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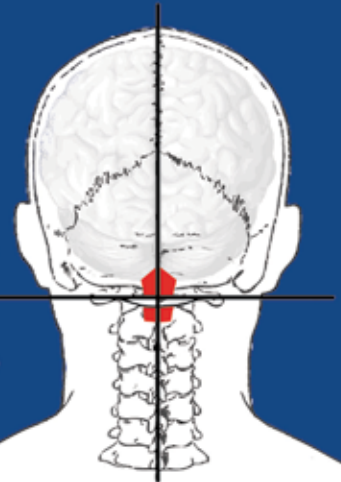
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Publisher/Editor **Kris Urquhart**  
Managing Editor **Laurie Davey**  
Contributing Writer **Julie Peterson**  
Design & Production **Courtney Ayers**  
Advertising Consultants  
Main Office **Kris Urquhart**  
**321-426-0080**  
Space Coast **Kasey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

## CONTACT US

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

## NATIONAL TEAM

CEO/Founder **Sharon Bruckman**  
COO/Franchise Sales **Joe Dunne**  
National Editor **Jan Hollingsworth**  
Managing Editor **Linda Sechrist**  
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Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103  
Ph: 239-434-9392 • Fax: 239-434-9513  
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## letter from the publisher

# Missing My Massage Therapist



I prefer weekly massages. A few years ago, I was diagnosed with frozen shoulder. Physical therapy, osteopathic manipulation therapy and massage were all essential components to restoring the range of motion. However, massage was what brought my recovery from partial range of motion to full movement. My therapist was able to release the adhesions over time and we likened it to peeling an onion. After noticing that she made much more

progress with frequent visits, I put myself on a weekly schedule. I can go longer now without backsliding, but my neck and shoulder area is the first place I feel the stress when I am unable to make a regular appointment.

When the business shutdowns put a halt to my massage visits, I found myself looking for ways to relieve the growing knots. “Foam rollers and tennis balls are great tools that can assist in lengthening muscle tissue and releasing sore muscles, much the same as a massage does,” explains Julie Peterson in Home Care Tips Between Massages [page 16]. I am hopeful that using some at home techniques will help my therapist make quicker progress when we are back on a regular schedule.

This month we reached out to local experts to share their knowledge on massage, intravenous therapy vitamin drips [page 18], and thermography [page 20]. You’ll get a taste of what they shared in this issue and can watch the video interviews on our website or YouTube channel. Our feature article, Transformative Staycations [page 22], explores ideas for adventures you can find close to home. Find six ways to boost blood flow to the brain so you feel energized and clear-headed [page 26]. Enjoy sweet recipes for healthy snacking including five-minute chocolate truffles and banana ice cream [page 29]. And after enjoying those healthy snacks, implement some tips to get fit without a gym [page 30]. We hope you’ll reach out and connect with us digitally. Just visit our website to sign up for our newsletter and find links to subscribe to our video series on YouTube and like us on Facebook.

*Be Well. Stay Connected.*

Kris Urquhart, Publisher



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



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.

# 22



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

### EDITORIAL SUBMISSIONS

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

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

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# Contents

16 HOME CARE TIPS BETWEEN MASSAGES

18 VITAMINS IN YOUR VEINS

20 THERMOGRAPHY PROVIDES EARLY DETECTION OF HEALTH ISSUES

22 TRANSFORMATIVE STAYCATIONS

Finding Respite and Adventure Close to Home

26 POWER UP YOUR BRAIN

Six Ways to Boost Blood Flow

28 FEEDING HAPPINESS

Lift Your Mood with Feel-Good Foods

30 HOMEBODY WORKOUTS

Getting Fit Without a Gym

32 FATHERS KNOW BEST

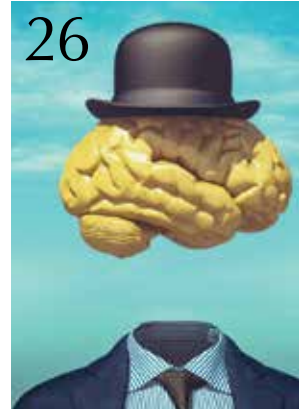
34 DAVID HAMILTON

on Kindness in the Pandemic Age

36 EVERYDAY ADVENTURES

Taking to Vans & RVs for Life on the Road

26



28



36



## DEPARTMENTS

6 news briefs

9 health briefs

12 global briefs

14 eco tip

26 healing ways

28 conscious eating

30 fit body

32 inspiration

34 wise words

36 green living

38 calendar

40 classifieds

42 natural directory



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Natural Awakenings Publishing Corp. (NAPC) is entering into a partnership with KnowEwell, P.B.C., and is a founding patron of the KnowEwell collaborative. "NAPC and KnowEwell are perfectly mission aligned," says Founder and Chief Executive Officer Kimberly Whittle. "Natural Awakenings' well-researched, practical information about the latest natural approaches to nutrition, fitness, personal growth and sustainable living played a significant role in fueling the wellness revolution. We're grateful to collaborate with them."

KnowEwell is a 1% for the Planet company and received the Top 50 Healthcare Companies award from the International Forum on Advancements in Healthcare. Their purpose is to improve the health of humanity and the planet. "It's one centralized, private, secure online platform to inspire and empower individuals with knowledge, evidenced-based resources and community to address the root causes of chronic diseases and achieve optimal health and well-being," Whittle explains. "It's a collaborative with personal and professional benefits for all in the 'wholistic' ecosystem: individuals, families, providers and organizations."

NAPC Chief Executive Officer Sharon Bruckman says, "Our Natural Awakenings family of 60 publishers is excited about the new resources and opportunities this partnership brings to our community of readers, providers and organizations. We are honored to be playing such a significant role in the launch and future growth of this incredibly sophisticated platform which will result in tremendous benefits to members."

For more information, visit [NaturalAwakenings.com](http://NaturalAwakenings.com). See ad, page 47.

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## Family Meditation at Aquarian Dreams

Aquarian Dreams is pleased to host Family Meditation with Anthony Profeta on Fridays beginning June 5. Profeta shares that meditating with partners and family can draw a family closer together. “When you sit together even for a few minutes you naturally attune to a deeper level of being and this creates powerful bonds and deeper levels of connection,” explains Profeta. “Parents often think their child is too young to meditate but just bringing them to sit with you and be present while we practice is helpful. This is especially true with younger children because they are social learners and model what they see.”

During the guided meditation sessions, the group will practice together to bring calm, peace, grounding and connection to their lives. “In today’s stressful world these tools are beneficial for both adults and children alike,” says Profeta.

*Meditation is held Fridays from 4 to 4:45 p.m. Cost: \$10 or yoga membership includes two family members. Aquarian Dreams is located at 414 N. Miramar Ave (A1A) in Indialantic. For more information, call 321-729-9495 or visit [AquarianDreams.com](http://AquarianDreams.com) See ad, page 3.*

## New Location for No Worries Natural Medicine

Marcela Bowie, DOM, AP, with No Worries Natural Medicine has moved to a new office located at 105 S. Riverside Dr, Suite 201, in Indialantic. Some changes have been implemented to provide safe care for patients. They are still providing acupuncture, herbal medicine and essential oil services; however, the diagnostic portion of a patient’s visit will be completed via telemedicine before the in-office visit. “We are taking the necessary measures to keep everyone safe during this time and are following CDC guidelines at the office,” says Dr. Bowie. “Aside from acupuncture, we focus on customized Chinese herbal medicine for a natural, safe, alternative to pharmaceutical drugs or as a complement to your current treatment plan.” Bowie is happy to work with existing medical providers for a patient-focused integrative approach to medicine.



“Many conditions treated by acupuncture can also be treated with herbal medicine. We follow the same diagnostic and treatment principles in line with Traditional Chinese Medicine (TCM) for both acupuncture and herbal medicine,” says Dr. Bowie. Appointments for herbal medicine are available via telemedicine. Products can be mailed or are available via curbside pickup.

*For more information, call 321-961-8243 or visit [NoWorriesNaturalMedicine.com](http://NoWorriesNaturalMedicine.com). See ad, page 11.*

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## Summer Camp for Kids at Ubuntu Fish Gallery



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

UFG is taking its philosophy of combining creativity and self-awareness, while embracing the notion that "we are all in this together" and bringing it to the children.

This summer, UFG is offering a week-long program for children 9 to 13 years old that inspires creativity, includes the elements of nature, and focuses on helping children to recognize and integrate social personal skills such as accountability, self-reflection, communication, kindness, clarity, and more. The children will spend their days learning about themselves and the world around them while creating beautiful artwork with a variety of different mediums.

As a 25-year veteran educator, Dana Sardano understands that the only way children can properly function in the world around them is to truly understand and be accountable for what they bring to it. Sardano combines creativity, mindfulness, and playfulness for a week-long experience that the children will remember for years to come.

*For more information about Ubuntu Camp, please email Dana@UbuntuFishGallery.com, call 772-210-2931 or visit UbuntuFishGallery.com. See ad, page 13.*

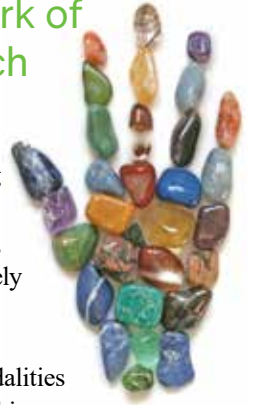
## Psychic Fair at Spark of Divine in Vero Beach

Beth Franks is pleased to announce that Spark of Divine, LLC Healing and Learning Center is hosting a Psychic Fair from 11 a.m. to 4 p.m. on Saturday, June 27. "Please join in for a divinely fun-filled day," says owner Franks.

They will have psychic readers available throughout the day. Modalities will include tarot, messages, psychic intuitives, spirit guide and angel portraits, fun demonstrations and much more. An event calendar will be available during the fair or found beforehand on their website along with more event information. The last reading will be booked no later than 3:45 p.m.

Spark of Divine, LLC offers a small retail store for all your metaphysical needs. They carry candles, incense, crystals, cards, CD's, statuary, jewelry, Tools of Evolution and more.

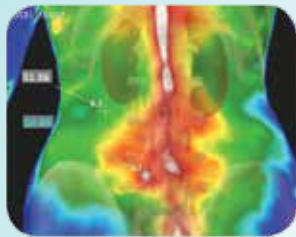
*Spark of Divine, LLC is located in downtown Vero Beach in the Corner Shoppes. 1789 Old Dixie Hwy, Vero Beach. For more information, call 772-257-6499. SparkofDivine.com.*



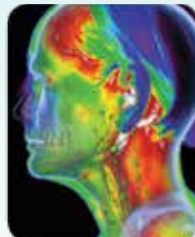
# STUART THERMOGRAPHY

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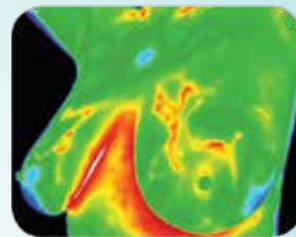
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## health briefs

# 7 Steps to Boost Your Immune System Daily

by Dr. Ruth Rodriguez, DO

During this time of additional stress, it is important to incorporate daily activities to stay healthy. Here are some recommendations to bring balance back to your everyday life.

**1 Daily Outdoor Time:** A minimum of 15 minutes in the fresh air – such as playing, riding, or walking – provides needed sunlight exposure for vitamin D. 15-60 minutes depending on your skin tone.

**2 Choose healthy foods.** Eat organic, vegan, and non-GMO products as much as possible. Purchase foods that are labeled no pesticides or no hormones. Eat a diet rich in fruits and vegetables (7-13 servings). Avoid junk food high in sugar and saturated fats.

**3 Stay hydrated.** Drink a minimum of six or more glasses of water daily. Average of two glasses for toddlers and two to four glasses for school-aged children.

**4 Sleep.** Get as much sleep as you can. An average eight hours is recommended. Let children sleep as much as they want for an average of 8 to 12 hours.

**5 Exercise** a minimum of 30 minutes every other day. Our bodies are built to move. Increasing your heart rate will burn off adrenaline created by stress hormones faster.

**6 Minimize your stress.** Find what helps you feel connected. Talk, meditate, or read inspirational material alone or with children. Check on family members and aging parents regularly to ensure all is well. Stay connected with friends and family via Facetime, Skype or Zoom.

**7 Tend the Mind-Body-Spirit Connection.** Connect with the Divine daily in a method aligned with your spiritual connection. Meditation and prayer can be tools to access our “superpower.”

Dr. Ruth Rodriguez is a board-certified osteopathic pediatrician with over 25 years of experience using both traditional, western medicine and natural holistic remedies for children. She offers consultations and telemedicine. For more information, call or text 321-427-6538 or visit [NaturalSolutionsWithDrRuth.com](http://NaturalSolutionsWithDrRuth.com).



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## Decrease Bone Fractures with Natto



Natto, a fermented soybean dish of Japan, offers postmenopausal women protection from bone fractures, concludes a new study in *The Journal of Nutrition*. Studying 24 years of records of 1,417 Japanese

women older than 45, researchers found that compared to those women that rarely ate natto, those that consumed one to six 40-gram packs a week had 21 percent fewer fractures and those consuming more than seven packs had 44 percent fewer fractures. Tofu and other soybean products had no effect on fracture risk. With its strong smell and sticky consistency, natto is an acquired taste, but is also one of the few plant sources of vitamin K<sub>2</sub>, which activates bone-building proteins. Other studies have linked it to healthier gut flora, lower cholesterol and blood pressure levels, and a stronger immune system.

## Consume Olive Oil to Fight Off Aging

In what might be good news for teetotalers, researchers at the University of Minnesota found that it's not the resveratrol in red wine that increases the life span of cells of those following the Mediterranean Diet, but the fat in olive oil that activates the critical pathway which prevents age-related diseases. "This pathway has been linked to almost all of [aging diseases]. It's the roots," says Doug Mashek, Ph.D., a professor in the departments of medicine and biochemistry, molecular biology and biophysics. His studies suggest that the benefits of olive oil are most pronounced when coupled with fasting, limiting caloric intake and exercising. "We found that the way this fat works is it first has to get stored in microscopic things called lipid droplets, which is how our cells store fat. And then, when the fat is broken down during exercising or fasting, for example, is when the signaling and beneficial effects are realized," Mashek explains.



## Eat a Plant-Based Diet to Lessen Stroke Risk

People that eat a vegetarian diet rich in nuts, vegetables and soy may have a lower risk of stroke than others with diets that include meat and fish, concluded a new study in the journal *Neurology*. Taiwanese researchers studied

two groups of healthy people over age 50 that lived in Buddhist communities in which drinking and smoking were discouraged and vegetarian diets were followed by about a third of residents. Compared to the meat- and fish-eaters,

vegetarians consumed less dairy, animal protein and fat, about the same amount of eggs and fruit, and more fiber and plant protein. In the group of 5,050 people studied for six years, vegetarians had a 74 percent lower risk of ischemic stroke, in which blood flow to the brain is blocked, than non-vegetarians. In the group of 8,302 people followed for nine years, vegetarians had a 48 percent lower risk of overall stroke than non-vegetarians, a 60 percent lower risk of ischemic stroke and a 65 percent lower risk of hemorrhagic (bleeding) stroke. "Stroke can also contribute to dementia. If we could reduce the number of strokes by people making changes to their diets, that would have a major impact on overall public health," says study author Chin-Lon Lin, M.D.





## Try Chinese Herbs for Ulcerative Colitis

A Traditional Chinese Medicine herbal mix known as Gegen Quinlian decoction, when combined with standard Western pharmaceuticals, is more effective in treating the painful condition of ulcerative colitis than pharmaceuticals alone, concluded a Chinese review of 22 studies that included 2,028 patients with the disease. Typically used to heal diarrhea and gastrointestinal inflammation, the herbal mix produced few adverse reactions and resulted in low recurrence rates, researchers said.

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## Maintain a Healthy Gut to Sidestep Colorectal Cancer

In a study that for the first time establishes a direct link between the microbes inhabiting our bodies and the genetic alterations that drive cancer development, researchers from the Hubrecht Institute, in the Netherlands, have found that mutations linked to colorectal cancer can be caused by common gut bacteria carried by about one out of five people. By exposing cultured human mini-guts to a particular strain of *E. coli* bacteria, they observed that the bacteria induced a unique pattern of mutations in the DNA of human cells that was also found in the DNA of patients with colorectal cancer, implying that these mutations were induced by the “bad” bacteria.



## No Worries

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## Splashy Solution

### Generating Electricity from Rain

A surprisingly high voltage can be generated from raindrops using a field-effect, transistor-style structure, reports a new study from the City University of Hong Kong in the journal *Nature*. A single drop can muster 140 volts, enough to briefly light up 100 small LED bulbs. The new design couples an aluminum electrode with an indium-tin oxide electrode layered with polytetrafluoroethylene (PTFE), a material with a quasi-permanent electric charge. When a raindrop hits the PTFE/tin surface, it bridges the two electrodes and creates a closed-loop circuit that helps fully release any stored charges. The technology could handle sustained rainfall, as well. If there are continuous drops, the charge accumulates and eventually hits a saturation point. Building rooftops could supplement some of the electricity used inside, and electric boats could extend their range.

## Pest Alarm

### Sentinel Trees Give Advance Warning



The United States, Europe and China are growing “sentinel trees” in strategic locations around the world to receive advance warnings of destructive pests that could destroy native plantings. According to a study published in *Plos One*, “Sentinel nurseries represent one potential mechanism to address the current lack of knowledge about pests in the countries from where live plants are shipped and the threats they represent to native flora and crops in importing countries.” As global trade intensifies, the risk for accidental importing of and exposure to new invasive pests is a constant worry for entomologists and arborists, stimulating a search for new tactics to prevent future losses.

## Mental Relief

### Mindfulness Training May Reduce Paranoia

In news that may be useful for people dealing with the stress of the global pandemic, researchers from the University of London have found that just one week of practicing mindfulness—moment-to-moment awareness—reduces feelings of paranoia. The research, published in the journal *Mindfulness*, was based on questionnaires of 494 people, enabling researchers to find a correlation between paranoia and judgemental thinking. They found that higher levels of nonjudgement predicted lower levels of paranoia, even in individuals that had a predisposition for it. Then, 68 people were selected and divided into two groups: one that was asked to go through a prerecorded, guided mindfulness session once per day, and one that acted as a control. The session consisted of a quick body scan, mindful breathing and awareness exercises. The results showed a drop in judgmental thinking and paranoia in the mindfulness group.



## Beware the Air

### Dementia Linked to Air Pollution

People continuously exposed to air pollution are at increased risk of dementia, especially if they also suffer from cardiovascular diseases, reports a new study from the Karolinska Institute in Sweden, published in the *JAMA Neurology*. Researchers examined nearly 3,000 adults with an average age of 74 living in the Kungsholmen district in central Stockholm for up to 11 years. Of those, 364 people developed dementia. The district’s annual average level of particulate matter 2.5 microns or less in width is high by Swedish standards, but low compared to international standards. Heart failure and ischemic heart disease both enhanced the dementia risk, and stroke explained almost 50 percent of air pollution-related dementia cases, according to the researchers.



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## Tofu Takeaway

### Isoflavones Lower Risk of Heart Disease

Observational research published in *Circulation*, the flagship journal of the American Heart Association, states that tofu and other foods that contain higher amounts of isoflavones are associated with a moderately lower risk of heart disease, especially for younger women and postmenopausal women not taking hormones. Researchers at Harvard Medical Schools' Brigham and Women's Hospital analyzed data from more than 200,000 people that participated in three health and nutrition studies; all participants were free of cancer and heart disease when the studies began. Consuming tofu, which is high in isoflavones, more than once a week was associated with an 18 percent lower risk of heart disease, compared to a 12 percent lower risk for those that ate tofu less than once per month. Tofu and whole soybeans are rich sources of isoflavones. Chickpeas, fava beans, pistachios, peanuts and other fruits and nuts are also high in isoflavones.

## Hot Power

### Heat Converted into Electricity

Researchers from Japan's Osaka University have found how the thermoelectric effect, or converting temperature differences into electricity, can be best used to power



small, flexible devices, reports the journal *Advanced Materials Technologies*. Future healthcare applications will require internet connectivity between billions of sensors, and the devices that enable them must be small, flexible, reliable and environmentally sustainable. Batteries are not optimal because continually replacing them is inconvenient and expensive. Many researchers have optimized device performance solely from the standpoint of the thermoelectric materials themselves. "Our approach is to also study the electrical contact, or the switch that turns the device on and off," explains Tohru Sugahara, the corresponding author of the study. "The efficiency of any device critically depends on the contact resistance." Thermoelectric power generators are self-sustaining, self-powered and have no moving parts. Solar power and vibrational power do not have all of these advantages.

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## eco tip

# Biking During the COVID-19 Crisis

## Regular Tips Apply to Pedaling

During the coronavirus crisis, biking is especially recommended, as it provides exceptional aerobic and cardio exercise, relaxation and because it maintains social distancing. Keeping in mind proper equipment, fitness, safety and other factors can make it even more fulfilling during this difficult period.

**Choose the right bike.** Those designed for roads and pavement are generally lighter and have more gears than mountain bikes, which have more shock-absorbing features, plus more lower gears to help traverse inclined terrain. Urban and commuting bikes feature a slightly more upright riding position that allows better sightlines and improved visibility by motorists.

Use a bike shop with mechanics that test and adjust the bikes they sell, including determining the proper seat height—which facilitates proper alignment of hips and a full rotation—and the ideal distance from the handlebars to the seat tube. Back, knee or hip pain may develop if a cyclist has to stretch his or her legs to get to the pedals, according to the League of American Bicyclists. A biker doesn't get proper leg extension if the seat is too low.

The legs should be almost, but not totally extended at the lowest point in pedaling.

### Safety takes many forms.

Even well-marked bike lanes don't guarantee safety, so use caution.

Some motorists are careless about entering bike lanes and don't correctly stop at crosswalks or look behind before opening doors. Keep at least five feet from the sides of cars to avoid being hit. Don't weave in and out of traffic, always don a helmet, signal turns and watch out for runners and walkers.



Use the stop signal (left arm extended downward) to alert bikers that may be traveling behind.

### Proper pedaling can help prevent strains.

In addition to ensuring they're employing proper leg extension, it's advised that bikers pedal a little faster in a lower gear; ideally, 75 to 90 revolutions per minute, which is easier on the knees with less muscle fatigue than traveling slower in a higher gear.

**Routine maintenance** includes "cleaning and lubing the chain, replacing brake pads, and changing and fixing a flat tire," according to

major bike and outdoor retailer Recreational Equipment, Inc. ([rei.com](http://rei.com)). The website has helpful tips on tools to obtain, along with basic information on bike maintenance, cleaning and fixing a flat tire.

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Foods containing magnesium are particularly good at soothing sore muscles and aching joints.

# Home Care Tips Between Massages

by Julie Peterson

**T**he time between massages can leave one wanting for a personal, in-home massage therapist. Especially now, many people are looking for ways to find comfort and relief from stressed bodies as the time between massages has likely been drawn out due to the need to stay at home or businesses being closed. Here is advice from some of our local experts on how to keep muscles loose and pain free.

## Diet

Good fuel is important. It's becoming more and more evident that a lifestyle filled with healthy foods and ample hydration is the best preventative measure for many ailments. Since muscles literally cover every bone on the body, and joints connect all the bones under all those muscles, it stands to reason that nutrition and hydration are going to affect how smoothly and painlessly the body can move.

"You don't typically need a perfect diet with rigorous exercise. Simple things like eating more clean foods and less processed foods will go a long way," says Chad Taylor, LMT, at Massages With Purpose, in Melbourne.

Foods containing magnesium are particularly good at soothing sore muscles and aching joints. It's good to note that some foods can increase inflammatory markers and cause pain in muscles and joints. Refined carbohydrates, such as sugar and white flour, are a good example.

Fast food and processed food are often to blame as well. And as tempting as a glass of wine might be to help relax and unwind, alcohol dehydrates cells, which can cause sore muscles or even muscle cramps. If the body is already hurting, a big glass of water or herbal tea would be a better drink.

## Exercise

Some people feel that they must go all out and exercise rigorously or it doesn't help. But any movement that gets the blood pumping, such as walking, hiking, and even general yardwork, can burn calories, loosen muscles and build muscles. Taylor also recommends bodyweight exercises, such as pushups, planks and squats, which require no equipment, improve strength and can easily be done at home.

To really target stiff, sore muscles, yoga may be the best. "Yoga will break down fascia, increase range of motion and improve the fluid flow within your body," says Taylor.

## Self-Massage and Bodywork

Acupressure can be used regularly as a method of self-massage to relax the muscles, increase circulation and balance vital energy.

"Facial acupressure can be incorporated into natural beauty treatments and it involves points on the face and ear," says Judy Porter, LMT, at Studio in Motion, in Vero Beach. Porter points out that acupressure can also be helpful to reduce inflammation caused by arthritis and allergies, balance the body and relieve pain. "When performing acupressure, apply pressure with a gradual increase in the firmness and a slow release of the pressure until the fingers have been removed from the points. You may use sustained still pressure or rotating pressure. Stay on each point up to 30 seconds," says Porter.





Foam rollers and tennis balls are great tools that can assist in lengthening muscle tissue and releasing sore muscles, much the same as a massage does. Foam rollers are available at sporting goods stores or online.

“You can lie on these dense foam cylinders and roll them along different muscles groups using your body weight. They can really steamroll the tension out of tight or sore muscles. Similarly, you can use a tennis ball to pinpoint more specific or smaller areas,” says Danielle Dempsey, LMT, in Palm Bay and Melbourne.



## Sleep

Don't overlook a good night's sleep or the occasional nap. When the body is overtired, it tenses up. Stress hormones increase without adequate rest and this can cause muscle pain or increase sensitivity to pain, as well.

Overall, finding a self-care routine that works will improve health and vitality. “Keep it simple, so that your self-care is manageable and fun: Enjoy a 10-minute morning stretch to wake up your body and mind, 10 minutes for dry brushing to increase lymphatic and blood flow, 30 minutes of daily enjoyable exercise, find a quiet place to meditate, take a warm Epsom salt bath to detox and nourish, then apply your favorite muscle cream for a good night's sleep,” says Ginger Taylor, LMT and owner, at Massages With Purpose, in Melbourne.

To connect with the massage therapists mentioned in this article, refer to their ad. *Massages with Purpose: page 45; Studio in Motion: page 45; Danielle Dempsey: page 45.*

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# Vitamins in Your Veins

by Julie Peterson

**T**he first intravenous therapy (IV) vitamin drips were developed and administered by Dr. John Myers in the 1970s. Today, IV vitamin infusions are available to the public, while more targeted solutions are prescribed by some doctors.

The research Myers did, led to the Myers' Cocktail, which is still in use today. It includes commonly needed vitamins and minerals, such as magnesium, calcium, B vitamins and Vitamin C, and is given to achieve concentrations of nutrients that are not obtainable with oral administration. The purpose of a vitamin infusion via IV is to deliver fluids directly into a vein and allow a variety of nutrients and antioxidants to be absorbed quickly and directly into the bloodstream.

"A vitamin infusion is 100 percent delivery in the bloodstream. It goes

where it's needed, and then whatever is not needed is eliminated. In a healthy body an infusion lasts about 7 to 10 days," says Donna Sobredo who owns Vitalifts in Melbourne with her husband Dr. Sergio Sobredo, MD.

Some sort of supplementation is good for most people, as it's difficult to get everything the body needs through the diet because of poor food quality. But oral supplements don't always deliver an adequate amount of particular vitamins that are actually bio-available due to absorption issues, digestive problems or low-quality products.

"It's a method that produces higher levels of the vitamins and minerals in your body than if you got them from food or supplements," says Dr. Alita Sikora at Sikora Integrative Medicine in Vero Beach. "Higher levels of the vitamins and minerals in your

bloodstream lead to greater uptake into cells, which will use the nutrients to maintain health and fight illness."

Vitamin C, for example, has been shown to turn on the immune system, specifically the white blood cells. But taking high doses of Vitamin C orally can cause digestive distress. High-dose Vitamin C via IV infusion is better absorbed and doesn't need to go through the digestive tract to have an effect.

Athletes, people with autoimmune disorders, those in cancer treatment and pregnant women commonly seek out a variety of different vitamin infusions to boost hydration, assist with healing or just to feel better. It's a complementary action people can take to assist the body during differing physical conditions and works well in combination with conventional treatments.

"The majority of people who seek us out have underlying conditions that they know can be helped by vitamin infusions," says Lorin Carpenter, co-owner of Radiantly Healthy Vitamin Infusion Drip Lounge (RHVI) in Indialantic.

You do not need a prescription for skin enhancing, fat burning, hydrating or any of the other IVs on the menu at the RHVI drip lounge. "Anyone can come in and pick one of those IVs based on what their concerns are," says Carpenter. However, she notes that since they are part of Radiantly Healthy MD (RHMD) with Rebecca Hunton, MD, the lounge does see some of Hunton's patients who have prescriptions for specialized infusions.

Hunton conducts blood tests that look at her patient's micronutrient levels and then can prescribe individualized treatment for those who may have low or borderline low vitamins and minerals. Patient specific IVs can also include chelation of heavy metals or arterial plaque reduction. These require a prescription because it's important to do them under a doctor's supervision who understands the patients baseline health issues.

The Myers Cocktail or targeted individualized treatments may provide relief for conditions such as migraines, fatigue, fibromyalgia, muscle spasms,



colds, chronic sinusitis, seasonal allergies, depression/anxiety and other issues. Some people use IV therapy to boost immunity, relieve pain, recover from hangovers and decrease inflammation. There are also combinations such as Vitamin C and glutathione that offer the anti-aging benefits of lightening the skin, reducing hyperpigmentation (age spots) and providing a healthy glow.

“The Myers is the most popular IV that we do. After that, I would say any of our hydration IVs,” says Carpenter.

Wellness physicians are saying the body needs Vitamins A, B, C, D and zinc. Those are the ones that best help build the immune system and keep it strong. “Since this viral outbreak, we have put together an infusion specifically for [the immune system],” says Sobredo.

Many people are still staying safe at home but venturing out for a vitamin infusion is fairly low-risk. The businesses have always conducted sterilization procedures and are now working to space out clients and keep physical distancing and masks in place.

The purpose of a vitamin infusion via IV is to deliver fluids directly into a vein and allow a variety of nutrients and antioxidants to be absorbed quickly and directly into the bloodstream.



For those who still don't want to leave home, Sobredo says, “We also have mobile service where one nurse will come out and do up to three people at home.”

As a complement to a healthy diet and oral supplements, IV vitamin infusion is coming into the mainstream of popularity for people in all walks of life who want to look and feel better and have more vitality.

*Learn more about IV Therapy in our video series “Be Well. Stay Connected.” at [myNaturalAwakenings.com/IVTherapyVideos](http://myNaturalAwakenings.com/IVTherapyVideos). Subscribe to our YouTube channel for more videos at [YouTube.com/myNaturalAwakenings](http://YouTube.com/myNaturalAwakenings). To connect with the businesses mentioned in this article, refer to their ad. Vitalifts: page 45; RHVI and RHMD, page 7.*

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# Thermography Provides Early Detection of Health Issues

by Julie Peterson

**B**efore a tumor ever presents itself, there are cellular changes in the body. It has been found that thermography is able to detect these changes before a tumor or other nefarious issue has time to develop, allowing people space to respond and prevent disease from taking hold or progressing. This is crucial, especially in breast cancer prevention. The yearly mammogram that might detect a mass could be too late because breast cancer cells can double every 90 days.

Katie Ainsley, owner of Thermography of Brevard, is an 8-year breast cancer survivor. She was drawn to thermography because of its ability to provide early detection.

Dr. Kristin Barry, owner of Space Coast Thermography, was diagnosed with breast cancer nine years ago. As she researched the disease, she too discovered thermography and realized what a great tool it is for early detection and to give women time to make a plan and hopefully prevent breast cancer.

As more people passionate about early detection get involved, news of the abilities of thermography spreads and more uses for the screening tool are found and utilized. Because it is typically not covered by insurance, no doctor referral is required to get a screening.

## How it Works

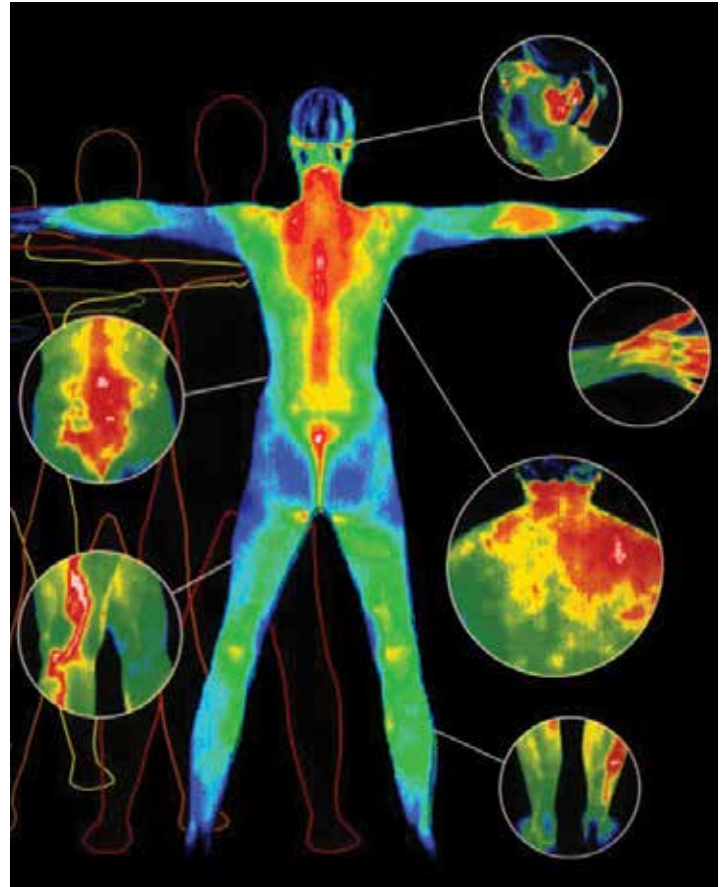
Thermography is different than other medical imaging tools. It is a physiological test that looks at the subtle underlying chemical and nervous system signals, or physiological changes, in the body. The thermal infrared camera picks up these changes by measuring heat. Other tests, such as X-rays, CT scans, MRIs and mammograms look for physical structures.

Increased cellular activity, increased blood flow and angiogenesis, the new formation of blood vessels, can indicate that something is going wrong in the earliest stages. That's what thermography is detecting.

Like a mammogram, with breast thermography, it's important to establish a baseline. The initial screen is done. Three to four months later the second one is done. If no changes are detected, it goes to annual exams.

## Between Screenings

Self-care is an important step to prevent breast cancer and all diseases. Self-exams are thought to be the best way to prevent breast cancer because women know their own "normal." Ainsley has several other recommendations. First, change deodorant use to a natural deodorant that doesn't contain



harmful chemicals. She also says that using essential oils can be helpful. Frankincense, turmeric, and lemongrass can be blended with coconut oil or another carrier oil and applied to the underarms, lymph node and chest areas. Lymphatic draining massage can also be beneficial and can be done at home to keep lymph nodes free of toxins.

## Additional Uses

Because the scan is primarily thought of as a breast scan, men may not realize it can be beneficial to them, as well.

"As a technology that can visualize pain, it can highlight inflammation areas for current ailments and injuries, such as musculoskeletal pain, cardiovascular problems and athletic trauma. Using thermography for early screening of cardiovascular diseases provides the time to make lifestyle changes and monitor your heart health. For athletic injuries it provides a means to monitor healing progress," says Jody Hart, Certified Clinical Thermographer at Stuart Thermography.



Thermography indicates areas of inflammation by detecting heat and blood flow in body tissues. "An area with inflammation will show up 'hotter' on the image and point to areas where you may not be aware there is an issue. For example, if an artery around the heart shows inflammation, it would be important to evaluate it further for possible plaque," says Jessica Schneider, owner of For Your Health Thermal Imaging.

According to Mark Hyman, MD, founder of The UltraWellness Center, there is an epidemic of inflammatory diseases. Hyman points out that nearly every modern disease is caused by inflammation.

Increased cellular activity, increased blood flow and angiogenesis, the new formation of blood vessels, can indicate that something is going wrong in the earliest stages.

Thermography can assist in figuring out where the inflammation exists and help with a multitude of issues such as TMJ, diabetic neuropathy, blood clots, digestive issues, immune system issues and hormone or thyroid imbalances. Experts read the heat map, or visual image of the body, determine risk and alert the patient to changes that are going on now or could happen in the future.

"The great thing about Thermography is that it's non-invasive, it's not painful, nothing touches you, there's absolutely no radiation, there's no IV, nothing sticks you, pokes you, squeezes you...it can be done on a yearly basis or as needed. It's a great way to monitor your health to see if something is going on," says Dr. Barry.

Learn more about Thermography in our video series "Be Well. Stay Connected." at [myNaturalAwakenings.com/ThermographyVideos](http://myNaturalAwakenings.com/ThermographyVideos). Subscribe to our YouTube channel for more videos at [YouTube.com/myNaturalAwakenings](http://YouTube.com/myNaturalAwakenings).



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# Transformative Staycations

## Finding Respite and Adventure Close to Home

by April Thompson

Staycations—sticking close to home for new travel experiences—was a growing trend even before the COVID-19 pandemic turned it into a practical necessity for many of us. Staycations reduce costs, minimize travel time and also lower our carbon footprint by eliminating international travel. Happily, they don't reduce the pure pleasure of finding new adventures, exploring untrammelled nature, seeing the familiar with fresh eyes and meeting people from all walks of life. All of that is close at hand, and especially when compared to foreign jaunts, the price is right.

A good place to start is by checking out state and regional parks, often overlooked gems offering scenic miles of trails for hiking, biking, birding, fishing, picnicking and other activities. “Whether mountains, prairies, rivers, forests in the country or heart of the city, there is always a state park waiting to welcome you, no matter what kind of recreation you enjoy,” says Jason Clay, spokesperson with Colorado Parks and Wildlife. In Colorado parks, people

can, for example, river raft in the Arkansas Headwaters Recreation Area; boat, fish and hammock camp in Jackson Lake State Park; and rock climb in Eldorado Canyon.

Parks can be discovered and trail maps downloaded by visiting [TrailLink.com](http://TrailLink.com), run by the Rails-to-Trails Conservancy. It provides searches for nearby trails using parameters such as distance, types of activity and wheelchair accessibility. Its smartphone TrailLink app is free to download and \$30 per year for unlimited customized use.

State, local and regional parks across the country offer rich educational opportunities for kids and adults alike, including naturalist-guided activities, bird and botany walks, lessons in local history, ecology and geography, and more. Several states offer free admission to all state-run parks, including Hawaii, Tennessee and Illinois. State-by-state listings of fees and policies can be found at [Tinyurl.com/StateParkPasses](http://Tinyurl.com/StateParkPasses).

### Making a Quick Getaway

Weekend forays into natural and rustic settings can be ideal escape valves for

people needing a simple, quick change of venue. Camping, of course, is always an option, but for those that want to be in nature in a more comfy fashion, using “cabin” as a search word works well in websites like [Airbnb.com](http://Airbnb.com) and [TripAdvisor.com](http://TripAdvisor.com). The option of glamping—or glamorous camping—offers surprisingly luxurious stays outdoors in tents, pods and domes; check out [Glamping.com](http://Glamping.com).

[GetawayHouse](http://GetawayHouse.com) offers woodsy outposts in 10 locations equipped with “tiny house” cabins around the country designed for quick escapes from cities. “If you were at your desk in need of an escape, you could cut out early and be there by 6 p.m.,” says Vice President of Marketing Rachel Mansfield. The private experience, with no check-in desk or communal areas, enables it to continue operating safely during the pandemic. The cabins, designed to blend in with their natural surroundings, are equipped with food for purchase, stove, books, radio, firewood, fire pit and Adirondack chairs, as well as a map for local hikes and adventures.







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“I did a getaway at a point in my life where I wanted some time alone, away from commitments, to figure out what my next chapter in life was going to be,” says Paige Conner Totaro, of Alexandria, Virginia, the founder of Unquote Travel, a web-based tour agency focusing on small group, off-the-beaten-track adventures. “You can change your environment without going very far, and that in turn can change the way you think about things. Little things like sleeping on the other side of the bed can help you shake up your brain.”

### Local Attraction

Local-led excursions are another way to see our home turf through a new lens. Airbnb Experiences, offered virtually everywhere that Airbnb lists lodging, are one-of-a-kind tours and classes designed and hosted by locals with unique expertise. Experiences run the gamut from neighborhood tours on foot or bikes with athletes to museum tours led by local artists or art historians. Many include a hands-on learning component, like how to make mosaics in a community art space or cook a local delicacy from a family recipe. Similar tours and experiences can be found on TripAdvisor’s Things To Do listings. *WithLocals.com*, whose mission is “to break down the barriers between travelers and locals worldwide,” also offers foodie fun and off-beat adventures.

Kelly Kniewel stumbled onto tour guiding after experiencing burnout in her previous career in the beverage industry. An Airbnb Experiences host, Kniewel now leads small group tours of Chicago, introducing locals and visitors alike to

many of its little-known facets. “I’ve fallen in love with my city all over again doing these tours,” says Kniewel, a self-proclaimed history geek.

She loves to take guests inside Art Deco and Beaux Arts buildings they may have passed before without realizing the gorgeous art and architecture that exists inside, such as the library-turned-cultural center, Chicago Cultural Center, boasting two impressive glass domes, one designed by Tiffany Glass. Another favorite excursion is taking guests on a water taxi tour. “It’s a cheap and unique way to see Chicago. The water, both the Chicago River and Lake Michigan, is so much a part of who we are as a city.”

During the limitations imposed during the COVID-19 period, Airbnb and other websites began offering experiences online, allowing people from all over the world to connect and make pastries with a Swedish baker, draw with a Mexican cartoonist, learn about apartheid from a South African or experience a day in the life of an American Olympic bobsledder.

### Traveling the World Without Leaving Home

Hosting travelers can bring new meaning to a staycation, offering a rich opportunity for cross-cultural exchange without any exchange of currency. The popular *CouchSurfing.com* connects travelers with locals offering free use of a couch, air mattress or spare bedroom. Available in more than 200,000 cities worldwide, it has 14 million members and sponsors local language exchanges, dance classes, hikes and dinners, so there are opportunities to make new friends and have new

experiences even without offering a place to sleep. (During COVID-19 restrictions, these activities were moved online.)

Similar organizations that offer opportunities for local hosting (including low- or no-cost lodging) include *Servas.org*, established in 1949, which stresses world peace and cultural exchange, and pre-interviews potential guests and hosts to ensure safety; *GlobalFreeloaders.com*, a free registry for hosts and guests that do their own online screening and matching; and *EvergreenClub.com*, in which hosts provide a bed-and-breakfast homestay for travelers over age 50 for \$20 a night. An exciting option for homeowners is *HomeExchange.com*, a \$150-a-year service that allows people in far-flung places to switch homes, either directly or through a staggered point system so they can truly live like locals.

John Fackenthal, of Rockville, Maryland, has hosted more than 100 couchsurfers from 29 countries, and loved

every experience. “I had a big apartment in the heart of Washington, D.C., when I first started hosting, but lived alone and felt a little isolated. I wanted to bring back the youth hostel feel from travels in my younger days, where you’d hang out with

fellow travelers and go hiking, share a meal or play cards,” he says.

A web developer, he recalls such memorable guests as a carpenter in his 60s from the Pacific Northwest that helped him with fixer-upper projects, a pair of pro volleyball players from the Czech Republic and two young women

from China that prepared him a massive traditional Chinese feast “with all four burners going,” he says.



Iakov Filimonov/Shutterstock.com

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“It’s restored my faith in humanity. I’ve encountered nothing but wonderful people, all with such different personalities and backgrounds.”

### Be a Weekend Farmer

Agrotourism, in which working farms open the barn doors to visitors for day or overnight trips, has the added advantage of supporting local agriculture. *AgritourismWorld.com* and *FarmStayUS.com* provide listings for farm stays worldwide searchable by type, such as Christmas tree farm, vineyard, orchard, dude ranch or alpaca farm.

The 40-acre Taos Goji Farm and Eco-Lodge Retreat, in Taos, New Mexico, is one such venue. “My husband and I returned to the land nine years ago after many years working as professionals in stuffy offices. The farm has been developed for our family and others who wish to be close to nature and to live off of the land,” says co-owner Elizabeth vom Dorp.

The farm is open for paid guests, as well as to the volunteers known as

“Wwoofers” that come through Worldwide Opportunities on Organic Farms to help raise goji berries, fruits, vegetables and free-range chickens. All cabins date from the early 1900s, including an old dairy barn converted into a duplex and five sheep herder cabins. The farm is surrounded by a national forest, so many guests visit to enjoy hiking, biking, fishing, rafting and ballooning. “Families with children love to come and pick berries, collect eggs and pet the animals. We have



rescue alpacas, sheep, goats, chickens and turkeys,” says vom Dorp.

While the world may still be at the mercy of unfortunate circumstances this summer, travel is ultimately a state of mind. By staying open, curious and present, there are always new encounters and discoveries underfoot very close to home.

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



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## healing ways

# POWER UP YOUR BRAIN

## Six Ways to Boost Blood Flow

by Ronica O'Hara



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**O**ur brain has many well-known structures like the amygdala that detects danger and the prefrontal cortex that enables planning, but we often take for granted the 400 miles of blood vessels that push through a liter of blood per minute, carrying in oxygen and nutrients, and porting out wastes. “Our brains are highly metabolic organs, so they require lots of nutrients and oxygen to function properly, and those can only get to our brain when we have good blood flow,” says naturopathic physician Emilie Wilson, of the Synergy Wellness Center, in Prescott, Arizona.

When that blood flow is optimal, we feel energized and clear-headed; when it's low, we feel foggy and listless. Low levels of cranial blood flow have been linked in brain imaging studies to strokes and dementia, as well as bipolar disorder, depression and suicidal tendencies. The first imperative for healthy cranial blood flow is to make sure our blood pressure, blood sugar and cholesterol numbers are in a healthy range. Health practitioners can help us address that, as well as the conditions linked to reduced blood flow—heart disease, hypothyroidism, diabetes, anemia, depression and smoking. To boost brain blood flow, specific lifestyle strategies have proven to be highly effective:

### **1 Eat strategically, especially beets and chocolate.**

Nitric oxide (NO) is made in the endothelium, the thin layer of cells that line blood vessels; it relaxes the inner muscles of those vessels, maximizing blood flow. “The continuous formation of NO in the brain is essential to life,” says prominent pharmacologist Louis Ignarro, Ph.D., who received the Nobel Prize in Science in 1998 for discovering that humans produce NO and that it lowers blood pressure and improves blood flow.

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He advocates passing up meat for soy and fish protein, eating antioxidant-rich produce such as pomegranate, blueberries, spinach and kale, and consuming lots of nitrate-rich food like celery and leafy greens which are converted to NO in the body. He especially recommends beets—one study reported that in juice form, it increases nitric oxide levels by 21 percent in 45 minutes—as well as dark chocolate. In a Harvard study, older people that drank two cups of hot chocolate a day for 30 days had improved blood flow to the brain and better memory.

**2 Take amino acid supplements.** “Consuming supplements containing both L-arginine and L-citrulline are well-documented to boost the production of endothelium-derived NO,” says Ignarro. “Adding antioxidants to the amino acid mix provides added benefit by increasing NO levels.” He recommends pomegranate extract, cocoa flavonols and omega-3 supplements.

**3 Move the body.** Fast walking, running, cycling, swimming, ball playing, weight lifting and yoga all help improve cranial blood flow, says Ignarro: “Physical activity stimulates the production of NO in all arteries, including those in the brain.” In one study, women over 60 that walked for 30 to 50 minutes three or four times a week increased ongoing cranial blood flow up to 15 percent. Yoga exercises like downward dog and shoulder stands also raise blood flow in the head.

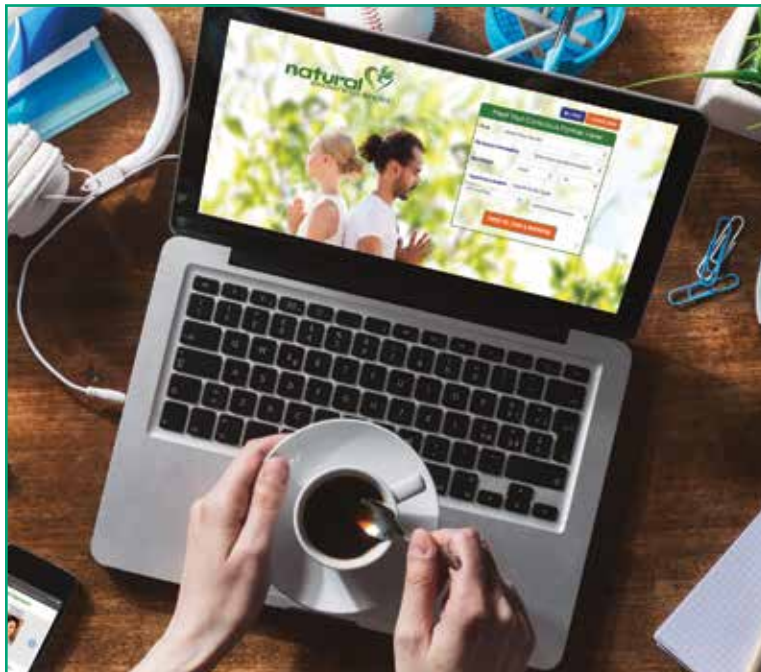
**4 Play music.** Research using functional magnetic resonance imaging published in *Scientific Reports* found

that blood flow in the brain increases when people listen to music they love, whether it’s Mozart or Eminem. In a recent study, *Weightless*, a song written by the British group Macaroni Union along with sound therapists, reduced participants’ anxiety levels by 65 percent and physiological resting rates by 35 percent.

**5 Do a chanting meditation.** Kirtan Kriya, a 12-minute daily meditation that includes chanting, finger movements and visualization, “has been researched for over 18 years and has documented benefits in increasing blood flow to the brain,” says Krystal Culler, senior Atlantic fellow with the Global Brain Health Institute, in San Francisco and Ireland. YouTube offers several versions, as does the Alzheimer’s Research and Prevention Foundation ([Tinyurl.com/12MinuteYogaMeditation](https://www.tinyurl.com/12MinuteYogaMeditation)).

**6 Consider acupuncture and craniosacral therapy.** “Acupuncture has been used for thousands of years to boost blood flow, and it can also relax tense muscles in the neck and head, which can impair blood flow more than we realize,” says Wilson. She also recommends the gentle, hands-on-head approach of craniosacral therapy: “It can directly improve blood flow by removing restrictions, and it can also rebalance sympathetic and parasympathetic functions, which has beneficial effects on our nervous system and on blood flow.”

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



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# Feeding Happiness

## Lifting Moods with Feel-Good Foods

by Marlaina Donato

Whether it's a pandemic, a breakup or a busy day with the kids, heading to the kitchen for a carb fix or a pint of ice cream is a common knee-jerk response to stress. It's easy to get caught in a whirlpool of poor eating when our bodies need nutritional support more than ever.

Sustained or chronic stress can reduce levels of dopamine and serotonin—neurotransmitters linked to feelings of both satiety and happiness. “When serotonin levels are normal, it leads to both emotional satisfaction and a sense of fullness after a meal,” says Certified Integrative Nutrition Health Coach Maria Marlowe, in New York City and Dubai. “Conversely, when serotonin levels are low, it can lead to depression and a tendency to reach for sweet and starchy foods.”

### Avoiding Extremes

Stress-eating sparks only temporary physical and emotional fulfillment. “When your brain is in need of energy, it can mimic the symptoms of depression and anxiety,” notes Tara Waddle, holistic life coach at The Center of Balance, in Greeley, Colorado.

“Finding healthier substitutes that are less processed can make a huge impact.”

Experts agree that concentrating on weight loss or super-strict diets during times of adversity might do more harm than good. “Focusing on the need to lose weight during crisis will only do two things—make you feel guilty if you're not eating what you think you're supposed to and potentially make you eat more out of guilt,” says Registered Dietitian Nutritionist Jennifer Neily, in Dallas.

Opting for healthier versions of favorite comfort foods is a doable compromise that can prevent endorphins from plummeting after the usual temporary spike. “With the right ingredients and recipes, we can satisfy our cravings for sweet, salt, creamy or crunchy with healthier upgrades of our favorite junk foods,” says Marlowe.

### Friendly Fare

Eating to stay healthy during hard times can tickle the taste buds without a lot of invested time. Marlowe's go-to favorites like homemade banana ice cream or chocolate truffles not only take minutes to prepare, but fortify the brain. For must-have salty

favorites, she suggests opting for snack foods seasoned with unrefined or pink Himalayan salt, fresh guacamole, salsa, olives or pickles. Filling a seaweed sushi wrap with avocado can be a satisfying and easy snack.

For easy-exotic, Marlowe says, “I always keep coconut milk and unsweetened curry paste on hand to whip up a red Thai curry, my favorite 15-minute dinner. Simply add fresh or frozen vegetables and protein of choice and you have a satisfying, flavorful meal that is faster than delivery.”

Waddle's healthy comfort foods include nuts of different flavors, dried fruits and baked Brussels sprouts with nitrite-free bacon, black pepper and a sprinkle of nutmeg. “The food you consider comfort food is comforting because it's familiar,” she says. “When you start eating healthier food more often, it will become comfort food. Just keep trying new things.”

### Keep it Simple

The kitchen can be our greatest ally during any life-storm, but having a stress-free strategy is key, especially paying attention to emotional states. “Ask yourself, ‘Is it head hunger or belly hunger? Above the neck or below the neck?’ If it's the latter and that's truly what is desired, don't deny yourself, but choose with conscious understanding. Savor the flavor,” says Neily.

Marlowe recommends easy meal planning and maintaining an eating schedule. “This helps remove some of the stress and decision fatigue that comes with figuring out what to eat in the moment, especially with random ingredients in the fridge.” Food shopping can be an instant junk food trap. Waddle's approach is a sure way to outsmart impulse buying based on habit. She says, “Start with the produce department first. This fills your cart with fresh foods and your cart will be full by the time you get to the snack aisle.”

Self-compassion can be one of the most important, yet overlooked considerations. “Regardless of what you choose to eat, be gentle with yourself,” notes Waddle. “The guilt of eating poorly is more damaging than the food.”

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



# Sweet Recipes for Healthy Snacking

Deborah Lee Rossiter/Shutterstock.com



photo courtesy of Maria Marlowe

## Five-Minute Chocolate Truffles

### Truffle

- 3 Tbsp cacao powder
- 1½ cups dates, pitted
- 3 Tbsp shredded coconut, unsweetened

### Toppings (choose a few)

- Cacao nibs
- Cacao powder
- Sesame seeds
- Shredded coconut
- Pistachios, crushed
- Walnuts, crushed
- Acai powder
- Goji powder
- Maqui powder
- Pomegranate powder

Add cacao powder, dates and coconut to a blender. (A bullet blender works well.) Blend until a paste is formed, which should only take a few seconds. Roll about a tablespoon or so of paste into a ball. Repeat. Choose a topping, sprinkle it onto parchment paper and roll date ball in it to coat.

sonchachar/Shutterstock.com

## Banana Ice Cream

- 2 overripe bananas
- ¼ tsp vanilla extract

### Add-Ins: choose as many as desired

- 2-3 tsp cacao powder
- 1 Tbsp almond butter
- 2-3 tsp carob powder
- 3-4 pitted dates
- ¼ tsp cinnamon
- 1 cup frozen strawberries
- 6 mint leaves
- 1 Tbsp coconut flakes (or coconut butter or shredded coconut)
- 1 Tbsp ginger
- 1 Tbsp almonds
- ½-inch peeled ginger piece

Peel bananas, break in half and put in a zip-top freezer bag. Freeze for at least 4 hours or overnight. Place all ingredients (banana base plus the add-in ingredients of choice) into a high-speed blender such as a Vitamix, and blend on high until soft-serve ice cream consistency is reached, which should be in about 30 to 60 seconds.

Taste to determine whether any more add-ins are needed and re-blend if desired. Spoon out and serve.

Source: *Certified Integrative Nutrition Health Coach Maria Marlowe*



## Fast, Healthy Pasta

Gluten-free bean and legume-based pastas provide more fiber and protein compared to traditional pasta, points out Marlowe. She suggests placing a steamer basket full of chopped veggies like broccoli, cauliflower and squash over boiling pasta water for a quick pasta primavera. Add some garlic sautéed in olive oil and a little salt and pepper.

## Feel-Good Foods

### Serotonin boosters for better mood and digestive harmony:

kiwis, bananas, pineapples, plums, all types of berries, tomatoes, raw cacao nibs, 90 percent dark chocolate, chia seeds, pumpkin seeds, butternuts (related to walnuts), almonds, eggs, beans, oats, protein-rich foods, sea vegetables, avocados, Swiss chard, beets, green tea and spices like turmeric.

### Dopamine boosters for better mood and memory, and warding off neurodegenerative diseases:

artichokes, ripe bananas, tahini, wheat germ, almond butter, leafy greens, lentils, chickpeas, black beans, papaya, red beets, apples, watermelon, blueberries and prunes.



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

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# Homebody Workouts

## Getting Fit Without a Gym

by Marlaina Donato

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To the healthcare professionals who are risking their lives during this epidemic, thank you for fighting COVID-19 on the front lines.

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**W**hen getting to the gym is not possible, there are plenty of options to explore for at-home workouts. From finding fun ways to stay fit to getting loved ones involved, figuring out what works and committing to a few simple goals is a good start.

Although it may be hard to pull ourselves up from the couch during periods of adversity, sticking to an exercise program can help boost immunity and emotional resilience. “Not feeling like exercising is common during stressful times, but try to remember how good you feel afterward and the sense of accomplishment. Remember the why,” says life coach Suzanne King, in Marlton, New Jersey.

### Begin With the Basics

Trainers agree it’s important to see working out and taking care of our health as an investment, and having a plan goes a long way. “You would never just brush off a business appointment if it was in your calendar and you knew you had to attend,” says personal trainer Chris Wong, in Oakville, Ontario. “The simple act of

putting it in your schedule makes it real. Now you have a responsibility. Now you have structure.”

Stephanie Mansour, host of the PBS fitness and health show *Step it up with Steph*, concurs: “Once I started viewing workouts as my own personal confidence-boosting time, a lightbulb went off in my head and I became addicted to this time with myself.” The Chicago-based personal trainer recommends lightening up. “Find something fun. Do something goofy like dancing around. Schedule this in and instead of ‘workout,’ call it ‘pump-up time for me.’”

Getting outside and hitting the trails or walking every evening after dinner is a great way to get oxygen-infused aerobic time. “Use outdoor space to your advantage,” says Wong. “I’ve taught boot camps at parks, and one game I like doing is Touch 20 Things. Run around and touch 20 things at least 15 to 20 feet apart, but don’t touch the same thing twice. He also suggests doing sprints or bear crawls for distance exercise and step-ups on park benches or large rocks. “If a park is not



available, similar things can be done in your backyard. Just have fun with it.”

## Exercising Outside the Box

Working out with a different rule set offers an invitation to add a new twist to a usual favorite. “I personally practice martial arts every day, but that can be done in a variety of ways,” says Wong, pointing to gentle qigong, shadow boxing, breathing exercises, footwork drills and heavy bag training.

He recommends exercising every day, but limiting more intense workouts to three or four times a week. Cardio exercises such as walking and bicycling are a good daily choice, while high-intensity interval training workouts can be accomplished with minimal or no equipment. There are a variety of methods with timing elements that can be used to get a good workout. For example, with the As Many Rounds As Possible regimen, three exercises are done back-to-back for as many rounds as possible in a 10-to12-minute period.

Exploring free online classes on YouTube and other platforms opens up

even more options, including yoga, Pilates and dance classes. Many trainers offer virtual workouts over Zoom or Skype live in real time. There are also mobile apps with workouts available for download.

## The Support Factor

Partners or family members can help each other to stay on a workout schedule. “You can set up a chart for you and your family members to put a star or checkmark once you’ve finished a workout. Turn it into a competition, and whoever has the most stars at the end of a few weeks gets to pick the workout for the whole family to do,” suggests Mansour. Partners can also make a pact to take care of the kids when it is the other’s turn to grab some fitness time.

Being motivated is easier with some self-love, King reminds us: “You can begin something new by fully appreciating yourself with daily gratitude.”

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

# A Home Workout

Stephanie Mansour suggests this quick workout:

- ✓ Run and march in place, punching your fists in the air.
- ✓ Hop over a tile line on the floor and back. Both of these count as cardio.
- ✓ After 60 seconds, add in some strength training, like 10 squats or half push-ups on your hands and knees.
- ✓ After that, do 10 repetitions of an ab exercise such as crunches or toe taps.
- ✓ Then repeat the circuit for as much

time as you have. This adds aerobic and strength aspects to the workout.



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# Fathers Know Best

by Neal Allen

**D**ads, lighten up. Yes, all dads project their own fears and hopes on their children. If Dad dreamed of becoming a first baseman for the Yankees, he'll push Johnny into baseball, ignoring his son's preference for woodworking. If Dad harbored hopes of being the next Hemingway, he'll praise Mary's poetry, and maybe skip a few of her tedious soccer games.

Those are the facts, ma'am. Dads have a habit of imposing their own success goals on their kids. It's not built into fatherhood to let kids willy-nilly develop their own talents and dreams. Does that ruin the kids? Who knows? It happens in just

about every family, so good luck finding a control group for the experiment.

There may be no hope for the kids, but how about the dads? What might happen if they notice this odd behavior and how might that lighten their own loads?

Most of us dads, most of the time, initially take on the responsibility of fatherhood— income, protection, education—with drive and purpose. We make compromises with our pre-dad selves. The sports car gets traded in for a minivan. Playing guitar becomes a hobby, not a professional goal. We sign on at the warehouse. New dads around the country are making these changes every day, and mostly with alacrity.

It's later, when the perfect infant becomes the complaining toddler or rejecting teenager, that the vexing notion arises that another life could have been lived. This form of nostalgia—for what never came—is bitter. The word “nostalgia”, after all, comes from the Greek for “the pain of going home”.

But by seeing himself project his dreams on his children, a father can also see how he's holding onto a suspect belief that another life would have been better. With maturity, a dad can revisit his adolescent dreams; not nostalgically, but with the wisdom that comes with age. Did I really have a chance at the Yankees? Be real. Weren't there two guys in high school alone who had more talent?

Asking these questions, a father might even notice that no one in the family measures his worth in worldly achievements. A dad is best remembered in his capacity for love, kindness, forgiveness, everyday strength and friendliness. Your child may know you're a master carpenter. But what she remembers is that day when you gently showed her the right way to hold a hammer.

*Neal Allen is a spiritual coach and author who shares seven children, step-children and grandchildren with his wife, writer Anne Lamott. His book on a new path to personal freedom will be released by Hierophant Publishers in spring 2021. For more information, visit [ShapesOfTruth.com](http://ShapesOfTruth.com).*

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1649 SE Port St Lucie Blvd.  
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DTE-Yoga.com

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321-749-9642  
InvertedElephant.com

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IndianRiverBikram.com

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2500 N. Hwy A1A  
321-431-7793  
EKsBeachsideBodywork.com

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#### HATHA YOGA WITH MARILYN

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#### YOGA ART LOUNGE

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321-345-6197  
YogaGardenFL.com

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5270 N. US Hwy 1  
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## wise words

# David Hamilton on Kindness in the Pandemic Age

by Sandra Yeyati

David Hamilton has authored 10 books, including *The Little Book of Kindness*, *How Your Mind Can Heal Your Body* and *The Five Side Effects of Kindness*. He holds a doctorate in organic chemistry and spent four years in the pharmaceutical industry developing drugs for treating cardiovascular disease and cancer.



During clinical research trials, he noticed that a significant number of people experienced health improvements while on fake, or placebo, drugs. This inspired a career change more than 20 years ago, when he became a writer and public speaker teaching people how to understand and harness the mind-body connection to improve health.

### *Have you noticed an increase in kindness during the current pandemic emergency?*

I think so. In the past, you said things like, “Hello, how are you?” as a greeting. But now, when people say it, they really mean it. There’s a sense of genuine compassion that I think is coming out in everyone on a scale that I’ve never seen before. We’re feeling empathy for people that are suffering, but also feeling empathy for each other, because we realize that everyone is in a similar place.

### *How do you explain this upsurge in kindness during social distancing and isolation?*

We are genetically wired for kindness. The genes that produce the kindness hormone are some of the oldest in the human genome, like 500 million years old. So, our natural state is to care, to be kind and compassionate. But in life, we get caught up in everyday stresses and worries—financially, work-wise and in relationships—that often obscure that natural tendency to care. When

a lot of that stuff is taken away, people’s natural sense of kindness and compassion come to the surface.

### *Do you see an opportunity for a shift in collective consciousness?*

Absolutely. We’ve been called to unify, to recognize that we are part of the same human family. There’s a global outpouring of compassion. We’re transforming, becoming more aware of our own kindness and the needs of other people.

On another level, I saw a meme that said, “It feels like the universe has sent us home to our rooms to think about what we’ve done.” There’s research that correlates an increase in viruses and parasites over the last couple of years to a loss in biodiversity due to human action, like knocking down rain forests and human-induced climate change. Species extinctions are 1,000 to 10,000 times greater today than they’ve ever been in recorded history, except for 65 million years ago when an asteroid crashed



into the Earth and wiped out the dinosaurs. Parasites, viruses and bacteria have nowhere else to go, so they're jumping species, from bats to humans, for example. We're being called spiritually not only to be more compassionate and kind to each other, but also to recognize the damage we're doing to the planet and to be more respectful of nature, the environment and animals.

**What are the positive physical effects of kindness?**

Physiologically speaking, kindness is the opposite of stress. Where feeling stressed can increase blood pressure, tense the nervous system and suppress the immune system, feelings induced by kindness reduce blood pressure, calm the nervous system and elevate the immune system.

**Are certain acts of kindness better than others?**

It doesn't matter what you do. What matters most is that you do it because you mean it; you genuinely have a sense of empathy and want to help someone. All of the physiological benefits of kindness come because the feelings induced by kindness generate what I call kindness hormones, the most important one being oxytocin, which is a female reproductive hormone that also plays a big role in cardiovascular health.

**Can a small act of kindness really make a difference in the world?**

Absolutely. It's been charted scientifically that if you do something kind for somebody, that person will be kind or kinder to five other people over the next day or two because of how you made them feel. Those five people will be kind or kinder to five further people, which turns into 25 people, and each of those 25 will be kind to five people, which takes it to 125 people's lives that can be changed and affected in small and large ways three social steps away from you simply because of one tiny little thing you did.

*Sandra Yeyati is a freelance writer in Naples, Florida. Connect at SandraYeyati@gmail.com.*

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# Everyday Adventures

## Taking to Vans and RVs for Life on the Road

by Sandra Yeyati

Many Americans choose to travel in recreational vehicles (RVs) or well-equipped vans with all the comforts of home—no hotels, just the open road and a tank full of gas. Cindy Jane is a Florida naturalist, vegan advocate, accomplished artist and wife to land surveyor Kevin Georgeson. Now 50 years old, she's had a dream since she was 18 to travel the country in a van, visiting state and national parks, hiking trails and spending quality time in nature. She envisions setting up an easel and painting in inspiring settings. "It's about getting out of that social norm of always knowing what the next day is going to be like, doing the same thing every day. I like a little bit of the unknown, the unexpected. I want to see things. I want adventure. I want the freedom that comes with going," she says.

The couple purchased a 2018 Ford Transit van with low mileage and a little warranty left on it. Together, they are customizing it to create a comfortable home away from home to satisfy Jane's wanderlust. Crafty and resourceful, they voraciously watch YouTube videos to learn the ins and outs of solar panels, electrical hookups, kitchen countertops,

insulation and 1,000 other details that go into a successful buildout. They're taking their time to do it right after investing thousands of dollars already. To document their progress and hopefully inspire others, they record videos on Jane's smartphone and post them to her website ([ArtfulVeganNomad.com](http://ArtfulVeganNomad.com)).

Val and Nick Wheatley are veteran nomads, having travelled the world for almost four years in all kinds of rides, including the 1994 Ford Bronco they drove across the U.S. for six months. Camping outdoors was challenging, and they vowed never again to travel in a vehicle without a bed. They purchased a Ford Econovan to explore New Zealand and sold it three months later when they left. In Germany, where beautiful campgrounds and free public lots with inexpensive electric and water hookups are plentiful, a rented RV was the way to go. With experience, the couple has come to prefer converted vans or smaller RVs, thanks to their fuel savings and easier maneuverability in cities and on narrow country roads.

According to the Wheatleys, traveling and living in close quarters has its drawbacks. Cleaning out portable toilets

and taking showers at truck stops can be challenging, but for the avid explorers, these inconveniences were always eclipsed by jaw-dropping scenery and cultural immersion in new countries. "Because we had wheels and time, we got to see some cool stuff off the beaten track that most people that were visiting for a weekend or week never see," says Val.

Offering tips, tricks, candid descriptions and inspiring photography of their many world-trotting experiences, the couple's travel blog ([WanderingWheatleys.com](http://WanderingWheatleys.com)) tallied more than 600,000 visitors last year. Through online advertising and affiliate programs, they earned enough money for living and travel expenses. "The world actually isn't a scary place at all. People all over the world in every culture are friendly and welcoming," Nick says.

For those looking to connect with fellow travelers, there are numerous recreational clubs that offer base camps, programming and social opportunities. One such club is Sisters on the Fly ([SistersOnTheFly.com](http://SistersOnTheFly.com)), an all-women outdoor adventure club founded in 1999 by Maurie Sussman and her sister Rebecca Clarke with a penchant for small, vintage trailers that are restored and embellished by their owners.

With 9,000 active members and an organizer in each state, these resourceful and festive ladies hold more than 1,000 events nationwide every year, including fly fishing, guided tours, kayaking, mountain climbing, biking and more. "It's about being outdoors and meeting amazing women. We love going into the national parks, taking back roads and visiting all the small towns," Sussman says.

Living in an RV or van full-time has become an attractive option for many people, including college kids looking for inexpensive housing or retirees on limited incomes. "I think more and more we're seeing people who value their time more than a bunch of possessions," says Jane. "Maybe that means working less and living more frugally, so you see a rise in minimalism and van life." For a wealth of information on vans and RVs as full-time options, as well as in-depth interviews with van lifers, visit Bob Wells' YouTube channel [CheapRVLiving](http://CheapRVLiving).

Sandra Yeyati is a freelance writer. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).



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## calendar of events

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

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### SPACE COAST EVENTS

#### FRIDAY JUNE 5

**Full Moon Meditation** – 7-8:30pm. Full moon meditation is powerful for releasing things from your life, old negative emotions and thinking, and transformation. Session begins with a Crystal and Tibetan bowl meditation and if weather permits will go across street to the ocean for silent meditation under the moon. Bring a mat or towel. \$25. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

#### SATURDAY JUNE 6

**Deeksha Healing: The Oneness Blessing with Crystal Bowl Meditation** – 4-5:30pm. Includes powerful Soul Sync and crystal bowl meditation and Deeksha Blessing, which is a transfer of energy to initiate higher states on consciousness. Brings a shift in perception resulting in clarity and spontaneous feelings of love, joy, peace and inner silence, dissolving negative life patterns and releasing cellular and energetic level traumas with Maria Banas. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

#### TUESDAY, JUNE 9

**Fix Your Gut, Save Your Life** – 7-8pm. The health of your gut is incredibly important to your overall wellbeing. During this event, you will learn strategies to improve your gut health, immune function,

response to stress and more! Dr. Brian Walsh speaks at CARE Natural Wellness Center. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. 321-728-1387. [CareWellnessFL.com](http://CareWellnessFL.com).

#### SATURDAY JUNE 13

**Reiki 3/Advanced Reiki Certification Course** – 10am-6pm. The student receives the Master Reiki Symbol to be included with the three previous symbols received in Level II. This will increase the student's connection with the Universal Life Force and open the doorway to work in different levels of spirit and karma. Instructor Maria Banas. \$235. Register online or call. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

#### WEDNESDAY, JUNE 17

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

#### SATURDAY JUNE 20

**Reiki 1 Certification Course** – 10-5pm. Reiki 1 with Usui/Holy Fire III consists of an Attunement/Placement

given to the student and teaching by Usui, recognized worldwide. Holy Fire energy is a more refined source of higher consciousness that empowers the energies of the symbols and techniques used in Usui and Karuna Reiki. Topics covered: How Reiki works, The Holy Fire, Chakra functioning and balancing and more. Maria Banas is a certified Reiki Master-Teacher. \$160. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

#### THURSDAY JUNE 25

**New Moon Guided Meditation** – 7-8:45pm. During this meditation, you may lie on a mat, sit in a chair, or sit on a cushion. Anthony Profeta takes us on this meditative journey of healing, relaxation, & connection. The Crystal & Himalayan Bowls will be played during the entire meditation. Suggested: Bring yoga mat or pillow. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

#### THURSDAY, JUNE 25

**Brain Health** – 7-8pm. neurological disorders such as Alzheimers, dementia, etc. are becoming more prevalent. When it comes to brain health, prevention is key. Learn how simple lifestyle changes can be incorporated to improve your brain health and ultimately your quality of life. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. 321-728-1387. [CareWellnessFL.com](http://CareWellnessFL.com).

### TREASURE COAST EVENTS

#### WEDNESDAYS, JUNE 3-JULY 22

**Spiritual Teachings** – 7pm. Rev. Janice will lead virtual discussion on deep spiritual teachings from Michael Singer, "Living from a Place of Surrender." Take the ultimate step and make surrender of the personal the meaning of your life. Rise up and realize we have a choice to Be a blessing. The purpose of our lives is to let go of our stuff. Find the source of love within and live in harmony with life. Pre-register by

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## FRIDAYS, JUNE 5, 12, 19 & 26

**Virtual Self-healing Reiki Circle** – 7-8pm. Increase awareness and vibration of your inner energy flow while experiencing a self-healing treatment during a guided meditation, following the Chakras. Then we send this energy into the world activating inner peace and healing. Join on Zoom call Meeting ID 898 5298 6288 and Password 590063. Love offerings are appreciated. Please use our Website [UnityofFortPierce.com](http://UnityofFortPierce.com) to sign up for PayPal account or send a check to: Unity of Fort Pierce 3414 Sunrise Blvd, Fort Pierce, FL 34982. 772-461-2272.

## SATURDAY, JUNE 6

**Advanced Reiki Training Level 3a** – 9am-3pm. Immerse yourself and deepen your knowledge of Reiki while you learn new healing tools. Advanced Reiki Training is a powerful course. You will learn how to use the Usui Master Symbol and Tibetan Shaman techniques to heal the mind, body and spirit. 7 CEUs available for LMT, RN, CNS, LPN, ARNP. \$350. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. [SparkOfDivine.com](http://SparkOfDivine.com).

## SATURDAY, JUNE 13

**Reiki Level I Training Certification 6 CEUs** – 11am-8pm. Learn this amazing, gentle healing technique. Boost your immune system while aiding your clients. Learn how-to live-in flow and assist your clients to do the same. Class includes book, attunements, instruction, plenty of practice and continued mentoring if needed. Taught by Usui/Tibetan/Karuna Reiki Master and Jikiden Reiki Practitioner. \$175. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. [SparkOfDivine.com](http://SparkOfDivine.com).

## SUNDAY, JUNE 14

**Reiki Level II Training and Certification 8 CEUs** – 9am-3pm. Deepen your Reiki practice. Learn the sacred symbols, to heal long distance, how to bring harmony to any situation, empower yourself and others. These techniques enhance immune system. Includes book, attunements, instruction, practice, continued mentoring. Taught by Usui/Tibetan/Karuna Reiki Master and Jikiden Reiki Practitioner Beth Franks. Pre-requisite Reiki Level I. \$250. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. [SparkOfDivine.com](http://SparkOfDivine.com).

## SATURDAY, JUNE 27

**Psychic Fair** – 11am-4pm. Have questions? Need answers? Join us; we will have many readers on hand to assist you in finding the answers you need to move forward. We will also have Reiki and Angel energy demos and much more. Join us for a fun filled Day. Demo's Love Donation/ Readings \$25. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. [SparkOfDivine.com](http://SparkOfDivine.com).



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### COMMUNITY

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

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

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## on going events

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## sunday

### SPACE COAST

**Yoga in the Village** – 5-6pm. Restorative Yoga. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541. [TheZenRoom.info](http://TheZenRoom.info).

### TREASURE COAST

**Unity of Ft. Pierce** – 10am. Practical spiritual teachings that empower abundant and meaningful living. We honor all paths to God and strive to be a beneficial presence on our planet. Services will be held in the Sanctuary in June, honoring physical distancing. Masks are recommended and will be available. The service with Rev. Janice can also be viewed through Facebook Live Stream at [facebook.com/unity.fortpierce/](https://facebook.com/unity.fortpierce/). Unity of Ft. Pierce 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

## monday

### SPACE COAST

**Gentle Hatha Yoga** – 11am-12:15pm. A gentle approach to Hatha including asana (postures) and Yoga Nidra meditation with Patti Akers. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Free Neuropathy Seminar** – 3-3:45pm. Do You Suffer with Neuropathy? Learn about the latest breakthrough that can relieve pain and numbness caused by peripheral neuropathy. Non-surgical, Drug-free Treatment. 90% of treatment done in the comfort of your own home. Our program has helped hundreds, nationwide gain their life back. Stephen H. Canuel, D.C. American College of Physical Medicine Board Certification Neuropathy. Free. Melbourne Chiropractic Spine and Injury Center. Attend in person or call to sign up for the virtual seminar at 321-499-4608. [WestMelbourneChiropractor.com/peripheral-neuropathy-relief](http://WestMelbourneChiropractor.com/peripheral-neuropathy-relief).

**Yoga for Beginners** – 4-5pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Aisling. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due

to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### 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 optional. 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](http://PsychicNTheGenie.com).

**Yoga with Jenny** – 4-5pm. Each class will start with a brief 5-minute discussion on a manifestation topic. With that you can then align your thoughts and feelings with an intention/desire that you have; and then using yoga you will put it into motion. \$Love Donation. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. [SparkOfDivine.com](http://SparkOfDivine.com).

**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. [UnityofFortPierce.com](http://UnityofFortPierce.com).

## tuesday

### SPACE COAST

**Yoga in the Village** – 8-9am. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

**Yoga for Beginners** – 11am-12pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Debby Jefferies. \$10 or Yoga Memberships accepted. To preregister visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.



**Yin Yoga** – 12:15pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Debby Jeffries. \$10 (or yoga membership) To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Hatha Yoga** – 5:30-6:30pm. Multi-level class for beginners and intermediates. Led by Ellen Cameron whose experience allows her to modify asana to the students' ability, so they get the benefits of the practice without strain. \$10 (or yoga membership). To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

## TREASURE COAST

**Yoga in the Garden** – 9-10am. Yoga led by Tami. \$10 per class. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

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

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

## wednesday

### SPACE COAST

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

### TREASURE COAST

**Insight Meditation on Zoom** - 11am-Noon. Cultivate resilience and calm with Rev. Janice Cary. Join via Zoom with meeting ID of 871601586. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. [UnityofFtPierce.com](http://UnityofFtPierce.com).

## thursday

### SPACE COAST

**Gentle Hatha Yoga** – 11am-12:15pm. A gentle approach to Hatha including asana (postures) and Yoga Nidra meditation with Patti Akers. \$10 or Yoga Memberships accepted. To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Kundalini with Meditation & Healing Gong** – 12:30-1:45pm. Kundalini class with pranayama, stretching poses, kriya, meditation, mantra and relaxation with gong. All levels. \$10 or Yoga Memberships accepted. To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Crystal Bowl Reiki Healing Meditation** – 4-5pm. Learn meditation techniques to quiet the mind and relax the body. Experience the crystal bowls, toning and a special sound meditation with Maria Banas. \$10 or Yoga Memberships accepted. To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Gentle Hatha Yoga** - 5:45-6:45pm. Gentle Hatha yoga classes with a focus on healing and meditation. Instructor Teren Nichols is a licensed intuitive massage therapist. \$10 (or yoga membership). To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Yoga in the Village** – 6-7pm. 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 WPSL AM 1590 every Thursday morning to learn about holistic health and wellness with Joanne owner of Nutrition World in Ft. Pierce who has 30 plus years of expertise. [JoannesNutritionWorld.com](http://JoannesNutritionWorld.com).

**Pilates Mat Class** – 9-10:30am. Mat class offered by certified instructor, Barbara Lengen. Held in the outside garden. For information visit [AtlanticPilates.net](http://AtlanticPilates.net). \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

## friday

### SPACE COAST

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

**Yoga for Beginners** – 11am-12pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Debby Jeffries. \$10 or Yoga Memberships accepted. To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Yin Yoga** – 12:15pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Debby Jeffries. \$10 (or yoga membership) To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Family Meditation** – 4pm. During our guided meditation sessions, we will practice together and bring to bring calm, peace, grounding & connection to our lives. In today's stressful world these tools are beneficial for both adults and children alike. Cost: \$10 or yoga membership includes 2 family members. To pre-register visit: [AquarianDreams.com/weekly-yoga-calendar](http://AquarianDreams.com/weekly-yoga-calendar). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

## 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. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

### TREASURE COAST

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

# the natural directory

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

## ACUPUNCTURE

**MARCELA BOWIE, D.O.M., AP**  
105 S. Riverside Dr, Ste 201  
Indialantic, 321-961-8243  
[NoWorriesNaturalMedicine.com](http://NoWorriesNaturalMedicine.com)



Dr. Bowie uses acupuncture, herbal medicine, injection therapy, cupping, and tuina to treat many conditions ranging from asthma, headaches, pain and neurological and GYN disorders. See ad, page 11.

## HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE

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



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

## STUART ACUPUNCTURE, INC.

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

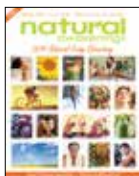


With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad, page 30.

## ADVERTISING/ MARKETING/PR

### NATURAL AWAKENINGS MAGAZINE

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



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

## ALTERNATIVE HEALING

### CARE NATURAL WELLNESS CENTER

Brian P. Walsh, D.C.  
1051 Eber Blvd, Ste 102  
Melbourne, 321-728-1387  
[CareWellnessFL.com](http://CareWellnessFL.com)



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

## ART THERAPY

### MARCY PURDY, ATR BC

ArtReach of Vero Beach  
[MarcyArtReach@gmail.com](mailto:MarcyArtReach@gmail.com)  
772-538-5532



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

## AYURVEDA

### HEALING ELEMENTS AYURVEDA

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



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

## CBD HEMP PRODUCTS

### NATURE'S HEALTHY HARVEST

2330 N. Wickham Rd, Ste 14  
Melbourne, 321-610-3989

Top rated & tested CBD oil, capsules, gummies, topicals, literature, classes.

## YOUR CBD STORE PORT ST. LUCIE

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



Your source for quality CBD products and education. We're happy to answer all your questions in our relaxed atmosphere. Tinctures, water solubles, skin-care, edibles and pet products. See ad, page 9.

## CHILDREN'S HEALTH

### CHILDREN'S HEALTHCARE OF BREVARD

Margaret Witzleb, MSN, ARNP  
2351 W. Eau Gallie Blvd, Ste 4  
Melbourne, 321-775-0477

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

## CHIROPRACTIC

### CLOW CHIROPRACTIC

145 Palm Bay Rd NE, Ste 120  
W Melbourne, 321-725-8778  
[ClowChiropractic.com](http://ClowChiropractic.com)



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

### JONES CHIROPRACTIC

6615 N Atlantic Ave, Ste A  
Cape Canaveral, 321-868-0888  
[JonesChiropractic.net](http://JonesChiropractic.net)



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

### DR. ROZANA SHARMA, DC

1900 New Haven Ave, Ste 105  
Melbourne, 321-361-6869  
Inside FL Therapy Center



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



## UPPER CERVICAL HEALTH CENTER

1600 W Eau Gallie Blvd, Ste 104

Melbourne, 321-622-4447

UpperCervicalCare.com



Drs. Renee

Hahn and

Amanda Richerson, Upper Cervical Chiropractors, offer relief from a variety of conditions including: Allergies, Fibromyalgia, Back Pain, Migraines, sleep disorders and more. See ad, page 2.

## COACHING

### CAROL BAXTER

Relationship and Life Coach

772-359-8924

TheInspiredLivingCenter.com

ClientCare@TheInspiredLivingCenter.com



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

### CHERI FLAUTO WHOLE LIFE COACH

Essential Elements Wellness

1010 E New Haven Ave, Suite D

Melbourne, 407-401-0890

Cheri.Flauto.com



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

### REV JANICE CARY

Unity of Fort Pierce

3414 Sunrise Blvd

Ft Pierce, 772-461-2272



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

## COLON HYDROTHERAPY

### AUDRA RACANIELLO, LMT, CT

Indialantic

321-616-5977

AudraRacaniello.amtaMembers.com

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

## COUNSELING

### LESLIE HAATVEDT, PHD, LMHC

Child and Family Counseling Associates

2400 15 Ave, Vero Beach

LBHPhD@gmail.com, 772-532-8310



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

## CRANIOSACRAL THERAPY

### CHAD TAYLOR, LMT/ GINGER TAYLOR, LMT

Melbourne / Palm Bay

321-480-9986

MassagesWithPurpose.com



CranioSacral Therapy gently releases deeply rooted emotion, stress, trauma, fear and tensions within the soft tissue, calming the central nervous system, and regulating the pressure of cerebrospinal fluid that cushions the brain and spinal cord. It relieves pain, dysfunction and improves whole-body health and performance. (MA75423, MA93522, MM35261)

## DENTISTRY

### SMILE DESIGN AND WELLNESS CENTER

Dr. Chris Edwards

Dr. Rob Brown

Dr. Haley Freymiller

Viera, 321-751-7775

SDICFL.com

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 31.

### CLAIRE STAGG, DDS, PA

Comprehensive Mercury Free Dental

Care for the Whole Family

Indian Harbour Beach, 321-777-2797

SmileProfessionals.com



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

## EYE & VISION CARE

### HEALTH FOR LIFE

1727 N. Atlantic Ave

Cocoa Beach, 321-259-0555

HealthForLifeWellnessCenters.com

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

## FENG SHUI

### FENG SHUI DESIGN

Linda C. Adams Interiors, LLC

772-342-0387



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

## HAIR SALONS

### ELEMENTS ORGANIC SALON

3800 W Eau Gallie Blvd, #106

Melbourne, 321-349-0389

ElementsOrganicSalon.com



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

## HEALTH FOOD

### GLORIA'S HEALTH HUT

951 Old Dixie Hwy, A3

Vero Beach, 772-770-2101

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

### NUTRITION SMART

464 SW Port St. Lucie Blvd

Port St. Lucie, 772 323-2222

NutritionSmart.com

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

### ORGANIC FOOD CENTER

862 N. Miramar Ave

Indialantic, 321-724-2383

OrganicFoodCenter.com

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

## HEALTH FOOD CONT.

### PEGGY'S NATURAL FOODS

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

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

### SUNSEED FOOD CO-OP

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

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

### SUNSHINE HEALTH FOOD STORE

2916 S. Washington Ave  
Titusville, 321-269-4848  
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Providing nutritional health counseling in a truly holistic fashion by offering massage, cholesterol testing, food detox, essential oils, blood typing along with vitamins, minerals, herbs, homeopathics and natural foods.

## HERBALISTS

### GINA KEARNEY

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



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

### MAMA JO'S SUNSHINE HERBALS

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Indian Harbour Beach, 321-779-4647

Enjoy a cup of complementary tea in the relaxing atmosphere of herbs and handmade herbal delights. Bulk Herbs, Handmade Products, Consultations, Classes, and Supplies. Teas, tinctures, lotions, soaps, facial products, salves, and more. See ad, page 6.

### THE HERB CORNER

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

Bulk Herbs, Herbal Certification Course and other herbal classes. Essential oils, handmade salves and lotions, customized herbal blends and private consultations. See ad, page 11.

## HYPNOSIS

### LORI BURKE HYPNOTHERAPY LLC

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



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

### ELIZABETH L CAMPBELL, BCH

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



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

### HYPNOTHERAPY BY JENNY

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



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

## INTEGRATIVE MEDICINE

### MELISSA DEAN, MD

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



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

### DEBORAH A. DEMARTA, MD, FACS, FAARFM

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



Anti-Aging, Functional and Regenerative Medicine. Colorectal Surgery and Functional GI, hormone replacement, food allergy and nutritional testing, IV vitamin therapy, heavy metals testing, medical aesthetics, THERMIva vaginal rejuvenation, ThermiSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, Botox and fillers, skin care, weight loss. See ad, page 39.

### RADIANTLY HEALTHY MD

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



Are you Radiantly Healthy? We offer Integrative/Functional Medicine solutions to address health challenges and healthy aging! We combine both traditional and natural options including medical marijuana certification. See ad, page 7.

### YALE R. SMITH, MD, DABA, BCASI, FAAMFM, ABAARM

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



With 33 years of experience and expansive knowledge in traditional and integrative and functional medicine, Dr Smith specializes in heart attack prevention, food allergies, hormone imbalances, weight loss, and nutritional support for cancer patients. See ad, page 15.

## IV THERAPY

### RADIANTLY HEALTHY VITAMIN INFUSION DRIP LOUNGE

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



Delivering vital nutrients, IV Therapy benefits people with Chronic Fatigue, Depression, Migraines/Tension Headaches, Allergies, IBS, Cardiovascular Disease, Autoimmune Disease, Athletic Recovery, Viral/Bacterial Infections, and Common Cold/Flu. See ad, page 7.



## VITALIFTS

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



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

## LOCAL FARMS

### FLORIDA FIELDS TO FORKS, CSA

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



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

## LYMPHATIC DRAINAGE

### GINGER TAYLOR, LMT

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



Boost your immune system & destress during Covid-19 by detoxing and increasing blood flow with a full body Lymphatic Drainage session. This is a gentle technique also beneficial for post-surgical swelling, plastic surgery scars, edema reduction, and more. (MA75423, MM35261)

## MASSAGE THERAPY

### CHAD TAYLOR, LMT/ GINGER TAYLOR, LMT

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



Advanced, Integrative therapists offering: Massage Therapy (prenatal, deep tissue, and sports stretching), Craniosacral Therapy, Lymphatic

Drainage Therapy, Micro-Current Advanced Pain Management, Gentle Scar Release, Thai Massage, Reflexology, and Total Body Balancing; helping clients transition towards a better life. (MA93522, MM35261, MA75423)

### DANIELLE DEMPSEY, LMT

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



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

### JUDY PORTER, LMT

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



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

### STUDIO 1250

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

## STUDIO | 1250

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

## MEDICAL MARIJUANA

### ESSENTIALS MEDISPA & SALON

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



If you are looking for an alternative method of relief to chronic health problems, you may be eligible for the use of medicinal marijuana. See ad, page 17.

## MEDITATION

### TRANQUILITY HAVEN CENTER

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



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

## METAPHYSICAL STORES

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

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



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

### GENIE'S GEMS

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



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

### PSYCHIC AND THE GENIE

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



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

### SCENTED DRAGON

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



The Premier Metaphysical Store on the Treasure Coast offers knowledgeable staff, incense, crystals, stones, sage, candles, jewelry & more. Readers available daily. US 1 in Port St. Lucie. See ad, page 14.

## NETWORKING: HOLISTIC

### TREASURE COAST LIFT

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

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

## NEUROPATHY

### DR. STEVE CANUEL

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



A long-term solution you can do at home! Our scientific, proven approach heals your nerves and reverses your symptoms. Relief without Surgery, Shots, Addictive Medications. See ad, page 9.

## PEDIATRICIANS: HOLISTIC

### RUTH M. RODRIGUEZ, DO

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



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

## PET SUPPLIES: NATURAL

### NATURAL PET SPECIALTY SHOP

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



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

## PSYCHIC MEDIUMS

### CHRISTOPHER JOHANSEN

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



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

## TESS, THE TREASURE COAST MEDIUM

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



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

## REIKI

### SPARK OF DIVINE LLC

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

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

## SALT THERAPY

### THE SALT CAVE IN THE HAIR TIKI

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



### SALT CAVE

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

## SOLAR ENERGY

### SOLAR ENERGY SYSTEMS OF BREVARD, INC.

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



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

## SPIRITUALITY

### THE INSTITUTE FOR SPIRITUAL DEVELOPMENT TREASURE COAST

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



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

## UNITY ON THE SPACE COAST

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



A positive, practical, progressive approach to Christianity based on the power of prayer, celebrating personal and spiritual diversity. Watch us on YouTube on Sundays 11am.

## THERMOGRAPHY

### STUART THERMOGRAPHY

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



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 8.

## VETERINARIANS

### ANIMAL WELLNESS WORLD

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



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

### COASTAL ANIMAL HOSPITAL WELLNESS CENTER

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

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

## YOGA

### HATHA YOGA WITH MARILYN

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

Balance your Body, Mind & Spirit with Hatha Yoga. Gentle, guided yoga postures with Stretching, Deep Breathing, and Relaxation. \$5 per class through Satellite Recreation Department. See ad, page 35.



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**Catherine Cheries, P.A.**



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