in this time, at this time, and enjoy life by recognizing all that we have to be grateful for is the task we are presented with.

While there is grief surrounding the economy being shut down, fear of the loss of income, fear of illness and shock for many at witnessing scarcity for the first time, in addition to gratitude for what is still good, there are ways to maneuver through the craziness with a greater sense of control.

One great way to feel in control is to establish a routine for part of, or all of, the day. Jessica Schneider, owner of Your Health Thermal and Wellness Coach, is encouraging people to have a routine that includes a spiritual component, an activity that involves reaching out to a loved one and physical exercise. “I think it’s so important to recognize that we are a three part being: we are spiritual, we are emotional and then we are physical. So, we have to make sure that we are supporting each system.”

Giving ourselves compassion is crucial. “Of course we’re in fear, how could we not be? This is so different. So to think that we’re not supposed to have that feeling, that’s the mistake. There

would be something wrong with us if we didn’t have this concern,” says Rev. Cary.

Keep Healthful Activities in Place

Keeping or putting healthful activities in place is something that we can do during this challenging time. Exercise and other healthful activities not only boost our immune system, but they make us feel better on many levels.

“With the COVID situation that we’re in, we’re seeing a lot of people panicking and in anxiety,” says Andrea Pearson, Health and Life Coach at Tranquility Haven. “It’s not only important that we take care of our physical health but our mental health as well.”

Meditation can be particularly helpful to keep us grounded and calm. While there are numerous types and methods, Pearson recommends that people who are new to meditation start with a simple focus on the breath. “Lots of people hold their breath and don’t even realize how tense they are,” she says. “Proper breathing goes down into the stomach. When you’re inhaling the stomach should inflate like a balloon.” Breathing naturally, with full inhalations and exhalations, and just noticing how the breath moves is a form of meditation.

Another breathing meditation technique is to inhale for a count of four, hold the breath for a count of seven and then exhale for a count of eight. This 4-7-8 breathing helps you focus on the present moment. “When you focus on the present moment, it keeps you from worrying about the future or holding onto the past. Having a strong mind boosts your immunity. Focusing on the present moment also helps us feel safe,” says Pearson.

Nutrition is another aspect of our health that can boost immunity and control stress. While it may be tempting to have a big sugar buzz or a carb coma, we will feel vastly better overall if we practice some restraint on the junk food and focus on staying hydrated and eating healthful foods, such as fruits and vegetables in all the colors of the rainbow.

“We are all stress eaters, whether we think we are or not. We are biologically programmed to comfort ourselves with food,” says Mind-Body Eating and Life Coach Patricia Akers “Just being aware that you are emotionally eating can help modify the behavior, as well as using another tool such as yoga to cope with the stress and calm the nervous system.”

Sleep should not be overlooked as it's crucial to keeping all of our systems running optimally. While a friend may be suggesting that now is a great time to learn a new language or start a new hobby, it's really a good time to get enough sleep and meet each new day feeling refreshed.

Hug Trees, Socialize Online

We are disconnected from other people, but we can remain connected with nature. Getting outside has been proven to lower blood pressure, improve mood and quality of sleep. Other benefits of nature are fresh air, sunshine and observing things beyond ourselves. By unplugging from technology and news, we can

Figuring out how to live in this time, at this time, and enjoy life by recognizing all that we have to be grateful for is the task we are presented with.

Rev. Janice Cary

unplug from all the negativity and find beauty and positivity in the natural world. Walking can also be a form of meditation as we focus on the feet connecting with the earth with every step.

Making social connections, from a distance, is important. “Being alone takes a toll on your immune system,” says Schneider.

“While we physically can't be together, we can still socially connect with one another,” says Pearson, who runs an Authentic Relating and Circling Class Saturday mornings at 11 via Zoom. The class stems from the fact that many

people feel isolated and don't have authentic connections with others.

Meeting with family and friends on Zoom or Facetime, or simply talking on the phone, are also ways to ensure we don't feel isolated or alone. Reaching out to connect with others can help us maintain realistic views, calm our fears and bring laughter and joy into our days.

“Panic energy and fear are really strong for everyone right now and everyone needs holding,” shares Kumari Mullin, internationally acclaimed spiritual teacher, intuitive coach, Reiki master and best-selling author. “We are all isolated and need connection.” Mullin connects community with an online group that meets to meditate and send healing to each other and the planet but stresses that everyone has something to give. “Everyone can go into their heart space and send more love; it is a healing vibration. Love is always the highest frequency.”

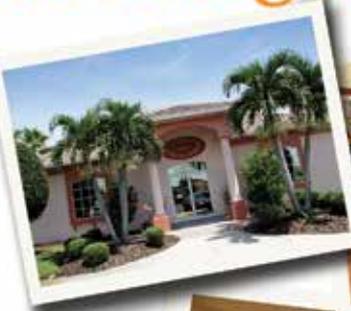
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Boosting the Immune System

Local Experts Provide Insight



During this time, many people are looking for ways to boost the immune system in order to prevent illness or infection. *Natural Awakenings* spoke with a variety of local professionals to get advice on how this can be accomplished and came away with great tips and positive news.

A complication of COVID-19 is that the immune system hyper-responds to the illness by “releasing a bunch of pro-inflammatory cytokines, that begin to damage the epithelial lining of the lungs and preventing exchange of oxygen.” Dr. Angela King, AP, DOM at Indian River Acupuncture & Functional Medicine, explains that it makes sense to nurture the body into an anti-inflammatory state of health.

Nutritional substances that are anti-inflammatory agents include Vitamin

High-quality CBD oil and maintaining good gut health are other things that can help prevent inflammation.

C, Vitamin D, turmeric or curcumin, resveratrol and quercetin. “We cannot say that any of these interventions can prevent COVID, but we can look at evidence-based research on substances that have shown to downregulate inflammatory cytokines,” says King. High-quality CBD oil and maintaining good gut health are other things that can help prevent inflammation.

Overgrowth of yeast, harmful bacteria or parasites can take over your

good flora in the gut causing damage. “Because the gut is 70% of the immune system, it’s important that the lining of the intestinal tract be healed,” says Dr. Steve Alukonis, Chiropractor and Functional Medicine practitioner at Space Coast Advanced health.

The cells in the gut are supposed to be tightly adhered with tight junctions to keep the gut non-permeable so what you eat stays in the bowel for elimination. But if there is a breach then you have a permeable gut. “Eating inflammatory foods (gluten, sugar, dairy) is going to increase leaky gut which will drop your immune system like a tank,” says Dr. Deborah DeMarta, MD, at The Institute of Health and Wellness. She recommends a good broad-spectrum, high count CFU (colony forming units), refrigerated probiotic to build up the reserve of beneficial bacteria which is important to immune health.

To support our cells from a dietary standpoint DeMarta, recommends clean organic sources of good fats such as MCT oil, coconut oil, olive oil and essential fatty acids high in Omega 3 such as cold-water fish like salmon and good quality fish oil. In addition, consume fat soluble vitamins such as vitamin A which occurs in food that is orange including sweet potatoes, carrots and pumpkin. Vitamin C, Zinc and Selenium are also important for the immune system as are immune enhancing supplements that contain medicinal mushrooms including reishi and shitake.

“Quality matters when you are taking your supplements. For therapeutic efficacy you have to take it at the dose, just like medicine, to be effective or you’re just throwing your money away,” says King.

DeMarta explains that silver, one of the first antibiotics, is used surgically and for wound healing dressings and has antiviral, antibacterial and antifungal properties. Because the COVID-19 virus needs to attach to a mucous membrane in the nose or throat, she recommends silver spray for the throat as well as intranasal silver (such as a hydrosol silver) before leaving the house and upon returning. She also recommends a silver gel or lotion for the hands.

Unfortunately having a personal experience with severe respiratory illness, Dr. Yale Smith, MD, at the Center for Anti-Aging Aesthetic and Regenerative Medicine understands the fear that people have surrounding COVID-19.

Some years ago, while working as an anesthesiologist, he contracted an illness that resulted in pneumonia. He eventually became hypoxic and then suffered Acute Respiratory Distress Syndrome. He was in intensive care, on life support and in a coma for six weeks.

After waking up, extensive rehabilitation was required to learn to walk and function again. But continued pharmaceuticals were not helping him fully regain his health. Smith attributes his return to health to the Functional Medicine approach he embraced during his recovery, with adequate sleep, a Mediterranean diet and exercise being the lifestyle changes he found most helpful. For recovery or health and boosted immunity, these lifestyle changes have helped many.

“The best exercise regimens include resistance training and aerobics.” says Dr. Smith. “In addition, a plant-based diet has a huge protective effect on the cells to protect the body from stress.”

Monitoring the data coming out of China, Hillary Morris at Stuart Acupuncture shares that “In China... hospitals have integrated herbal medicine, as well as acupuncture, as a matter of course. They actually have departments of



Vitamin C, Zinc and Selenium are also important for the immune system as are immune enhancing supplements that contain medicinal mushrooms including reishi and shiitake.

herbal medicine. What we’ve seen coming out of the hospitals (in China) are a very clear protocol for treatment of COVID-19 all the way from prevention through recovery,” says Morris.

In Chinese medicine, building immunity includes a variety of herbs that build the Chi and the blood, which are the physical

manifestations of yin and yang. However, one formula of herbs does not fit everyone. The formula must be tailored to each individual depending on the whole person.

Morris also points out that many people are experiencing anxiety for the first time or an increase in anxiety. Oftentimes, anxiety creates the feeling of shortness of breath or a heaviness in the chest, causing people to become even more anxious worrying that they may have COVID. “For anyone who is going through anxiety right now, it’s important to see it for what it is and to address it,” says Morris.

Stress can suppress the immune system, increase the strain upon the circulatory system and have an effect on the digestion system. Chiropractic treatments are also very helpful during stressful times as research has shown that patients with measurable high stress levels before chiropractic adjustment has lower stress levels after. The current research on how chiropractic really works shows that misaligned vertebrae sends incorrect messages to the brain. “The nervous system is your master system that controls all the other systems. If the nervous system is not working at peak performance, you cannot be 100 percent healthy. We adjust patients to keep them healthy,” says Alukonis.

To watch our video series, Boost Your Immune System Naturally and listen to our interviews with these and other practitioners, visit myNaturalAwakenings.com/ImmuneBoosters.

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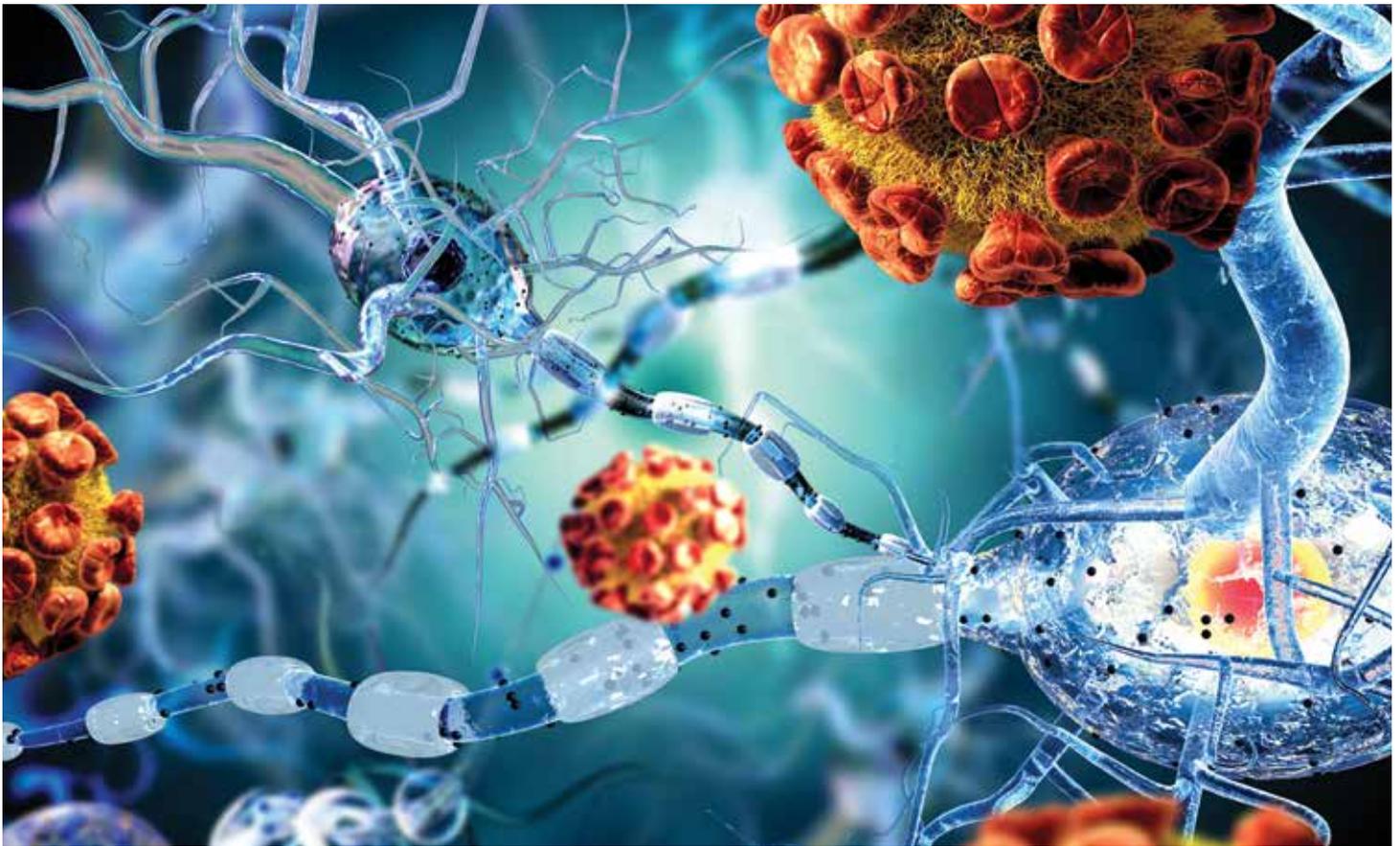
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Healing the Immune System

Autoimmune Breakthroughs Offer New Hope

by April Thompson

Some 23 million Americans suffer from one or more autoimmune diseases—a category comprised of more than 80 conditions, including fibromyalgia, Hashimoto’s disease, psoriasis, rheumatoid arthritis and Type 1 diabetes. These pernicious disorders are notoriously difficult to diagnose, even harder to treat and can be debilitating, diminishing the quality of life for sufferers.

Another commonality is the increased prevalence of autoimmune disease in women versus men; in the case of lupus, for example, a nine-fold difference. Some early indicators are that this may be related to a “gene dosage effect”, as men with XXY chromosomes have the same risk of developing lupus as other women, and women with XXX chromosomes (known in medical parlance as “superwomen”) have an even higher risk of autoimmune

disease, according to Judith James, chair of the Arthritis & Clinical Immunology Program at the Oklahoma Medical Research Foundation, in Oklahoma City.

Yet there is hope on the horizon, as scientific discoveries unlock important insights about the manifestation and progression of autoimmune diseases leading to new treatments and prevention tips. Evidence is also mounting around the role of diet and lifestyle in autoimmune conditions, giving patients new avenues for taking charge of their health instead of simply waiting for a cure.

Autoimmune diseases are chronic and can affect almost any part of the body, including the heart, brain, muscles, skin, eyes, joints, lungs, kidneys, glands, digestive tract and blood vessels. Each disease carries its own set of symptoms, but inflammation is nearly always present,

and are all connected by how the immune system attacks the body’s healthy tissues. “Those shared characteristics hold the potential for shared treatments, and ultimately potentially common cures,” says Jane Buckner, president of the Benaroya Research Institute (BRI), at Virginia Mason, in Seattle, which works to advance the prediction, prevention, reversal and cure of immune system diseases.

“I’m excited about our progress toward prevention. We are working to understand those tipping points in transitioning into disease that help us understand who is at highest risk, and helps give very directed therapies,” says James.

Self-Healing from Autoimmunity

By her early 20s, Mickey Trescott, of Willamette Valley, Oregon, was bedridden

and had lost her job to autoimmune disease. At one point, doctors thought it was multiple sclerosis (MS); she was dizzy, numb, falling over and slurring her speech. Eventually, she was diagnosed with both Hashimoto's and celiac diseases, affecting the thyroid and small intestine, respectively. Trescott, a nutritionist, chef and author of *The Autoimmune Paleo Cookbook*, had been vegan for 10 years, but had a feeling that her body needed something different.

She found an early version of what would become known as the autoimmune protocol (AIP), and in following its guidelines, began to find relief. Trescott connected with other women and started a private Facebook group to share information on what was improving their condition from which the AIP community sprung. AIP, an elimination diet that seeks to reset the immune system by cutting out inflammation-causing foods and treating leaky gut, has much in common with the paleo diet and promotes vitamin- and nutrient-rich foods. However, every individual comes out of the AIP process with a customized diet.

For Trescott, "Gluten is a forever-no, and I am also allergic to dairy and sensitive to a lot of nightshade vegetables, like tomatoes and peppers." It took three years to recover most of her functioning, and although she had been a personal chef, it was still challenging to determine a new approach to eating that didn't include the grains and legumes that had been staples of her diet.

Trescott is still on medications, including the same thyroid support she's relied on from the start. "There is a misconception that the AIP is an alternative to conventional medicine. We really pride ourselves on using all the tools in our toolbox, including surgery, medication and lifestyle changes," she says.

Anecdotal successes like Trescott's have led researchers to pursue funding to test the AIP's efficacy. In a pilot study of 18 individuals with an average sick time of 19 years that didn't respond to traditional medication, 73 percent were in clinical remission at the end of the trial, having followed the AIP. "It was a small sample size, but the results are promising," says Trescott.



Physician, Healed Thymself

Like many physicians, Terry Wahls focused on treating her patients with drugs or surgical procedures—until the Iowa City doctor was diagnosed with MS in 2000. Within three years, despite conventional medical treatments, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair, and by the summer of 2007, she could no longer sit up.

Though Wahls had been a vegetarian on a low-fat diet for 20 years, she went back to eating meat and gave up all dairy, wheat and grains, but still wasn't improving. Delving back into the science of her condition, Wahls realized that mitochondrial support was key, and the speed of her decline slowed while taking a cocktail of vitamins to support its functioning.

It wasn't until she took a comprehensive approach to optimize everything she could take in through her food rather than relying on supplements that she saw radical results: Her brain fog, fatigue and pain went away and she biked around the block for the first time in six years. "Taking in nutrients in the form of food rather than supplements, you get related compounds and thousands of others in biologically anticipated ratios," explains Wahls. "I still do take some supplements, but the magic is the food."

Those key ingredients, says Wahls, include magnesium, zinc, selenium, sulfur, amino acids, cholesterol, omega-6 and omega-3s, fats, carnitine and creatine. Her rule of thumb for daily intake is three cups of

leafy green vegetables; three cups of sulfuric vegetables like cabbage, mushrooms and onions; and three cups of deeply pigmented vegetables, plus sources of protein for meat eaters and vegetarians.

While her work was initially not accepted, today she has funding from the National MS Society and her research has been published in numerous peer-reviewed journals. "Basic science is now showing that the microbiome has a huge impact on the immune system activity and the brain; the food we eat can turn gene expression on and off," says Wahls, who hasn't taken any drugs for her autoimmune condition since 2008.

Buckner cautions against patients trying to manage disease with lifestyle changes alone, without giving available allopathic treatments a fair try. "People do better if they are treated early and aggressively. They are reliant on fewer medications down the road and don't have permanent damage if they seek treatment early."

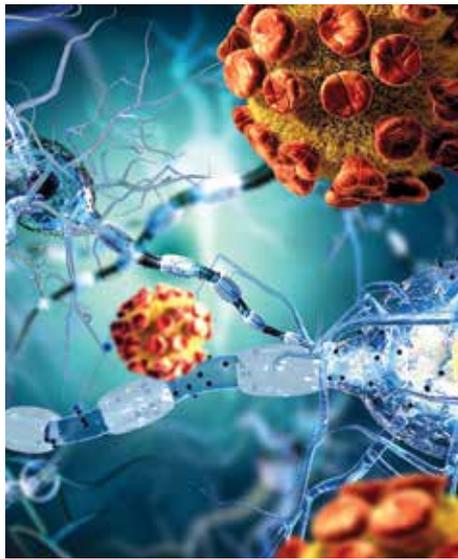
However, even researchers focused on pharmaceutical approaches acknowledge the importance of diet and lifestyle. Meggan Mackay, professor of Molecular Medicine at the Feinstein Institutes for Medical Research, at Northwell Health, in Manhasset, New York, believes this can play a critical role in disease management. She cites numerous studies showing exercise as a stress-buster positively influencing disease outcomes, as well as a more specific study looking at the benefits of adding fish oil and vitamin D to the diets of lupus patients. "The rise in obesity, which is linked to increased inflammation in the U.S., may be one of reasons we are seeing more autoimmune disease than ever," says Mackay.

At-risk individuals should be aware of factors under their control, adds James. "If someone is worried about autoimmune disease running in their family, monitoring and maintaining adequate vitamin D levels and avoiding smoking and other high-risk behaviors can help improve their chances." Even sleep patterns can play a role in disease manifestation, says the researcher. In one study, individuals at high risk for autoimmune disease that slept less than seven hours per day were more likely to develop an autoimmune condition, according to James.

Common Links Serve as Research Clues

There are some clear links between autoimmune diseases, such as the genetic predisposition that runs in families. “Someone with rheumatoid arthritis may have a sister with celiac disease, for example, and one individual may suffer from multiple autoimmune conditions. We can learn from these common genetic links,” says Buckner. These common links can serve as important clues. For example, Buckner says they are able to demonstrate changes in T cells in diabetes and MS that are the same, which might lead to common treatments for the two conditions.

While the process from basic scientific discovery to development of effective treatment can be slow, there are some concrete breakthroughs autoimmune researchers are excited about, having demonstrated ability to both prevent and delay disease. Citing a recent clinical trial published in the *New England Journal of Medicine*, “They have demonstrated in kids at high risk for developing Type 1



diabetes the ability to delay onset for at least two years. It’s an incredibly exciting finding,” says Buckner.

Mackay is hopeful about advances in basic science addressing specific immune system abnormalities linked to inflammatory problems. “Lupus is very challenging to diagnose and treat because it can affect every system in the body,” says Mackay, whose research team has focused

on lupus for decades. “The only forms of treatment have been very immune-suppressive medications that shut down the immune response. None of these medications are specific, so in shutting down the immune response to treat lupus, they in turn interfere with the body’s ability to fight off infection and cancer.” Researchers are now honing in on single cells from biopsies that indicate which proteins are abnormal, thereby helping develop more selective therapies, she says.

Seeing progress in the lab is one thing; seeing it in the waiting room is another, and that’s where autoimmune scientists and clinicians are really beginning to note a difference. “I’ve seen patients for 25 years, and when we started, we had very few options in my clinic, which was full of wheelchairs,” says Buckner. “In the last 20 years, we have seen an explosion in research and available treatments. I don’t have wheelchairs in my office anymore.”

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

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THE MATRIX OF LIFE

Boosting Collagen for Better Health

by Maya Whitman



Collagen, a protein, holds us together from the inside-out, helping to build bones and providing the scaffolding that knits our bones and organs together. Stress and poor lifestyle habits, such as smoking and eating too much sugar, can contribute to its breakdown and accelerate the aging process, but strategic dietary choices and supplements can have a significant positive impact on our skin, as well as underlying conditions.

Although celebrated for its cosmetic effects, “Most people are surprised to learn that collagen is equally important for blood vessels and tissues surrounding and supporting the internal organs,” says Pamela Schoenfeld, a dietitian and nutritionist in Raleigh, North Carolina, and author of *The Collagen Diet: Rejuvenate Skin, Strengthen Joints and Feel Younger by Boosting Collagen Intake and Production*. Collagen is mostly found in tendons, ligaments and skin, and is also abundant in bones, cartilage, muscles, corneas, blood vessels, the gut, vertebrae discs and teeth.

In studies, collagen supplements show promise for joint pain, arthritic conditions, osteoporosis and heart health. A Penn State study of 147 student athletes found that those that took 10 grams of collagen hydrolysate daily for 24 weeks had significantly less joint pain while walking and at rest compared to a placebo group.

A 2012 study featured in *Complementary Therapies in Medicine* found that 1,200 milligrams of collagen hydrolysate taken daily decreased joint pain in older people by 20 percent compared to a placebo. In a 2018 study, post-menopausal women that took five grams of collagen daily for a year had better bone buildup and less bone degradation. A 2017 Japanese study of 31 healthy adults found that those that took 16 grams of collagen daily had more flexible arteries after six months.

Essential Foods

Collagen health starts with our diet. Leafy greens and jewel-toned, lycopene-rich vegetables, like beets, red peppers, tomatoes, berries and pomegranates, as well as seeds, including chia, sunflower and pumpkin, all pack a collagen punch. Schoenfeld recommends bone broth, too, for its joint-lubricating molecules called glycosaminoglycans, which hold many times their weight in water.

Kellyann Petrucci, a naturopathic doctor in Philadelphia and author of *Dr. Kellyann's Bone Broth Diet*, concurs: “Bone broth is more than a soup. It's concentrated healing and contains a bioavailable form of collagen your body can use immediately. It contains calcium, magnesium, phosphorous, collagen, glucosamine, chondroitin,

amino acids and so much more.” She also recommends sulfur-rich foods like eggs, broccoli, onions, garlic and cauliflower, as well as shellfish and red meat in moderation for copper. “Copper activates the enzyme that is critical in producing collagen,” she explains.

Also important, according to Petrucci, is vitamin C: “If you're depleted of vitamin C, your body won't make any collagen. Experiment with broccoli, kiwi, tomatoes and various citrus fruits. Bioflavonoids also improve the ability of vitamin C to be absorbed and utilized.”

Schoenfeld recommends chicken, including the skin; omega-3-rich fish with edible bones, such as sardines and canned salmon; and proline-rich, aged cheeses and yogurt. “Gelatin is also a fantastic way for the whole family to enjoy collagen and can be added to foods high in water like soups, stews, hot cereals, as can bone broth and collagen powders,” she says.

Supplements

A 2019 review of 11 studies published in the *Journal of Drugs in Dermatology* found that oral collagen hydrolysate or tripeptide at dosages ranging from 2.5 grams to 10 grams a day increased “skin elasticity, hydration and dermal collagen density” and showed promise for wound healing and skin aging. Aloe vera, ginseng, berries, garlic, hyaluronic acid and red light therapy also boost collagen production, according to osteopathic physician and author Joseph Mercola.

For vegans, British homeopath Melissa Foreman recommends homeopathically-based minerals known as tissue salts at low potency, “which offer the benefits of meat-derived collagen and bone broth without having to ingest a meat product.” She personally relies on a combination of *Nat phos*, *Calc phos* and *Kali sulph* to promote new skin cells and improve the skin cell matrix. “These remedies are totally animal-free,” she says. “You can produce a supplement similar to collagen powder and it has the same health benefits of bone broth.”

Maya Whitman is the author of several books. Connect at AutumnEmbersMusic.com.

Homeopathic Collagen-Boosters



Homeopathic physician Melissa Foreman, of Brighton, England, recommends the following tissue salts:

Calc phos for strengthening bones and easing stiff joints, is particularly recommended for active people, aging athletes and menopausal women. It supports growth, builds cells, supports teeth and nail strength, and helps ease irritable bowel syndrome.

Calc fluor promotes elasticity and flexibility. It's essential for tendon and bone health; softens, strengthens and tones the skin; and helps when the digestive organs have lost their elasticity and become compromised.

Silica is found in hair, nails and bones. It decreases inflammation, eases painful joints, supports and strengthens nails, encourages new hair growth and improves the length and quality of eyelashes.

Nat Mur brings moisture to the skin and regulates the moisture content of every cell in the body. It promotes hydrochloric acid, helping to prevent heartburn, bloating, colic and flatulence.

Nat phos is known as the antacid of the biochemical world and like collagen, can protect the gut by neutralizing acids.

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conscious eating



Soul Nourishment

The Kitchen As Sacred Space

by Marlaina Donato

In our busy lives, grabbing food on the run or eating while standing at the kitchen counter is often the norm. Designating the kitchen as a practical sanctuary and seeing the sacredness of food not only makes it more conducive to maintaining a healthy lifestyle, but also gives our spirits much-needed satiety.

“If we don’t touch the transcendent—emotionally and spiritually—physical nourishment won’t fill us up,” says Ronna Kabatnick, Ph.D., former psychological consultant to Weight Watchers International and the author of *The Zen of Eating: Ancient Answers to Modern Weight Problems*. “Seeing the kitchen as sacred is something that represents gratitude, beauty and blessings.”

Delia Baron, co-author of *Better Together Kitchen: Beautiful Recipes to Share With People You Love* and the host of seasonal food workshops with partner Ronnit Hoppe in Melbourne, Australia, concurs, “The kitchen is often the heartbeat of the home and the best place to gather, feast, chat and create beautiful memories and rituals. The kitchen is also a place to connect to our food source.”

Fun and Felicity

Preparing meals the old-fashioned way can slow us down and foster mindfulness, but Kabatnick emphasizes that cooking is irrelevant. “Look at the kitchen in terms of possibilities: ‘What can I create in this space?’ You don’t have to turn into Julia Child,” she says, adding, “You could be eating Chinese takeout or a prune; it’s all about mindset and simple rituals like saying a blessing, appreciating what we eat as a great gift.” Kabatnick encourages everyone to eat with dignity, and this includes using the good dishes, putting fresh flowers on the table and eating with awareness.

Seeing the kitchen as the inspired nucleus of the home, it’s natural to add favorite items like art prints, colorful jars, sentimental treasures, dried flowers and other seasonal delights to nourish daily contentment. Conjuring an element of joy adorns the mundane. “Put on some music to put you in either a peaceful or joyful mood,” says Molly Larkin, author, healing practitioner and blogger at *Ancient Wisdom for Balanced Living* (MollyLarkin.com), in Corrales, New Mexico. “Turn off the TV and give everyone in the family a job.

Laugh throughout the meal preparation. Dance as you cook. Do the same thing if you live alone.”

Preparing food, whether a healthy smoothie or a gourmet weekend dinner for two, is a way to express love for ourselves and others. Baron loves the presence of plants, lovely ceramics and interesting platters and dishes, and notes, “Families can definitely shop, chop, cook and meal-plan together to make the kitchen a fun place to be. Doing these things together is very bonding and sends the message that looking after yourself is important.”

Practical Magic

Meal prep can be enjoyable and even relaxing in a calm environment. For Baron, organization is key. She advises, “Having all the ingredients you need and working in a clean space also helps make the experience rewarding.”

The smallest of kitchens can be abundant and organized with the help of a little innovation. A simple bookcase can offer additional shelf space for dry goods, bowls of produce or favorite cups. A small end table can hold a favorite tea pot and a jar of gourmet dark chocolate. A beautiful basket can hold go-to spice jars, and a pretty pitcher near the stove can accommodate a multitude of cooking utensils. “If you can’t fit it all out of sight in a cabinet, get some glass jars, fill them with grains, flours and legumes and line them up on the countertop. It will be neat, and you can see what you have,” suggests Larkin.

In the end, a well-nourished body and spirit fosters a beautiful life and inspires the same in others. An advocate for supporting the hungry in all communities, Kabatnick underscores local efforts and seeing the big picture of our relationship with food: “Taking out the garbage and cleaning up is also a sacred act if we bring that attitude into it. Food connects us to the Earth, the moon and the stars. From the seed to the truck driver—everything and everyone involved—the process of food is miraculous.”

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.

SACRED SERVINGS



Whole-Grain Dark Chocolate-Banana Muffins

Yields: 12 muffins

½ cup organic whole-wheat flour, sifted (protein-rich, gluten-free option: 1 cup organic brown rice flour and ½ cup organic soy flour or 1 cup organic brown rice flour and ½ cup garbanzo flour)
½ cup unsweetened cocoa powder
½ cup coconut sugar, evaporated cane juice or turbinado
½ tsp salt
¾ tsp fresh baking powder
1 cup water or unsweetened non-dairy milk (or half of each to make a cup)
2 tsp extra-virgin, cold-pressed olive oil or cold-pressed sunflower oil
2 organic eggs, beaten (for vegan option: ¼ to ½ cup unsweetened apple sauce)
2 tsp natural vanilla extract
1½ mashed ripe bananas
2 tsp molasses
1 tsp ground cinnamon
¼ tsp cloves
¼ tsp dried ginger
2 dashes of nutmeg
1 dash of allspice (optional)

Pre-heat oven to 400° F and grease muffin tin with sunflower or olive oil (or line with cupcake papers). Sift flour and cocoa powder into bowl. Add baking powder, salt, sugar and spices; mix well. Combine water/milk, vanilla, molasses, oil and eggs (or apple sauce), and add to dry mixture. Stir, lifting the spoon high with each stirring to get air into the mixture. Do not beat or overmix. Leave it a bit lumpy.

Fold in bananas. Fill muffin cups half to three-quarters full and bake for 25 to 30 minutes or until wooden toothpick comes out clean. Place muffin tin on wire rack and allow to cool for 15 minutes before removing each muffin by hand (avoid turning tin over to get muffins out, or the extra-moist, fruit-filled muffins might come apart).

Optional treat: Dip muffin tops into melted coconut oil and roll in coconut sugar or turbinado. Add a sprinkle of cinnamon.

Spring Fever Salad with Flowers and Fruit

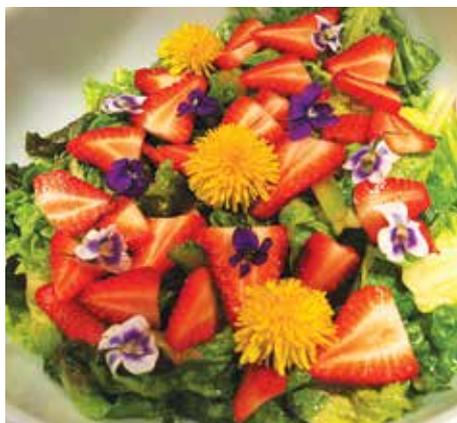
Yields: 4 servings

1 head romaine or green leaf lettuce
8 medium-large organic strawberries, thinly sliced, or 2 small packages of fresh organic raspberries
Handful of fresh, chemical-free flowers from the garden or store's produce section: nasturtium, pansies and/or calendulas; gathered wild: spring violets and dandelion blooms

In-the-Bowl Dressing:

Juice from one fresh tangerine
1 part organic apple cider vinegar to 2 parts avocado oil
Dash of sea salt

Add avocado oil, apple cider vinegar and salt into a large bowl, swirl around twice. Tear (don't chop) lettuce and add to the preliminary dressing. Squeeze tangerine juice over lettuce and toss lightly until well-dressed. Place strawberry slices over salad. Sprinkle (don't toss) flowers on top or artfully place where desired. Serve immediately.



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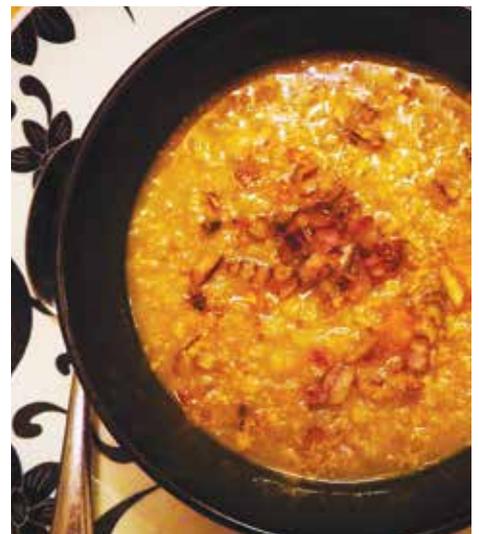


photo by Marlaina Donato

Moroccan-Spiced Red Lentil Soup

Yields: 4 servings

- 4 cups water
- 1½ cup red lentils
- 1 tsp sea salt
- 1 medium-size organic carrot, chopped in bite-size pieces
- 2 soft, dried apricots, chopped, or 1 Tbsp golden raisins or 2 dates, chopped
- ¼ tsp ground cloves
- ¼ tsp ground turmeric
- ¼ tsp ground coriander seeds or ½ tsp crushed coriander seeds
- ½ tsp cinnamon
- ½ tsp coarsely ground black pepper
- 1 tsp smoked paprika
- 1 tsp crushed or ground cumin seeds
- 2 tsp extra-virgin, cold-pressed olive oil

Bring water, carrots, apricots and all spices and seasonings to boil. Add red lentils, stir once and set heat to low. Cover pot with lid. Cook for 20 to 25 minutes, remove from heat. Add olive oil and allow to sit for five minutes before serving.

Optional toppings for each bowl: finely chopped red onion, red pepper flakes, fresh cilantro and/or a sprinkle of turmeric.

Recipes by Marlaina Donato, author of several books and a composer. Connect at AutumnEmbersMusic.com.

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

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Jonathan Safran Foer on Conscious Eating to Save the Planet

by Julie Peterson

Jonathan Safran Foer, the prize-winning author of bestselling novels that include *Everything is Illuminated* and *Extremely Loud & Incredibly Close*, turned to nonfiction in his 2009 book, *Eating Animals*, about the morality of food choices in a factory-farm age. His most recent book, *We Are the Weather: Saving the Planet Begins at Breakfast*, argues that only collective action will save our home and way of life, and it starts with what is on our plate.

He points out that there's often a painful disconnect between the way we think of ourselves and the actions that we take that inadvertently and negatively affect the planet, and that science can help us make more informed choices.

How did you make the connection between diet and climate change?

For anybody who has even the tiniest amount of curiosity about human interaction with the climate, it's something you can't possibly avoid learning about. The science is readily available now, and it's extremely comprehensive. It's important to continuously come back to that scientific consensus to make clear that this is nobody's theory or perspective. Ninety-seven percent of climate scientists agree.

Did anything in researching climate science surprise you?

There's a lot that startled me. A lot that scared me. I was surprised by how wrong



we have been and how wrong we often are about what matters... putting the emphasis in the wrong places or not knowing where to put it at all.

There are four activities that matter more than all others in terms of an individual's relationship with the environment: having fewer children, eating less meat or animal products, flying less and driving less.

As somebody who has spent a lot of time recycling and not using plastic straws, I was surprised to learn that those activities are very low impact compared to the four I mentioned. I was surprised by how broad that misunderstanding is. Think about our response to coronavirus compared to our response to climate change. The way governments are acting together to do what needs to be done for a virus makes it all the more puzzling how ineffectual the response to climate change is.

If people can't do everything that needs to be done, what small steps can they take that will have a collective impact?

We all need to question what our own limits are, what we can do and then do that with rigor. We don't need to stop flying, we just need to do it a lot less. I wouldn't encourage anyone to suddenly become vegan. I think a better idea is to eat as few animal products as possible, and if that amount is zero, great. If it's once a week or once a day, then that's a hell of a lot better than doing nothing. Rather than measuring the distance from some ethical perfection, we want to measure the distance from doing nothing at all.

Why is it such a struggle for people to follow through on climate change goals?

I think that if we approach change as if it isn't difficult, then we diminish our chances of being able to sustain change. A lot of the things we need to give up are fun. It's a shame we can't solve climate change by not eating broccoli; we would have done it already.

Climate change requires a different sort of moral imagination because, realistically, you and I aren't going to die because of it. Human nature makes it more difficult to have an energetic response for something less immediate.

What call to action would you like to convey?

We have a feeling of helplessness, a feeling that there's nothing we can do, but there is a lot that we can do and must do. The easiest and most powerful way to begin is with what we eat. That doesn't mean you become vegan tomorrow, but tomorrow is a wonderful time to start eating fewer animal products. It's a journey, not an event.

Julie Peterson writes about health and the environment. Connect at JuliePeterson2222@gmail.com.

DANCING TO YOUR OWN DRUMMER

The Healing Power of Movement

by Marlaina Donato

Movement comes in many colors, from modern dance to country line dancing, and there's something for everyone, including those that claim to have two left feet. Dancing is healthy for the heart and improves cognitive function by forging new neural pathways in the brain. It builds stronger bones, helps balance and improves flexibility and endurance. Putting on dancing shoes also has a positive effect on depressive disorders, flooding the brain with endorphins that uplift mood and jumpstart motivation. Dance has found its way into the clinical setting as a psychotherapeutic tool for healing trauma, eating disorders and addictions.

Dancing, in essence, is for everyone. "Dance is a human right, a feature of almost every culture in the world, and our natural inclination to dance is one of the things that makes us human," says David Leventhal, program director of Dance for PD, a nonprofit Parkinson's Disease program of the Mark Morris Dance Group, in Brooklyn.

Valerie Durham, a modern dancer in Baltimore specializing in the Isadora Duncan technique, concurs, "Birds don't consider if they have talent for singing, they just sing. They sing because they have a voice. Similarly, dance is a right offered to anyone with a body."

A Deterrent for Alzheimer's, Parkinson's Disease and Cancer

Going dancing on a Friday night also proves to nourish the brain. A 2017 study published in *Frontiers of Aging Neuroscience* shows evidence that dance increases white matter that diminishes with cognitive decline. An older study sponsored by the

Albert Einstein College of Medicine and published in the *New England Journal of Medicine* spotlights data gathered during a 21-year period and reveals that regular social dancing can reduce the risk for dementia in seniors by 76 percent.

"A number of peer-reviewed research studies point to dance's ability to improve motor skills and function of people living with Parkinson's disease—balance, gait and tremor. Dance is expressive, giving people a creative voice when it feels that their capacity for physical, vocal and facial expression is being taken away," says Leventhal.

Durham, who worked with patients at the University of Florida Shands Hospital Arts in Medicine Program in the 1990s, witnessed memorable responses from cancer patients. "We danced with patients who were attached to IVs and those even in the ICU, some who were partially or even completely paralyzed, people who maybe could dance only with their eyes. And yet they danced," marvels Durham. "Getting the lymphatic system, endorphins and breath flowing all elevate the body out of pain mode."

Dancing from the Soul

All forms of dancing have the capability to free the spirit and heal deep emotional wounds buried in the memory-holding fascia of the body's soft tissues. Ecstatic dance, which has roots in ancient spiritual practices, is an unstructured option that dilutes limiting, self-conscious habits. These days, ecstatic dance gatherings have been organized in cities around the world.

"There's a vast movement in the dance world that has nothing to do with performance, but rather, is done for the joy of inhabiting a body in motion. Ecstatic dance is a free-form conscious dance and is a vibrant global community for people who love music and movement," says Donna Carroll, founder of Ecstatic Dance International, in San Francisco. "When we can be courageous enough to turn away from our cultural norms that say you need 'talent' to dance, we get a chance to experience music through our bodies, and it can be quite pleasurable and life-affirming. Ecstatic dance is one of the most effective methods to return to what matters, to our bodies, to our 'home', and is accessible for people of all abilities."

In her artistic sphere of performance art, Durham has seen her students blossom from the inside-out. "They are able to connect with the deep wisdom in their bodies, thereby releasing old energetic wounds. Depression and anxiety are relieved during dance because you are so consciously consumed with the present moment of the steps and the music. Dancers will find that they feel more joyful and at peace at the end of a dance session."

For Leventhal, moving the body is a blessing for all: "Dance should be accessible and enjoyable to everyone, regardless of physical or cognitive challenges."

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



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FLOWER WOW-ER

Beautiful Floral Designing

by April Thompson

Fresh-cut flowers can elevate a space with color, scents and textures that draw the eye and nose, but professional floral designs can be pricey. DIY arranging, however, is an easy, fun and inexpensive creative outlet that can also help cultivate mindfulness. Flower arranging is more than just a decorative art; it's a spiritual activity that helps create a kinship with nature and merge the indoors and outdoors.

Ikebana, the Japanese art of flower arranging, dates back to the seventh century, when floral offerings were made at Buddhist altars, according to Jeanne Ha, owner of the Washington Flower School, in Takoma Park, Maryland. In the 16th century, Japanese samurais practiced flower arranging prior to combat to help calm them and stay centered, a stress-reducing activity most of us can benefit from today. "Seasonal flowers are an important element of Ikebana," says Ha, part of a longstanding Japanese tradition of appreciating plants and flowers throughout the four seasons.

The good news is you can't mess up flowers.

~Kathy Jentz

Finding a Floral Style

As with any artistic medium, creative choices are important in floral arranging. We can opt for a fussy, formal style, a rustic farmhouse look or a modern, asymmetrical design. "The good news is you can't mess up flowers. Whether multidimensional or one-sided, monochromatic or multicolored, you really can't go wrong," says Kathy Jentz, publisher of *Washington Gardener Magazine* and a flower arranging instructor in Silver Spring, Maryland.

Like a good meal, the ingredients of a bouquet are as important as how they are assembled. Start with organic, pesticide-free buds. "Look for local, seasonal flowers, which will be fresher and last longer than those flown in,"

says Betty Ann Galway, a certified floral designer and instructor at the Norfolk Botanical Garden, in Virginia. Farmers' markets, community supported agriculture CSAs and pick-your-own farms are all great places to find locally, sustainably grown flowers, according to Jentz. To select for long shelf life, look for fresh-looking stamens and foliage, and firm heads on flowers. Mums, carnations and asters will last up to three weeks, says Galway.

When selecting flowers, Ami Wilber, floral and event décor designer at the Washington, D.C., Hillwood Estate, Museum & Gardens, recommends starting with a color scheme, whether limiting the palette to one or two colors, using analogous colors like pinks and purples or selecting complementary colors like blues and oranges. "It's also good to find a focal flower or a show-stopper that will immediately draw attention to a bouquet," says Wilber.

Prepping the flowers before arranging will also prolong an arrangement's longevity, including cutting stems diagonally to provide more surface area for water, suggests Jentz. She also recommends plunging flowers into cool water immediately after trimming their stems. Leaves pump water up the stem, so leave a few on while clearing those from the bottom that would otherwise be submerged in water, adds Galway.

There are many ways to create structure for an arrangement, most of which is often hidden. Wilber stuffs chicken wire into an opaque container and then tapes down the top with a grid of floral tape to provide more control over the direction of the stems. Ha uses floral foam, soaked to provide hydration, into which stems can be inserted at any angle to create a gravity-defying design.

Different styles of arranging draw from different principles, but many common rules of thumb apply; for example, using odd numbers of each type of flower and adding in the largest flowers first to create an anchor for the composition. For a rustic, farm-to-table bouquet, look beyond just blooms to

incorporate seed pods, grasses and other foliage from the backyard or woods, says Wilber. These will not only fill in gaps left by thin-stemmed flowers, but also help create contrast in texture, she adds, recommending that 70 percent of the container be green.

Once the design is complete, fine-tune the arrangement by stepping back to see the big-picture look and making any adjustments, removing discolored leaves and adding greenery to any bald spots, says Wilber. Many designers wrap large, flat leaves around the inside of a container for a clean, polished look that hides the stems.

Most importantly, don't forget to stop and smell the lilacs. Let the flowers lead the design and let go of any unattainable vision of perfection. "Appreciating the flowers and being thankful is an important part of the process, too," says Ha.

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

Flower Arranging Tips From a Pro



A healthy, professional-looking bouquet doesn't take years of flower designing to achieve; these tricks of the trade will help neophyte designers get started.

To loosen up tightly wound buds, breathe on them. Hot breath will open buds up faster, says publisher and arranger Kathy Jentz.

An arranging technique Jentz recommends is clustering blossoms between the index finger and thumb of the less-dominant hand, resulting in a tight arrangement that can be held in place by a rubber band pulled up to the tops of the stems.

If working with hydrangeas or other flowers with woody stems, smash open the stems along the length to get more water circulation.

Consider upcycling common containers to make flower vases, Jentz says. "You can create recycled vases out of old jars and bottles, or use chalk paint to colorfully cover over a tin can."

The secret sauce in flower food is simply sugar and citric acid, says Jentz, so a little lemonade mix added to the water of an arrangement will work fine in a pinch.

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healthy kids



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Eye Care for Kids

A Clear Path to Healthy Vision

by Ronica A. O'Hara

The blurry distant vision of myopia is a worldwide epidemic. Nearsightedness has doubled in the U.S. since 1971 to 42 percent, and in some Asian countries it affects 90 percent of teens and adults, reports the American Academy of Ophthalmology. Eye doctors say the key time to pay attention is during childhood, because myopia and other eye and vision problems can be reversed or stabilized if addressed at an early age.

“Parents tend to assume that vision problems aren’t a concern for the young and healthy, but it’s never too early to promote healthful habits or to be on the lookout for potential vision issues,” advises ophthalmologist Sandy T. Feldman, M.D., medical director of the Clearview Eye & Laser Medical Center, in San Diego.

Ophthalmologists and optometrists recommend having a child’s eyes tested at 6 months, 3 years and 5 or 6 years to detect nearsightedness, farsightedness, astigmatism, “lazy eye” (amblyopia), crossed or misaligned eyes (strabismus) and other potential problems. “For signs of trouble, I ask parents if they have seen their child have an eye that wanders or if the child covers an eye regularly, they are rubbing their eyes or playing with their toys close to their face,” says optometrist Nathan Langemo, of the Hopkins Eye Clinic, in Hopkins, Minnesota.

If myopia becomes severe, it can lead to retinal detachment, premature cataracts and glaucoma in adulthood, but early detection is possible. An Ohio State University study of 4,500 children found that myopia in eighth-graders could be predicted in the first grade by their eyeglass prescription. Children at age

6 are naturally slightly farsighted, and those with normal vision are more likely to become myopic later.

A common medical treatment to slow myopia in kids is daily use of 0.01 percent atropine eye drops, the medication used to dilate an eye before an exam. It slowed down nearsightedness by roughly 50 percent in Singapore children. A new, two-year study shows that combining the eye drops with nightly contact lens-wearing is 28 to 38 percent more effective. For preschoolers with amblyopia, an iPad game called Dig Rush was shown to be helpful in a University of Texas Southwestern Medical Center study. Hong Kong researchers report that 15 weeks of acupuncture beat out eye patches for treating children with lazy eyes, resolving the condition in 41 percent of cases, compared to 16 percent.

The simplest preventive strategy for myopia may be simply to shoo children outdoors every day, including involving them in outdoor sports. Researchers aren't sure whether it's the vitamin D

effect or the fact that when they are outdoors kids focus more on distant objects like trees and balls than when reading a book or screen, but recent studies in Taiwan and Denmark have verified that more time outdoors is linked to less myopia. Even sitting in sunlight inside while reading or using full-spectrum light bulbs is protective, say researchers. When outdoors, "Make sure the child has 100 percent UVA and UVB sun protection for the eyes," advises Langemo, including using UV contact lenses.

Evidence is mixed on whether close-up reading brings on childhood myopia, but a study of 500 college students that heavily used computers found 53 percent reporting headaches, 55 percent with burning sensations in the eyes and 48 percent with tired eyes. When kids focus on a computer, their eye-refreshing blinking rate slows from 10 to 12 times a minute to three or four times a minute, says optometrist Marc Grossman, of New Paltz, New York, author of *Natural Eye Care: Your Guide To Healthy Vision and Healing*.

He recommends taking breaks at least 10 minutes every hour, using homeopathic eye drops and gently massaging the eyes by moving fingers from the inner corner, around the upper socket and underneath, stopping about six times to massage each point for five to 10 seconds.

It's also important to remove household hazards. Medical emergency rooms increasingly report eye injuries in kids from popular toy weapons like Nerf, BB guns and paintball guns, as well as colorful detergent pods that preschoolers love to squeeze or bite, plus aerosol spray from paint, hairspray, cleaning products and bug repellants.

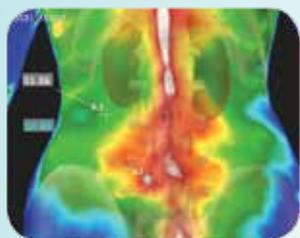
Feeding children the right foods, including lots of vegetables, fruits and grains, also benefits their eyes. The omega-3s in fish oil, nuts and seeds help minimize dry eye, and leafy greens and eggs have the eye-protective antioxidants lutein and zeaxanthin.

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

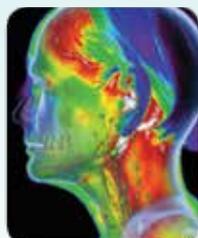
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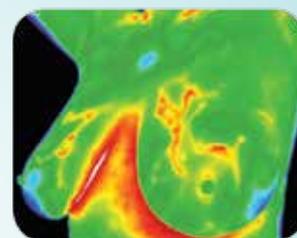
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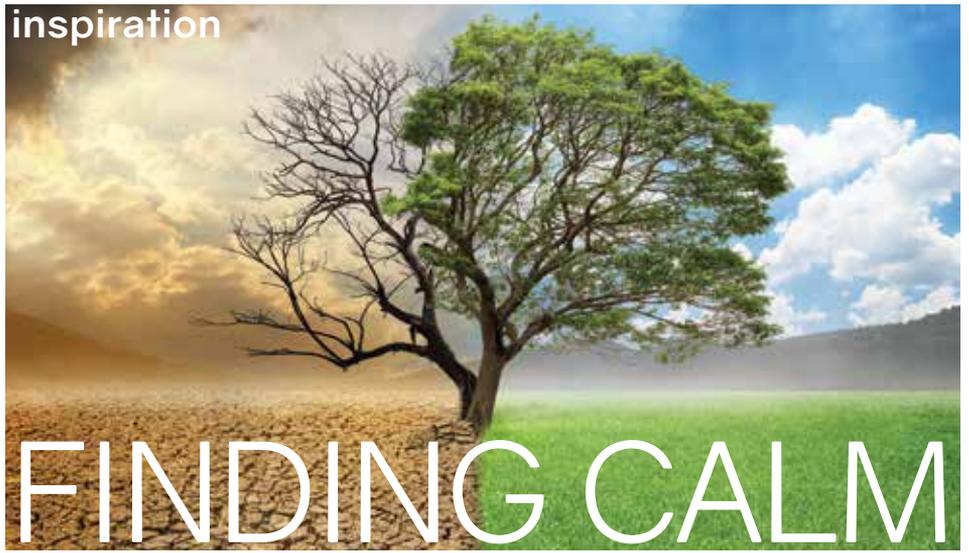
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During Trying Times

by Laurie Nadel

From the moment we wake up and log on to our day, we are flooded with news about people whose days started off much the same, with an expectation of going from point A to point B, to lunch, to point C and then back home.

But something happened. A tornado touched down in the neighborhood. Or a train derailed in a cousin's hometown. Or, like now, an invisible killer stalks the globe, threatening to take our life or the life of someone we know.

Within seconds, we are flooded with horror and helplessness. Unable to stop the cascade of acute stress hormones, our bodies shift into fight-or-flight mode or leave us frozen like deer in the headlights. Whether we see what is happening online, on screen or in real time, we feel unsafe in our own skin. Although disturbing images can be swiped away, when something bad happens to us, we don't know what to do. We can't change the channel.

Even during these tough times, we can find opportunities to develop new strengths and grow individually and together. To start with, we need emotional first aid to help us find calm quickly. We can do this by locating the tension points in our body and asking them what color would help them feel calm. Then we can inhale that color, letting it find its way within to soothe our cells, and exhale our stress by breathing out a different color.

We can repeat this technique as long and as often as needed. Teachers at Marjory Stoneman Douglas High School, in Parkland, Florida, report that this really works for kids, too.

To heal means to make whole. It doesn't mean to make something go away. Hardship is part of life's journey. Even this global pandemic can serve as our spiritual wake-up call to learn how different spiritual traditions heal from life-shattering events. Five gifts offer us the keys to wholeness:

- Humility helps us accept what we cannot change.
- Patience takes the edge off when the hurt lasts longer than we want.
- Empathy keeps us connected for the long haul.
- Forgiveness means forgiving ourselves, our leaders and God.
- Growth lets us look back with thanks for what we learned when the journey of life was anything but comfortable and easy.

Let's journey together.

Laurie Nadel, a Manhattan psychotherapist, is the author of The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes.

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.

SPACE COAST EVENTS

TUESDAY MAY 12

The Role of Immunity – 7-8pm. In this webinar Dr Walsh will discuss the functions of the different parts of the immune system and action steps that will help protect you, not only against COVID-19 but the common cold, the flu and any other immune system challenge that comes your way. Go to our website CareWellnessFL.com to register. Free but go to CareWellnessFL.com to register.

THURSDAY MAY 14

Informational Movie Night – 7-8:30pm. Hear expert testimonies for doctors across the nation and get one on one time with your local Upper Cervical doctors at this month's Movie Night. There will be time for Q & A as well as giveaways. Free. Upper Cervical Health Centers 1600 W. Eau Gallie Blvd Suite 104, Melbourne. 321-622-4447.

TUESDAY MAY 19

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

FRIDAY MAY 22

National Cancer Survivors' Month Essay Contest – 8am. Now accepting submissions. Write your cancer story and be considered for publication. Submit one original, not previously published, 1,000-word (or less) essay inspired by your personal experience with cancer. Essays may be written from the point of view of the patient or caregiver. Submit entries via email to info@compcancer.org with your name, age, and phone number to: Deadline to Submit: May 22, 2020 at midnight. Free. CompCancerCare.org.

THURSDAY MAY 28

The Autoimmune Matrix – 7-8pm. Learn how you can reverse (and even prevent!) autoimmune diseases. Take control of your health by getting to the root of autoimmunity, addressing deficiencies, and becoming a more active participant in your healing process. Dr. Brian Walsh speaks at Care Natural Wellness Center 1051 Eber Blvd. Suite 102, Melbourne. Free but call 321-728-1387 to register CareWellnessFL.com. Care Natural Wellness Center 1051 Eber Blvd Suite 102, Melbourne.

TREASURE COAST EVENTS

FRIDAYS MAY 1, 8, 15, 22

Reiki Circle Zoom meeting – 7-8pm. Connect together on Zoom and set an intention to experience a group self-healing treatment and a long-distance treatment transmitting Universal energy which activates inner peace and healing. All love offerings are appreciated and can be sent to us through our website PayPal account at UnityofFortPierce.com.

TUESDAY MAY 5

Let's Talk About Your Heart – 6pm. Natural solutions to Cardiovascular Problems such as: Chest Pain or Discomfort, Heart Palpitations, Fainting and more. Find out what is wrong! View workshop online at on our website AcuMD.com today. Be well. Free. Alternative Medicine Family Care Center 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

TUESDAY MAY 12

Mental Clarity and Emotional Stability with NET – 6pm. Learn why stress is one of the leading underlying causes of many health problems and natural solutions to help yourself. View workshop online at on our website AcuMD.com today. Be well. Free. Alternative Medicine Family Care Center 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

TUESDAY MAY 19

Hormones Getting the Best of You? – 6pm. Learn natural solutions to balance PMS, Menopause, Hot Flashes, Mood Swings, Fatigue, Night Sweats, Trouble Sleeping and Abnormal Cramps. View workshop online at on our website AcuMD.com today. Be well. Free. Alternative Medicine Family Care Center 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

TUESDAY MAY 26

Lowering Cholesterol: Get the Facts – 6pm. Do you have: High Cholesterol, High Blood Pressure, Thyroid Imbalances or Fatigue? Find out how to get your health back? View workshop online at on our website AcuMD.com today. Be well. Free. Alternative Medicine Family Care Center 2050 40th Avenue, Suite 2, Vero Beach. 772-778-8877.

SATURDAY MAY 30

Auction – 10am. Gates open at 8am. Antiques of all kinds including motorcycles, glassware, paintings, furniture, vending machines, boat motors, china and more. Visit SoldFor.com for online auctions, additional dates, photos and details. Cliff Shuler Auctioneers & Liquidators 422 Julia St. Titusville. 321-267-8663.

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

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

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.

sunday

SPACE COAST

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.

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 Rev Janice in a Facebook Live Service each Sunday and receive Ancient Wisdom teaching that support us in developing and cultivating our relationship with Spirit. facebook.com/unity.fortpierce/. All love offerings are appreciated and can be sent to us through our website PayPal account at UnityofFortPierce.com.

monday

SPACE COAST

Free Virtual 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. Stephen H. Canuel, D.C. American College of Physical Medicine Board Certification Neuropathy. Free. Melbourne Chiropractic Spine and Injury Center Call to sign up for the virtual seminar at 321-499-4608. WestMelbourneChiropractor.com/peripheral-neuropathy-relief.

TREASURE COAST

Psychic Medium Readings & More — 10am-3pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. 15-minute only readings in the store with social distancing masks required. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome - limiting to only a few in the store at a time with chairs outside to wait. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Yoga — 5:30pm. Stella Colon is offering Yoga outside in the garden. Email her for more details at StellaStraight@gmail.com. Held at Unity of Ft. Pierce 3414 Sunrise Blvd Ft. Pierce. 772-461-2272.

A Course in Miracles Study Group — 7-8:15pm. Conference call facilitated by Kathryn Joy, everyone is invited, newcomers welcome. Come study, learn, practice and share experiences. (Love-Offering appreciated). (Call in 5 minutes early) Join Me Conference call Number to Dial: 408-418-5040. Conference ID: 167-346-787#. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. All love offerings are appreciated and can be sent to us through our website PayPal account at UnityofFortPierce.com.

tuesday

SPACE COAST

Yoga in the Village — 8:30-9:30am. 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.

TREASURE COAST

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.

wednesday

SPACE COAST

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

TREASURE COAST

Insight Meditation on Zoom - 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. Find the link to this meeting at UnityofFtPierce.com. 772-461-2272. All love offerings are appreciated and can be sent to us through our website PayPal account at UnityofFortPierce.com.

thursday

SPACE COAST

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.

Also offered Tuesday at 6pm. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

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.

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

friday

SPACE COAST

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

TREASURE COAST

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.

saturday

SPACE COAST

Yoga in the Village – 10-11am. Start your weekend mornings with an exhilarating yoga session. Touches on all major muscle groups with internal focus and deeper awareness, working any areas of concern for you that day. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

TREASURE COAST

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

Psychic Medium Readings & More – 10am-3pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. 15-minute only readings in the store with social distancing masks required. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Tea Leaf Readings, Tarot & Aura photography. Walk-ins Welcome - limiting to only a few in the store at a time with chairs outside to wait. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Understanding Your Cancer Risk Through Genetic Testing



Genetic mutations are changes that affect the way cells grow and divide; sometimes those mutations lead to the development of cancer. Mutations can also be acquired from habits like smoking or too much sun exposure, or other times without any clear reason.

Other mutations are hereditary. Some of the more common cancers associated with an inherited mutation include:

- breast
- colorectal
- pancreatic
- ovarian
- prostate
- endometrial

If you have a significant family and/or personal history of cancer, Cancer Care Centers of Brevard, offers a comprehensive counseling and genetic testing program.

Genetic testing helps patients who have an increased cancer risk make informed decisions about lifestyle alterations, medication, screening, surgery and other preventative measures that could reduce cancer risk and lead to early detection.

Up to
10%
of all cancers
are hereditary

Call Cancer Care Centers of Brevard at 833.394.4904 and make an appointment for Genetic Testing today.



For more information visit
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the natural directory

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

ACUPUNCTURE

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NoWorriesNaturalMedicine.com



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

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STUART ACUPUNCTURE, INC.

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

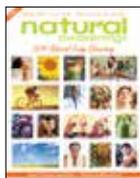


With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad on page 10.

ADVERTISING/ MARKETING/PR

NATURAL AWAKENINGS MAGAZINE

Kris Urquhart, Publisher
Kris@my-NA.com
321-426-0080
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Natural Awakenings is your multi-media resource for natural and eco-friendly living. Print, online, mobile, and social media options to keep up with the latest natural living news. Reaching over 70,000 loyal readers each month and thousands more online and with our iPhone/iPad app – you can keep Natural Awakenings at your fingertips.

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

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JonesChiropractic.net



We care for infants to athletes to seniors, using activator to hands-on techniques, incorporating Aquamed Hydromassage and Kennedy Decompression Therapy. Serving Brevard 25+ years. See ad, page 29.

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Melbourne, 321-361-6869
Inside FL Therapy Center



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

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Melbourne, 321-622-4447
UpperCervicalCare.com



Upper Cervical Health Centers of America Drs. Renee Hahn and Amanda Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 11

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Brevard & parts of Indian River
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Proverbs31CleaningService.com

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

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CHERI FLAUTO WHOLE LIFE COACH

Essential Elements Wellness
1010 E New Haven Ave, Suite D
Melbourne, 407-401-0890
Cheri.Flauto.com



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

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Dr. Rob Brown
Dr. Haley Freymiller
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SDICFL.com

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 19.

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Comprehensive Mercury Free Dental Care for the Whole Family
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SmileProfessionals.com



Whole body connections and anti-aging Dentistry advanced non-surgical TMJ, snoring and sleep breathing disorders therapy, head, neck and facial pain treatment, non-extraction orthodontics, smile makeovers and dentistry for patients with multiple chemical sensitivities. See ad, page 27.

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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.

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FENG SHUI DESIGN

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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.

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HerbCorner.net

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See ad, back cover.

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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,

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YALE R. SMITH, MD, DABA,

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AntiAgingIM.com



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Melbourne, 321-425-2050

Studio1250Spa.com

STUDIO | 1250

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Viera, 321-722-2860

EssentialsMediSpaandSalon.com



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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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PsychicNTheGenie.com



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natural awakenings

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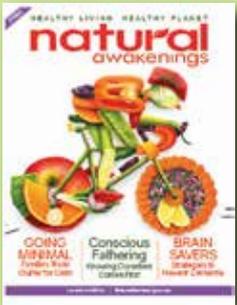
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