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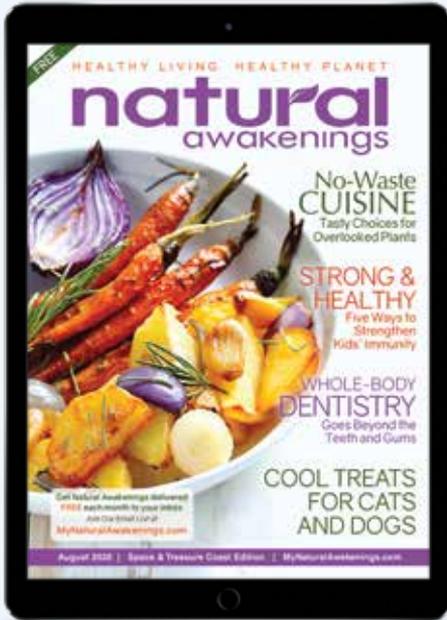
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letter from the publisher

Developing Happiness is an Inside Job



Most mornings, I head outside for a walk before the temperature climbs too high, pop in my earbuds and enjoy an inspirational podcast while exercising. I recently discovered a walking path that takes me through a shaded area surrounded by trees and the sounds of nature. The opportunity to experience this little natural oasis motivates me to get moving in the morning. In this spot, I take a few minutes to breathe in the scents and

sounds of nature and just let it surround me. This practice helps to lower stress and gives me a sense of balance that has been very grounding this year.

In our tips for building up our happiness quotient [page 20], psychologist Rick Hanson recommends we, “Take in the good. It could be a flower blooming, birds singing or a nice exchange with another person. Slow down, take a few breaths and let it sink in for a minute or two.” I certainly find nature to be a balm for the soul.

Each month I interview local practitioners for our new video podcast. This month I learned two easy exercises I am already incorporating into daily life. One is a simple body position that takes about a minute to reset the vagus nerve and activate the parasympathetic system restoring calm. And the second is a little tip to communicate with my subconscious so it can work on a problem for me such as finding my keys. Enjoy these tips and more at myNaturalAwakenings.com/ToolsForHappiness.

In this issue, we explore self-care strategies for tough times that can help us rewire the brain for positivity [page 18]. In celebration of yoga month, learn adaptive ways to ease pain and immobility plus reach out to our local yoga resources for virtual and in-person classes. Discover natural antivirals you can use to help fortify your defenses [page 26]. Improve the mood of your dog or cat with the right kind of music [page 28]. Use herbs for flavor and to restore and maintain health with our herbal-aided recipes [page 30]. And help kids confidently weather change with our tips for raising resilient kids [page 32]. I hope this issue brings you inspiration and practical ideas to find your happy moments and enjoy some calm.

Here's to choosing happiness,

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.

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

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EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

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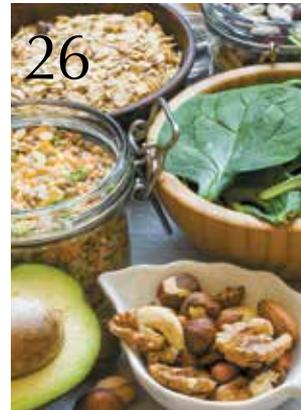
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news briefs

Space Age Air and Surface Purification for Home and Business

Gordon Pennington of Renew Crete Systems, Inc is excited to offer Guardian ActivePure System for air and surface purification in the home or business. ActivePure Technology is FDA certified as safe for people, pets and foods, while benefiting those suffering from allergies, asthma and COPD as well as anyone looking for a healthier, cleaner and pathogen-free environment.

“Businesses that are concerned for the health and well-being of their staff and customers are turning to Aerus machines to provide that

extra level of confidence,” says Pennington. These next-generation purifiers (known as air scrubbers) can turn oxygen and humidity from a room



into safe super-oxide ions and hydroperoxides, essentially transforming the air into a cleaning agent. These devices have been shown, based on laboratory testing, to destroy more than 99.993% of airborne and surface pathogens, such as viruses, bacteria, fungi and mold, as well as odors, volatile organic compounds (VOCs) and other harmful gases. The ActivePure Super-Oxides neutralize these and other pathogens on contact, destroying these microorganisms in the air and on surfaces while leaving a protective barrier of safe super-oxides on all surfaces providing protection from germs continually 24 hours a day, every day.

In 2017, Aerus ActivePure Technology was inducted into the Space Technology Hall of Fame, a Space Foundation program encouraging further innovation of NASA-adapted technologies to improve the quality of life for humanity.

To schedule your contactless presentation or a free air quality test, call 321-636-8882. See ad, page 13.

Nourish Natural Bath Products Introduces Subscription Boxes

Shoshanna Walker, owner of Nourish Natural Bath Products, is excited to introduce

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nourish subscription boxes. "This is a great way to keep your shower stocked and never run out of Nourish natural soap and handmade bath products," says Walker. The options start at \$19.95 and each one ships for free.

Their most popular subscription *Cleanse & Hydrate* is perfect for small to medium sized families and includes five Shea Butter Bar Soaps, two Liquid Soaps, and a Body Moisturizer (Hydrating Mist, Jojoba Lotion, or Shea Butter Cream). "Plus, you will enjoy some fun surprises when we add free gifts to each box. This subscription is only \$56.95 and is a retail value of over \$75."

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

Nourish is located at 849 E. New Haven Ave., Downtown Melbourne. For more information or to order a subscription box delivered to your door, call 321-723-6464 or visit NourishSavannah.com. See ad, page 23.



Symphony Orchestra Holds Creative Drive-up Concerts

The Space Coast Symphony Orchestra (SCSO) has come up with a creative way to connect with concert goers during this time of COVID-19.

"We know both the soothing and energizing powers of music and want to share that with our community – especially now," says conductor Aaron Collins. "As we move into our 12th season, all of our fall concerts (September through December) will be outdoor drive-in concerts."

Treasure Coast drive-up concerts will be performed on Fridays at 7 p.m. and Space Coast drive-up concerts will be performed on Saturdays at 7 p.m. Please check the website for venue locations. The next concert, *Fan Favorites Redux* is scheduled for September 11 and 12.

The SCSO is hoping to return to the concert hall by January 2021.

Visit SpaceCoastSymphony.org for more details. Tickets for the drive-up concerts are \$10 per person, \$25 per carload of adults, or free for ages 18 and under. Advance online ticket sales are encouraged to help limit social interaction with parking attendants. Snacks and water will be available.

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space coast news briefs

Treatment Options Offered for Peripheral Neuropathy in Free Seminars

Dr. Steve Canuel, D.C., is accepting attendees to his free seminars on Peripheral Neuropathy. “If you suffer with neuropathy and are looking for a non-surgical, drug-free treatment, this seminar is for you,” says Dr. Canuel. “No need to suffer pain and numbness during this time of Covid-19. We are offering both virtual and in-office seminars to meet your needs.”



These seminars address: what really causes peripheral neuropathy, dangers associated with medications typically prescribed, how to stop nerve damage before the effects are irreversible, and how our revolutionary protocol provides outstanding results for sufferers. “90% of the treatment is done in the comfort of your home, so you are in control,” says Dr. Canuel.

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

Canuel Chiropractic Spine and Injury Center, A Neuropathy Clinic is located at 490 Center Lake Dr, Ste 100A, Palm Bay. To register or for more information, call 321-499-4608. In-office seating is limited. This seminar is sponsored by Blueprint to Neuropathy. WestMelbourneChiropractor.com. See ad, page 15.



Learn more in our video podcast at my-NA.com/VPNeuropathy.

Financial Assistance Expands Options for Healthcare

Yale R. Smith, M.D., of the Center for Antiaging Aesthetic and Rejuvenation Medicine (CAARM) has joined with PayPal Business Merchant Services to make health care more accessible. “In today’s trying financial and uncertain times with the Covid-19 Pandemic we have strived to assist our patients with the financial difficulties of maintaining their health in our Integrative and Functional Medical Practice,” says Dr. Smith. Patients that already have a PayPal account or wish to create one, can obtain six months interest-free payments.



Yale R. Smith, MD, specializes in heart health. He addresses Congestive Heart Failure, Hypertension, High Blood Pressure, Coronary Heart Disease and more using natural means, including the CardiaX test and the PULS (Protein Unstable Lesion Signature) Test. He holds the Advanced Metabolic Cardiovascular Certification and combines the best Traditional and Integrative Medicine have to offer.

Dr. Smith is accepting new patients at CAARM at 7000 Spyglass Ct, Ste 300, Viera. For more information, contact the practice directly at 321-421-7111 or contact PayPal. AntiAgingIM.com. See ad, page 6.



Hear more from Dr. Smith in our video podcast at my-NA.com/VPSmith.

Daly Integrated Medical Group Offers Solutions for Injuries and Pain

Daly Integrated Medical Group is accepting new patients seeking optimal health and relief from injuries or chronic pain. The dedicated team of orthopedic, rehabilitation and longevity specialists is led by Nurse Practitioner, Candice Vaknin, MSN, APRN, FNP-C, and Dr. David Daly, DC.

“Whether you are a weekend warrior with a knee injury or someone who is suffering from chronic pain, our team is trained to relieve your symptoms and support regeneration of injured tissue,” says Dr. Daly. “We stand out amongst our peers as an integrated clinic, which means we can truly treat the whole body using not only a holistic approach but also using the latest regenerative technology in medical treatments without needless drugs or invasive surgery, focused on allowing the body’s systems to heal itself in the way it was designed to do.”

They offer a multitude of services that include Regenerative Joint Injections, Platelet Rich Plasma Therapy, Auto Injury Care, Sports Injury Care, Rehabilitation, IV Nutrition, Massage, Spinal Decompression, Acupuncture, and Chiropractic Care. They also have a dedicated market area to provide patients the right supplements for optimal health.

Daly Integrated Medical Group is located at 2708 Garden St, Titusville. For more information or to make an appointment, call 321-267-4324 or visit DalyIMG.com. See ad, page 14.



Facial Specialist Helps Women with Skincare Options

Erika Preisler, Facial Specialist, is pleased to announce the opening of Beauty By Esthetics. Preisler provides skincare for women including custom facials, microdermabrasion, dermaplaning, as well as, traditional and airbrush professional makeup application that is perfect for bridal parties. Complimentary brow waxing included with any facial is a special bonus for clients.



All are invited to attend an opening celebration on September 20 from 1 p.m. to 4 p.m. Enjoy refreshments, snacks, and giveaways. Learn how Preisler helps her clients keep wrinkles at bay and fade or even possibly eliminate sunspots. Special rates will be applied for appointments booked during the event.

“I love educating and showing women how relaxing it can be to take care of their skin,” says Preisler. “Something as simple as a brow wax can be a complete confidence boost or having someone else do your makeup for a change can be a relief.”

For more information and to book an appointment, call 321-372-5000. Beauty By Esthetics, 2078 Meadowlane Ave, Melbourne. [Facebook.com/BeautyByEstheticsFL](https://www.facebook.com/BeautyByEstheticsFL), [Instagram.com/BeautyByEsthetics](https://www.instagram.com/BeautyByEsthetics).

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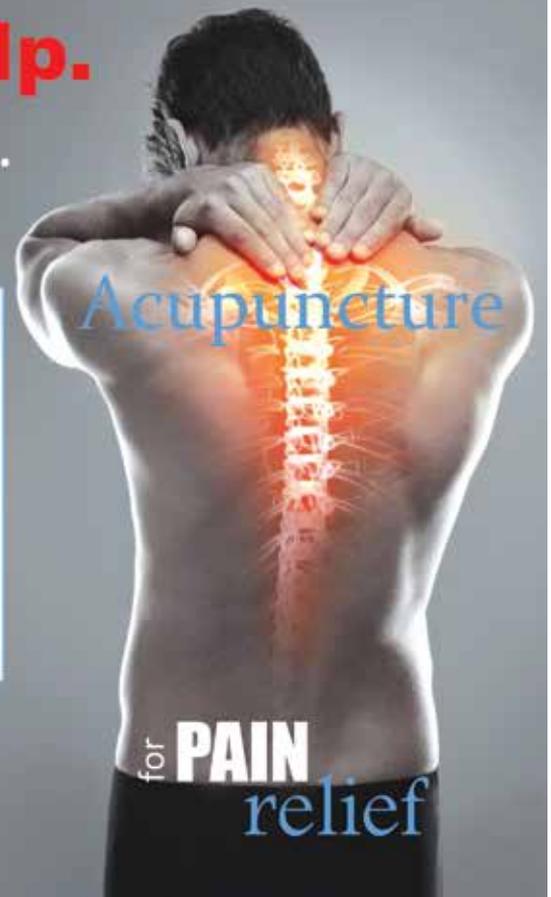


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The Importance of Early Cancer Screening and Exams

The physicians at Cancer Care Centers of Brevard are urging patients to schedule their missed or delayed cancer screenings and exams. Over the last six months, there has been a significant drop in crucial screenings, as much as 94 percent for certain types of cancer. Precautionary measures and patient concern during the COVID-19 pandemic are the likely cause of this disruption.

“Extended delays may result in many cancer cases going undiagnosed or being diagnosed at a later stage when they are more difficult to treat,” says Sumeet Chandra, MD, a Hematologist and Medical Oncologist with Cancer Care Centers of Brevard. “Early detection is the most effective way to prevent cancer death.” Mammograms, colonoscopies, and other routine screenings are encouraged, and patients who are high-risk or have symptoms of concern should contact their doctor immediately about available cancer screenings and diagnostic tests.

In addition, physicians recommend that patients get screened if they are overdue for their screening or have a family history of cancer and other high-risk factors.

Any person with cancer or a suspected cancer diagnosis is urged to contact Cancer Care Centers of Brevard at 833-394-4904 or visit CancerCareBrevard.com for more information on early screening and treatment options. See ad, page 29.

New Protocols Keep Community Acupuncture Safe

Indian River Acupuncture & Functional Medicine of Vero Beach is opening its private treatment rooms to patients looking for community acupuncture. Community acupuncture is usually offered in a group setting; however, in order to keep everyone safe during the COVID-19 pandemic, patients are now being seen in a private treatment room at the same community rate as in a group setting.

Conditions addressed through a private community session include acute or chronic pain, headaches, insomnia, allergies, anxiety, depression and stress. An initial community acupuncture visit includes a Chinese medicine review of systems as well as tongue and pulse diagnosis. The fee for an initial treatment is \$65 and follow-up appointments are \$40. A treatment plan for most conditions includes three sessions within two weeks and a reevaluation to determine if additional care is recommended. In a private treatment room patients relax with a soft glow from a salt lamp while listening to soothing music and keeping warm under a heat lamp. 15-minute consultations are available to those who would like to discuss if acupuncture is right for them.

Indian River Acupuncture & Functional Medicine is located at 1300 36th St, Ste H, Vero Beach. They follow CDC guidelines for infection prevention. To schedule an appointment, call 772-564-8383. IndianRiverAcupuncture.com. See ad, page 37.



Hear about COVID-19 and Chinese Medicine from Dr. Angela King in our video podcast at my-NA.com/VPKing.

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Aquarian Dreams, 414 N. Miramar Ave, Indialantic. For more information call 321-729-9495 or visit AquarianDreams.com. See ad, page 3.





Release Deep Soft Tissue and Fascial Tensions with the Total Body Balancing Technique

Chad Taylor, a Licensed Massage Therapist (LMT), at Massages With Purpose in West Melbourne is accepting new clients for Total Body Balancing (TBB). TBB is a relaxing total body approach, using long levers (arms, legs, head/neck or torso) and gentle rhythmic mobilization to release tension in the muscles, fascia, joint capsules and ligaments to improve circulation, nerve, and energy flow.

TBB also improves the patient's physiological function focusing on balancing organ mobility/motility, blood, lymph, body fluids, nerve, and energy flow while reducing swelling and pain. "You will see immediate changes in your functionality and pain levels," shares Taylor.

TBB can be used in the treatment of back pain, sciatica, neck pain, headaches, rib pain, upper and lower extremity orthopedic dysfunctions, swelling, and postural asymmetry. Because of the gentleness and effectiveness of TBB, it is appropriate for the following patient populations: pediatrics, geriatrics, sports injuries, auto accidents, general orthopedic conditions, amputees, respiratory, and neurological patients.

"This is a unique therapy, as it can comfortably maneuver the body into the correct body mechanics to loosen and release the deep holds within the body" says Taylor. "Clients wear loose clothing throughout this therapy".

For the month of September, first time clients will receive \$15 off their first Total Body Balancing session. For more information and to view other services offered, visit MassagesWithPurpose.com or call 321-652-3946. Serving Melbourne and Palm Bay (MA75423/MM35261).

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Natural Procedure Treats Fine Lines, Wrinkles and Scarring

Melissa Dean, MD of Dean Wellness Institute is pleased to offer microneedling with PRP (Platelet-Rich Plasma). This natural procedure is used to treat and improve dermatological conditions such as fine lines, wrinkles, acne scarring, hyperpigmentation, stretch marks, and improve overall texture.



The procedure includes the use of a microneedling tool to prick the skin, making tiny holes in the skin's surface. PRP is applied to encourage collagen production and cell reproduction.

"The number of treatments that a person receives varies, for example, larger scars or stretchmarks may take longer to respond to treatment," says Dr. Dean. Patients can expect it to take a few weeks to see results since it takes time for the body to produce collagen. Improvements in the skin will continue in the weeks following treatments and those with acne scars may notice a gradual improvement in the skin in less than nine months.

This "lunch time facial" requires minimal down time, with many returning to work the same day. "This is an effective, non-surgical option for those wanting a more natural approach to skin rejuvenation," says Dr. Dean.

For more information, call 772-567-1500 or visit DeanWellnessInstitute.com. Dean Wellness Institute, 1345 36th Street, Suite B, Vero Beach. See ad, back cover.

 Hear more from Dr. Dean in our video podcast at my-NA.com/VPDean.

Fort Pierce Scented Dragon Settles In



Scented Dragon in downtown Fort Pierce has moved to a new and improved space located in the historical Raulerson building, directly across the street from Second Street Bistro. Originally renting a store front close by since just before the shut-downs in February, owner, Jason Torres, was happy to see the Second Street space free-up as downtown began to re-energize. "I looked at this space before we took the store front on Ave. A, hesitated a day too long and it got rented. I feel lucky it became available again and am excited to be moved in."

Both the Fort Pierce and Port Saint Lucie Scented Dragon stores are gift shops and resource centers for those, of all faiths, seeking spiritual guidance, and offer a large selection of crystals and stones, incense, oils, sage, books, tapestries, candles and more.

In celebration of Labor Day both Scented Dragon stores will be offering a 20 percent discount on most items, Friday September 4 through Monday September 7.

Scented Dragon is located at 6993 Hancock Drive (just off US1) in Port Saint Lucie and 227 Second Street in downtown Ft. Pierce. They are open 7 days a week. For more information call 772-877-2101. See ad, page 23.

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Patient Advocate Corina Savela Offering Medicare Choice Webinars



Corina Savela, Patient Advocate, and Independent Insurance agent will be holding weekly Medicare Insurance webinars from October 21 through December 2 on Fridays at 11 a.m. “I’m finding that when it comes to health care plan choices people really need to be educated. There are a lot of confusing factors that when clarified can make a big difference when making plan selections.”

Webinars will be formatted to allow for a 20-minute presentation on that week’s topic at the start followed by a 40-minute question and answer session. This format allows for those interested in no-pressure, no-obligation information gathering and those with specific topic related questions to find benefit in each of these one-hour sessions.

Events will be posted with details on the presentation information; however, if time allows the Q & A portion will not be limited to that week’s subject matter. Topics will include How to choose a Part D Prescription Drug Plan, Choosing Original Medicare or a Medicare Advantage health plan and more.

Watch the calendar of events for topics or visit CorinaSavelaLLC.com for schedule.

Downtown Ft. Pierce Farmer’s Market Is Open



Over the past 23 years the Downtown Ft. Pierce Farmer’s Market has become a Saturday morning tradition for many. Offering homemade soaps, locally harvested honey and produce, plants, herbs and more, the market has something for everyone.

After implementing a list of new regulations and receiving the go-ahead, the Market has been successfully re-emerging as one of the top spots to spend Saturday mornings on the Treasure Coast. Market Manager, Clarence Brown says, “We will continue to follow the regulations that are laid out for us on a week-to-week basis with the intent to keep the Market open for all those who enjoy spending Saturday mornings with us here on the waterfront and for our vendors who are happy to get back to work.”

Ranked nationally as one of the top five markets by America’s Favorite Farmer’s Markets, the Market is open from 8 a.m. to noon and is a great starting point to take-in downtown Ft. Pierce’s unique charm and historical roots. Ample parking is conveniently located throughout the surrounding area and a free trolley picks-up and drops-off from the market all morning.

For more information please visit their website, FortPierceFarmersMarket.com.

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health briefs

Emotional Weight Loss: Releasing “Emotional Baggage”

Have you ever experienced a “heavy” emotional burden, one that weighs heavily on your heart?

Emotions and beliefs can weigh us down and hold

us back, and yet we carry them year after year, perhaps not recognizing that there are effective techniques for releasing them.

As life passes by, these emotional memories can get heavier, to the point of causing chronic fatigue or depression. Sometimes when a licensed physician diagnoses a patient with chronic fatigue and/or depression, there is no physical, diagnosable ailment – there is only a list of symptoms without a known cause.

Healthcare providers can provide a degree of relief with prescription medications, yet it may not effectively lift the emotional weight.

How much do these emotions and beliefs weigh? They weigh enough to hold us back and weigh us down; in fact, they can be so heavy that we feel as though we can’t move forward in life.

Releasing emotional weight involves engaging the subconscious mind where the memories, emotions and beliefs reside. It means getting to the initial cause of the event, circumstances or relationship that left the emotional imprint and resolving it at the root cause. Clinical Hypnotherapy that includes a regression-to-cause protocol provides exactly this process. Memories that a client may not even be aware of at a conscious level can be reached and resolved in hypnosis with the proper techniques.

Once resolved, the emotional “weight” is lifted and released from the body, resulting in profound relief and increased energy.

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



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The Oral Microbiome Gateway to Health

by Dr. Haley Freymiller

Much has been said about the microbiome, but not much has been written about the importance of oral microbiome.

The microbiome is made up of bacteria, fungus and other microscopic organisms. Many people consider the microbiome to be just in the gut; however, the oral cavity is the gateway and the start of the gut. There are more than a billion microorganisms in the mouth, most are beneficial. Without a balanced oral microbiome, you can't have a balanced gut microbiome or healthy mouth.

A microbiome that is in dysbiosis, or is unbalanced, causes disease in the mouth, such as caries and periodontal disease. Caries (tooth decay) is caused by a low pH, when acidic bacteria and poor diet come together. Periodontal disease is caused by inflammation from a pathologic microbiome that leads to leaky gum, where bacteria invade the blood stream.

So, how does one groom a healthy oral microbiome? Regular visits to the hygienist remove the biofilm that is attached to the teeth. This is where the bacteria live and replicate. Left uncleaned and untouched, the population becomes pathogenic. A healthy lifestyle, diet, excellent oral hygiene and regular visits to the dentist promote oral health.

The bacterial makeup of the mouth influences the health of both the mouth and body. To take control of the oral microbiome, a good place to start is with a thorough dental exam and cleaning, and don't forget the floss!

Haley Freymiller, DM provides dental and dental onconlogy care at Smile Design and Wellness Center (SDWC). SDWC is located at 5445 Village Drive, Suite 100, Viera. For more information, call 321-751-7775 or visit SmileDesignCenter.us.

Hear more from Dr. Freymiller and the doctors at SDWC on our video podcast at my-NA.com/OralHealthVideos.



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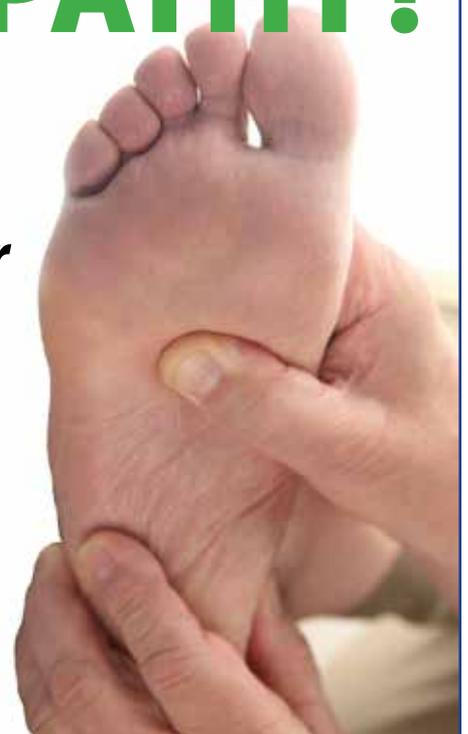
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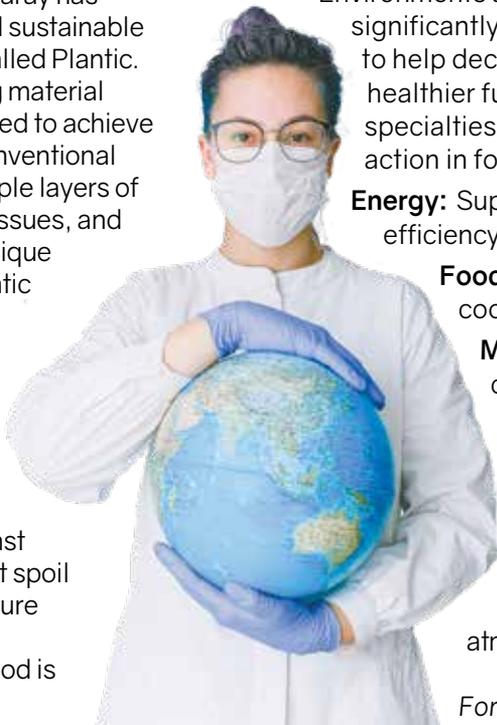


global briefs

Starchy Solution

A Plant-Based Alternative to Plastic

Japanese manufacturer Kuraray has introduced a renewable and sustainable starch-based barrier film called Plantic. The plant-based packaging material can be recycled or composted to achieve a circular product cycle. Conventional packaging made from multiple layers of plastic can cause recovery issues, and perishable food imposes unique demands on wrapping. Plantic packaging washes away or decomposes after use. It includes compostable coffee pouches, as well as a barrier layer to package meat, seafood and poultry products with continuous protection against oxygen and other gases that spoil food. The Food and Agriculture Organization estimates that one-third of all produced food is wasted in the supply chain.



Drawdown Direction

Nurses Stand Up Against Climate Change

Nurses, the most numerous and trusted health profession in the world, have organized the Alliance of Nurses for Healthy Environments and partnered with Project Drawdown to significantly impact climate change. Together, they are working to help decrease greenhouse gas emissions and create a healthier future for humans and the planet. Nurses from all specialties and in all practice settings are encouraged to take action in four key areas.

Energy: Supporting a clean energy future by promoting energy efficiency and advocating for a transition to renewable energy.

Food: Committing to a plant-based diet, use of clean cook stoves and reduced food waste.

Mobility: Supporting bike infrastructure, walkable cities and mass transit.

Gender equity: Educating girls and family planning.

Nature-based solutions: Planting trees, protecting tropical forests and forest protection.

Founded in 2014, nonprofit Project Drawdown seeks to help the world reach “drawdown”, the point in time when levels of greenhouse gases in the atmosphere stop climbing and start to steadily decline.

For upcoming events, visit Drawdown.org.

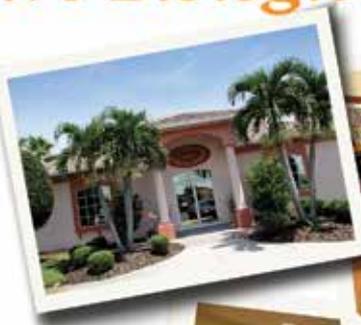
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Tasty Trap

Sea Turtles Attracted to Deadly Ocean Plastic

Loggerhead turtles may think they're biting into a favorite food when they encounter some synthetics, a study of 15 turtles in the journal *Current Biology* posits. Ocean plastic is often covered with algae and other marine organisms (biofouled), making it smell delicious to them. At least 1,000 die every year because they swallow plastic or get tangled up in it. Exposed to different odors in the lab, the loggerheads responded to the smell of turtle food, distilled water, clean plastic and biofouled plastic. The team found that the turtles had similar responses to biofouled plastic as to their normal food.

Kayla Goforth, a Ph.D. student in biology at the University of North Carolina at Chapel Hill who worked on the study, says, "So they have to come up to breathe. And we know that they can detect airborne odors. So when they find that there's an odor of interest in the air, they'll spend an increased amount of time at the surface with their nostrils out of the water. And we found that the turtles spent more time with their nostrils out of the water when there was this biofouled plastic odor or a food odor."

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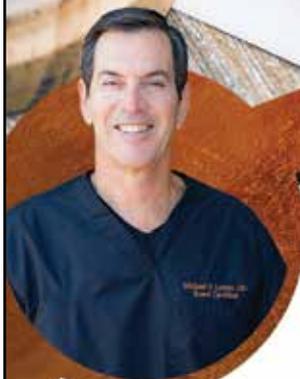
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Emotional Well-Being in the Pandemic Age

Self-Care Strategies for Tough Times

by Sandra Yeyati

As the pandemic ravages our country, we are engulfed by a sea of challenging emotions, including fear, loss, anger, disappointment and grief. Compounding the suffering, past emotional traumas and pent-up desires are surfacing and crying for attention. One way to navigate these treacherous waters is by first enveloping ourselves in self-compassion. Next, we can gather the courage to face our fears and experience unpleasant feelings in order to heal them and let them go. Then, we search for and internalize positive emotional states to rewire our brains for positivity. This noble voyage promises immense rewards along the way.

The Cocoon of Self-Compassion

Some of us chase self-esteem like the Holy Grail, yet it eludes us when we need it most. Faced with a failing grade or cruel insult, our self-worth withers. We can't understand why we lost it or how to get it back. When we attach our self-worth to achievements or comparisons with other people, self-esteem becomes unstable and unreliable.

Enter self-compassion, the life-changing perspective of showing kindness to ourselves in any and all situations—a supportive best friend that lives within us and can be accessed any time, every day. A pioneer and expert in this topic, Kristin Neff believes that self-compassion has three components: a

decision to be kind to ourselves, a mindful awareness when we are in pain so that we can seek some relief and a sense of common humanity or connectedness.

We already know how to be compassionate, says Neff, an associate professor of educational psychology at the University of Texas at Austin and co-author of *The Mindful Self-Compassion Workbook*. “It’s linked to the parasympathetic nervous system, which is a natural part of our organism. We’re tapping into this way of feeling safe, which is through care, bonding and connectedness.”

Encouraging our friends when they’re feeling down or hugging our moms in the morning is hardwired into us. When we

decide to be kind to ourselves, it's easy to think of what we would say: "I'm sorry you failed that test. You'll do better next time. How can I help you?" To lend perspective, add a statement about our common humanity, counsels Neff. "This is hard for everybody. You're not alone."

We must be aware of our pain before we can comfort it, and many of us try to suppress or resist pain, choosing to numb it with distractions like alcohol addiction or compulsive shopping. Others may get lost in the storyline of what's happening and succumb to suffering with no apparent way to obtain relief. Self-pity or self-criticism may creep in.

Mindful awareness is the antidote to these emotional extremes, because it helps us become aware that we are experiencing pain and to stay with that pain long enough to make a conscious decision to take care of ourselves. "One easy thing is physical touch," says Neff. "The first few years of life you have no words, so the body is programmed to respond to touch as a signal of care. Put your hand on your heart or your stomach, or hold your hand. This changes your physiology, activates your parasympathetic nervous system, helps you calm down and helps you feel physically supported. Sometimes, that's an entryway for people."

Finding Confidence Through Unpleasant Feelings

Nobody likes to feel sad or embarrassed. We'd rather have an ice cream cone or turn on the TV. But for Dr. Joan Rosenberg, a prominent psychologist and speaker, uncomfortable feelings present an invaluable opportunity for people to transform into confident individuals that relate to the world around them with authenticity and resilience.

In her book *90 Seconds to a Life You Love*, Rosenberg offers a formula—one choice, eight feelings, 90 seconds—to experience and move through eight of the most common unpleasant feelings: sadness, shame, helplessness, anger, embarrassment, disappointment, frustration and vulnerability.

"The choice is to stay aware of and in touch with as much of your moment-to-moment experience as possible and not



get lost in avoidance," she explains, adding that there are more than 30 behaviors, thoughts and emotions that we employ as distractions, including substance abuse, social media, pornography, exercise, obsessive thoughts about body image, humor and denial.

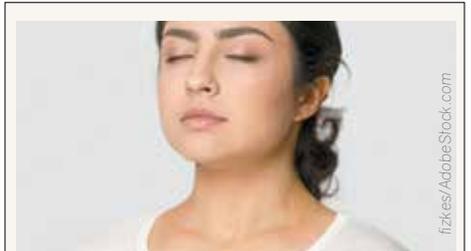
"Be aware of what you're aware of," she advises. "If we know that we don't like feelings, and we know we've been engaged in using ways to distract ourselves, then our challenge is to be more awake and aware of those times we do it, and as soon as we start to do the thing and become aware, that's when we make the decision to stop and ask, 'What's really going on?'"

Discoveries in neuroscience suggest that most of us come to know what we're feeling emotionally through bodily sensations. We might feel heat in the neck and face when embarrassed or a sinking feeling in the chest when disappointed. As feelings get triggered in the body, a rush of biochemicals in the bloodstream activate these sensations and are flushed out of the bloodstream in roughly 90 seconds.

"Most people have the impression that feelings linger a whole lot longer and that they're going to be overwhelmed by it and never come out of it if they start. But when they understand that what they're trying to avoid are uncomfortable bodily sensations that help you know what you're feeling emotionally, and that these are short-lived, most people will start to lean into them, and once they do, their life changes," Rosenberg says.

To move through bodily sensations, which may come in multiple waves, take deep, slow breaths. Try not to tighten up or clench the jaw and swallow. Notice the location and nature of the bodily sensations to help identify which of the eight unpleasant feelings it might be, and be curious as to what might have triggered it. All of this will take a few moments. With practice, identification will become faster, easier and more accurate.

"If I have more time, then I can think about whether this is connected to anything else. Is it just one thing that triggered it, or is it like something else that's happened before?" Rosenberg says. This level of awareness leads to a calming effect, clearer thinking, improved decision making and,



Making Courage a Habit

In her book *The Courage Habit*, life coach Kate Swoboda presents a four-part method for people to face their fears, release the past and live their most courageous life.

Access the body. Practice any body-centric activity like mindful meditation, exercise or dancing every single day to release stress and anxiety, become centered and more present, and clear the mind.

Listen without attachment. When your self-critic offers a warning or criticism, hear the words, understanding that this is fear trying to protect you and deciding that it's misguided and not true.

Reframe limiting stories or beliefs. Amend your internalized self-critic's messages to be more respectful and supportive. If it says, "You're stupid to try that," revise it to, "I'm smart because I'm willing to try."

Create community. Reach out to like-minded individuals that are supportive of the changes you are trying to make.



Building Up Our Happiness Quotient

These exercises are recommended by psychologist Rick Hanson:

Slow down, breathe and see the big picture. This simple practice brings us into the present moment, reduces the stress activation in the body, disengages us from verbal chatter and negative reactivity, and buys us time to see more clearly. Take three breaths, making the exhalation longer than the inhalation.

Five-Minute Challenge
Take in the good. It could be a flower blooming, birds singing or a nice exchange with another person. Slow down, take a few breaths and let it sink in for a minute or two.

Focus on something to cultivate. Perhaps it's patience or gratitude. Look for opportunities to have an experience of this quality and internalize it for another minute.

Marinate in pleasant feelings. Cultivate a sense of calm, contentment or warm-heartedness for a couple of minutes.

perhaps most importantly, an ability to speak authentically.

“If we don't handle the eight feelings, we don't feel capable in the world,” she says. The ability to speak adds to that empowerment. “From asking someone to stop a behavior so that you feel safer to telling someone you love them, asking your boss for a raise or letting people know about yourself and your work to garner opportunities and desired experiences—it cuts across every aspect of our lives and is absolutely crucial to our sense of well-being.”

Rewiring the Brain for Positivity

Discoveries in neuroplasticity have revealed that the brain changes throughout life well into adulthood. It's designed to learn not just ideas and information, but skills, attitudes, feelings and moods. Rick Hanson, a clinical psychologist and author of several books, including *Hardwiring Happiness* and *Resilient*, contends that we can develop greater happiness, just like we can develop greater depression.

“There's a lot of research that shows that through deliberate little practices spread out through the day or sometimes more formal practices like psychotherapy or meditation, we can actually produce physical changes

in the brain that are now measurable with things like MRIs,” he remarks.

Hardwiring happiness is easy, pleasurable and doesn't take a lot of time. “If you take care of the minutes, the years will take care of themselves,” says Hanson. “Little steps gradually move us forward a breath at a time, a minute at a time, a synapse at a time. Bit by bit, we grow the good inside while gradually releasing the bad.”

“Our power to positively influence who we are in small, genuine ways every day is really important to compensate for the brain's negativity bias, which makes it like Velcro for bad experiences, but Teflon for good ones,” he says. “We evolved a negativity bias over the 600-million-year evolution of the nervous system. Learning from negative experiences and mistakes was a critical survival skill, so we have a brain that is designed to scan for bad news, overreact to it and fast-track it into memory. It's not our fault, but it is our responsibility to deal with it by first, feeling the negative without reinforcing it and second, focusing on the positive and taking it in. Gradually, you can give yourself a brain that's like Velcro for the good and Teflon for the bad.”

Sandra Yeyati, J.D., is a professional writer. Reach her at SandraYeyati@gmail.com.

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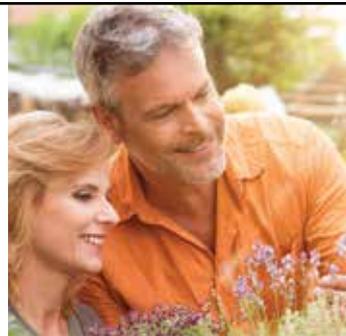


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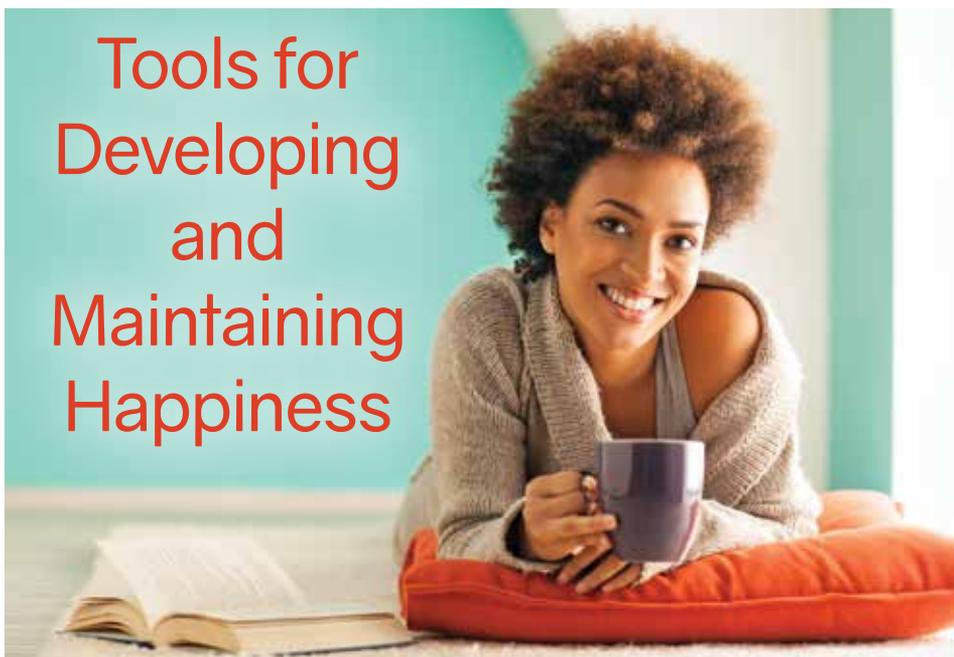


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Tools for Developing and Maintaining Happiness



Finding happiness during times of emotional distress or in the midst of the chaos of the world can be challenging. But there are some techniques and ways of thinking that help achieve that level of happiness more easily.

“Take time to start your day,” says Leslie Haatvedt, PhD, LMHC, owner of Child and Family Counseling Associates in Vero Beach, and a Unity Chaplain. “My motto is 6 to 9 is mine.”

Whether it’s spending three hours of prayer, meditation or reflection first thing in the morning, or simply taking a five-minute break to align the energy or do intentional breathing, it makes a difference to reset the body, mind and spirit before taking on (or continuing with) the potential stressors of the day.

Better understanding of our body is also important to achieve optimum wellness and happiness. The sympathetic state includes fight, flight or freeze. The parasympathetic state includes rest, digest, heal and feel.

“Imagine there is a room where your job is survival. That’s the sympathetic state. Down the hall is a room for digesting and resting,” says Haatvedt. “How do we get from one room to the other room? There are several ways. One is by doing intentional breathing. Another way is meditation. Another way is some form of exercise.”

Because the sympathetic state is essentially stress, it’s to our advantage to activate the parasympathetic and keep our body in a healing state.

Because the sympathetic state is essentially stress, it’s to our advantage to activate the parasympathetic and keep our body in a healing state. This can be done by waking up the vagus nerve.

“Everyone should know about the vagus nerve. It comes from the brain stem and attaches to every single organ we have, giving information from that organ back to the brain on how we’re doing,” says Haatvedt.

In fact, the vagus nerve is the longest in the autonomic nervous system and transports neurotransmitters along the brain-gut axis. Studies have shown that the vagus nerve regulates inflammation in the body. Further, disruption in the gut can affect mental health, the immune system and other bodily systems as the vagus

nerve transmits information about the disruption to the brain.

Impacting those responses from the body to the brain is possible with some intentional effort. One way to do this is to be self-aware and dedicated to managing thoughts. In today’s world, it’s easy to get drawn into the negative chatter and difficult to center ourselves in a positive place.

“At this point, what I’m seeing from my clients, whatever was bothering them to begin with before all this pandemic hit, it’s worse now,” says Elizabeth Campbell, board-certified hypnotist and owner of Tranceformu in Stuart. Part of the problem, she explains, is that many people have lost any way to escape. Where once they could go to the office to get away from stressors at home, or go home to shut out the office, now many are working from home. It’s all there, all the time.

The problems of the world are also front and center all the time. The news plays 24/7 and repeats the same stories over and over. “Your subconscious doesn’t understand the difference between real or imagined. Keeping the news channel on is a good example. You may hear the same story over and over, but your subconscious hears the same story each time as a new event,” says Campbell. “We have to mind what we’re allowing in our subconscious in order to not compound what is going on.”

On the same line of limiting the news, we must also limit our negative self-talk or negative talk from others. “We cannot afford the luxury of a negative thought. Every single word is important. Every word has a vibration, every word has power,” says Haatvedt. “When people say things like ‘This is killing me’ or ‘This is breaking my heart,’ I will say, ‘Please change that to this is challenging me or this is annoying me.’”

Avoiding bringing in or multiplying stress is crucial. But once it’s there, we can reset. “As a hypnotist, I can guide people into a trance state, which is the theta brain waves, the same as REM sleep. This is an effective method that only takes a few minutes,” says Campbell. “It’s just using the natural way the mind already works. Once there... your physical stress and

In today's world, it's easy to get drawn into the negative chatter and difficult to center ourselves in a positive place.

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Not being in a position to watch or listen to a trance recording doesn't mean there isn't a solution. "If you ask yourself a question, your subconscious will get to work finding an answer. If you are super stressed and you ask your subconscious, 'How can I find peace in this situation today?' or 'How can I find joy in this situation today?' It lets your subconscious know there's a problem to work on today," says Campbell.

Simply smiling can also fool the brain into happiness, thanks to muscle memory linking that position of the face to happiness. Taking time to notice and change shallow breathing presents the opportunity to take intentional breaths to reset and reactivate the sympathetic response, putting us back into a place of healing.

"I think we're here to be happy and joyful," says Haatvedt.



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To connect with the practitioners in this article refer to their ad. Leslie Haatvedt, Child and Family Counseling Associates: page 43; Elizabeth Campbell, Tranceformu: page 44.

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Yoga for Every Body

Adaptive Ways Ease Pain and Immobility

by Marlaina Donato

Taming chronic pain, restoring energy reserves, improving heart health and relieving symptoms of depression and anxiety are only a few of the science-backed perks of spending time on a yoga mat. However, misconceptions about this ancient practice can make yoga seem intimidating for individuals that could benefit the most from it.

Adaptive yoga, designed for people challenged by injury, chronic pain, autoimmune disease or debilitating conditions like multiple sclerosis, can foster perhaps unexpected gains through the use of props, chairs, wall space and even countertops. From wheelchair-bound veterans to seniors with compromised balance, adaptive yoga offers new horizons for achieving well-being.

Yoga's gentle influence goes beyond physical benefits. A 2017 British study published in the *Journal of Pain Research* found people with spinal cord injuries that took sitting yoga classes twice a week for six weeks were less depressed, more self-compassionate and more mindfully in the moment than those in a control group.

Empowerment, Not Perfection

"Yoga is for any body, no matter the size, shape or color. It's not about designer clothing, athletic ability, talents or perfection in the pose. Adaptive yoga is a movement to change this misconception and mitigate the anxiety to try yoga," says Mindy Eisenberg, a Detroit-area certified yoga therapist and author of *Adaptive Yoga Moves Any Body: Created for Individuals with MS and Neuromuscular Condition* and the accompanying *Adaptive Yoga Cards*. For Eisenberg, the focus is about the internal experience, healing and most of all, "the sense of joy that comes from a regular practice."

Ora Ramat, owner of the Wagging Tail Yoga Studio, in Bethel, New York, witnesses remarkable, everyday mastery in her students through adapted poses. "Many of my students are 40 to 95 years young, and the range of modification I do with them is endless," says Ramat, who underscores the importance of listening to the body. "I learned the hard way 17 years ago when I first became a

teacher. I am gentle with myself if I am unable to do a pose and embrace the modification. I go deeper in my poses now than when I was younger."

Freedom Through Support

"Our students have a wide range of health conditions including spina bifida, arthritis, MS, cerebral palsy, Parkinson's disease, fibromyalgia, stroke, chronic obstructive pulmonary disease, paraplegia, epiphyseal dysplasia, Ehlers-Danlos syndrome, chronic back pain and more," says Miranda McCarthy, CEO of Wavelength VR (*WavelengthVR.com*), a healthcare company that produces a library of science-supported content for pain management without medication. The London-based creator of Adaptive Yoga LIVE, which offers seated online classes, knows firsthand how yoga can change lives.

"Until I found adaptive yoga, I felt like I was constantly at war with my body," she says. Diagnosed with rheumatoid arthritis at the age of 2 and the youngest recipient of bilateral hip replacement surgery in the U.S., McCarthy thought she knew her body inside and out. After 40 surgeries and decades of rehabilitation and medication, she went through a radical shift in perspective. "When I discovered adaptive yoga, I soon realized my relationship with my body had only just begun."

Eisenberg highlights the internal process that adaptive yoga can catalyze: "The energy and sensation that yoga students feel on the inside is much more important than what the pose looks like on the outside." Items such as chairs, blocks, straps, blankets and bolsters are used to make traditional postures more accessible to those with physical challenges and to ensure safety. "Using props is not a sign of weakness or inferiority. We even use ambulatory devices such as a cane as a prop. Those who require assistive devices cease to see them as a hindrance. In fact, they become an accessory," says Eisenberg.

For McCarthy, the biggest takeaway is simple, yet profound self-acceptance. "I no longer judge myself or compare myself to able-bodied people. I gained a newfound love for my body and a love for myself."

Eisenberg affirms, “It’s exciting to realize that our bodies are so much more capable than we thought, and we learn that we are not defined by our individual disease or limitations. As my teacher Jon Kabat-Zinn says, ‘As long as you are breathing, there is more right with you than wrong.’”

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

Online Yoga Resources

Free adaptive yoga classes online from Miranda McCarthy. AdaptiveYogaLive.com

YogaJP, YouTube chair yoga classes for people in wheelchairs. Tinyurl.com/WheelchairYogaClasses

Yoga and MS, book from the National Multiple Sclerosis Society. omsyoga.org



Adaptive Yoga Benefits

from Miranda McCarthy

- Increased strength, balance and flexibility—both mental and physical
- Discovery of a subtle level of mind-body sensation not impeded by disability
- Improvements in the quality of breathing
- A sense of lightness and freedom within the body
- An increased ability to manage stress
- A deepened sense of wholeness and connection with others

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Natural Antivirals

Help in Staying Strong and Healthy

by Ronica O'Hara



In these sobering times, we must use every weapon in our arsenal against invasive viruses, including often-overlooked natural remedies with antiviral properties. As is also the case with pharmaceutical agents, natural approaches have not been shown to stop an aggressive virus in its tracks, but they may ameliorate symptoms. “Nutrition and supplementation are unlikely to prevent an infection, but they may help prevent the infection from becoming symptomatic or severe,” explains Leo Galland, M.D., a global leader in functional medicine and author of *Power Healing: Use the New Integrated Medicine to Heal Yourself*.

Eating healthy foods, sleeping seven to nine hours a night and exercising at least 150 minutes a week are also key in fortifying our natural defenses against viruses. Steps still necessary for COVID-19 protection include hand-washing, mask-wearing, social distancing and sterilizing objects and surfaces.

Baseline Protectors

Scientists report that some vitamin and mineral deficiencies appear to be linked to poor COVID-19 outcomes, while adequate levels help combat other viruses. *ConsumerLab.com*, which provides comprehensive research overviews and information on nutritional products, lists these natural supplements as potential aids against COVID-19, although at this early stage, none have been proven to work:

Vitamin D: According to Galland, vitamin D “stimulates your immune system to produce factors called defensins and cathelicidins that kill viruses.” People with levels below 30 nanograms per milliliter (ng/mL) were 45 percent more likely to test positive for the coronavirus and 95 percent more likely to be hospitalized, Israeli researchers found. Getting three 30-minute sessions of sun exposure a week and eating D-fortified foods raise levels, and supplementing with up to 2,000 international units daily is generally considered safe.

Zinc: “Zinc throws a wrench in the viral replication machine and helps fight infections by boosting the production of antibodies,” says Nicole DeMasi, an integrative dietitian nutritionist in Los Angeles. Zinc lozenges may ward off the coronavirus in the upper respiratory tract. The recommended dosage is 15 to 30 milligrams (mg) a day for up to two weeks.

Vitamin C: A cup of orange juice, tomato juice or a kiwi supplies most of the minimum recommended intake of vitamin C, a vital supplement for white blood cells that fight viral infections. Supplementing with 1,000 mg daily is also safe. Intravenous megadoses are being studied for critically ill COVID-19 patients, but no evidence exists so far that higher levels prevent infections, reports *ConsumerLab.com*.

Potassium: A critical antiviral mineral and electrolyte, low levels of potassium were found in 61 percent of 175 Chinese patients hospitalized with COVID-19, making them more prone to heart damage, reports the *Journal of the American Medical Association*. Foods that boost levels include potatoes, squash, lentils, spinach, avocados, bananas and raisins.

Supplemental Supporters

When choosing supplements proven to be effective, “Much of what we know and can apply is based on our previous research on viruses of the past,” says Monisha Bhanote, M.D., an integrative physician in Jacksonville Beach, Florida. Here are some good choices.

Melatonin: Known best as the hormone that regulates sleep, melatonin also supports antiviral immunity and helps control inflammation in viral infections. A study of 11,672 people tested for COVID-19 found that those taking supplemental melatonin were less likely to test positive, and a clinical study is underway to see if 2 mg a day helps protect healthcare workers. Typical dosages range from 0.3 to 3 mg.

Licorice Root Extract: This herb contains a substance called glycyrrhizin that makes it hard for a virus to attach to and invade a cell and hinders its ability to replicate, slowing the spread from one cell to another. Chinese doctors used it with other traditional herbs to combat COVID-19, and studies have shown it effective against an earlier coronavirus, as well as against HIV, herpes, viral hepatitis and respiratory infections. For dosage, follow package directions. People with high blood pressure, congestive heart failure, kidney disease or low potassium levels are advised against its use.

Astragalus: Known as *huang qi*, astragalus “is one of the most powerful herbs used in

Chinese medicine for people with weakened immune systems,” says Tsao-Lin Moy, a New York City acupuncturist and herbalist. It’s best taken as a hot or cold tea using tea bags or the root itself.

Andrographis: This herb has long been used for colds and throat infections in China and India, and may prevent flu viruses from binding to cells. In a Swedish study, flu patients that took an andrographis extract along with Siberian ginseng recovered more quickly with fewer complications than those given a U.S. Food and Drug Administration-approved flu medication. Because of its potency, it’s best to consult a health practitioner to avoid interactions. The recommended dosage is 400 mg twice a day.

Fightin’ Foods

To lower the inflammation linked to poor viral outcomes, integrative physician Monisha Bhanote, M.D., recommends a predominantly whole foods diet with at least five to seven servings of vegetables and two to three servings of fruit a day.

Quercetin-rich foods, such as apples, onions, broccoli, raspberries, parsley and celery are especially important, she says, because the bioflavonoid enhances zinc’s antiviral actions: “It functions as a zinc ionophore, chelating zinc and transporting it into the cell cytoplasm.” Quercetin can also be taken as a supplement in doses ranging between 500 and 1,000 mg daily.

Garlic has potent antiviral and antibacterial properties, and can be cooked into food, eaten raw in salads and dressings or obtained from capsules of allicin, the active component.

Green tea has epigallocatechin gallate, a compound with “a wide range of antiviral activity, especially in the early stages of infection, by preventing viral attachment and entry into the cell,” says Bhanote. Aim for three to five cups a day.

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



Learn More

Coronavirus Handbook by Leo Galland, M.D.: A comprehensive look from an integrative physician at coronavirus mechanisms, nutritional strategies and supplements. DrGalland.com/coronavirus-protection-protocol

Coronavirus Information Center: Up-to-date information on natural remedies and nutritional supplements. ConsumerLab.com/coronavirus

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Sometimes it takes a little dog to bring about a big truth, as Cheryl Christine, a professional musician and composer in Ridgeland, South Carolina, learned. "I was playing the piano at a party and the owners had a hyper little dog. After a while, I started playing some of the music from my CD and the dog stopped, turned around and came up to me, and just sat there and listened. The owners were shocked."

The mood of dogs and cats can be improved by hearing the right kind of tunes, but it's important to choose their music wisely, because they are more highly attuned to sensory cues than humans.

Resounding Research

The nicest notes for animals have been well studied, especially dogs. Colorado State University researchers found that auditory stimulation with music can be helpful or detrimental. Results of a study in the *Journal of Veterinary Behavior* suggest that dogs sleep more and bark less when they listen to classical music; and they shake more

and rise to their feet when exposed to heavy metal music, possibly from nervousness.

Patricia McConnell, Ph.D., a zoologist and certified applied animal behaviorist in Wisconsin, wrote her dissertation on the effect of different types of sounds upon working domestic animals. "What is important is not whether the music is 'classical' or 'heavy metal', but whether it includes a set of acoustic features that appear to be universally associated with soothing or stimulating internal states," states McConnell in her blog, *TheOther-EndOfTheLeash.com*.

McConnell explains that, "Pure tones and regular rhythms are associated with positive states." On the other hand, harsh, noisy tones and irregular rhythms are linked with negative ones. She adds, "A tempo matching an animal's resting heart rate (or respiration) tends to be calming."

Composers and musicians are currently writing music specifically for animals with the aim of reducing stress from noise or separation, assisting with healing, controlling overeating and soothing irritability.

Compositions for Cats

Christine was volunteering at a local animal shelter that played country music for the cats. “I wondered what their reaction would be if I wrote some meditative music with different tones—beta/alpha waves—to present to them alternative sounds,” she says. She composed some music and experimented with it in the cat room, noticing that the animals reacted positively to certain tones. That eventually led to a CD for cats, and then one for dogs, with the proceeds donated to the ASPCA and the Fisher Center for Alzheimer’s Research Foundation, in New York City.

Harmonies for Hounds

The Rescue Animal MP3 Project, an organization that has donated free MP3 players filled with music to more than 1,420 animal shelters and sanctuaries, was founded by Pamela Fisher, a holistic veterinarian in North Canton, Ohio. Calmer animals are more likely to be adopted, and the music is designed to provide a relaxed environment for animals so they can better cope with stressful housing conditions. The MP3s contain a variety of music and artists, including selections like *Canine Lullabies*, by Terry Woodford, therapeutic music expert; *Pet Calm*, *Pet Healing*, by hypnotherapist Rick Collingwood; and *Harp Music to Soothe the Savage Beast*, by Alianna Boone, who states, “The structure of the harp is considered to be the most healing instrument next to the human voice.”

Pet owners may need to listen more closely. “We so often focus on other aspects of their environment—Is their dog bed comfy? Does it look pretty to us?—and fail to attend to the impact of sound on our dog’s environment (not to mention our own),” writes McConnell about new animal-music studies.

There are many melodic medleys for pet parents, but buyer beware. “If you’re to spend your money on this, make sure you are looking at music backed by research,” advises Christine.

For more information, visit Cheryl Christine.com.

Julie Peterson writes about wellness for people, animals and the environment. Reach her at JuliePeterson2222@gmail.com.




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SPICE UP HEALTH

Using Herbs for Flavor and Medicine

by April Thompson

Herbs add lush flavor to all kinds of dishes, and they are culinary friends that bring the benefits of helping to restore and maintain health. “Food is medicine, and herbs bring out the medicinal properties of food,” says Kami McBride, of Sebastopol, California, author of *The Herbal Kitchen: Bring Lasting Health to You and Your Family with 50 Easy-to-Find Common Herbs and Over 250 Recipes*. “The spice rack is a relic from another time when we knew how to use herbs and spices to optimize health and to digest our food.”

To get a medicinal dose of an herb, consider making teas, vinegar extracts or pestos, says Brittany Wood Nickerson, the Conway, Massachusetts, author of *The Herbalist’s Kitchen: Delicious, Nourishing Food for Lifelong Health and Well-Being*. “Parsley, for example, is a nutrient- and vitamin-rich herb. If you garnish with parsley, you won’t get a significant amount of vitamin C, as you would if you make a pesto from it.”

Salads can also pack a healthy dose of herbs into a meal, says Martha’s Vineyard resident Holly Bellebuono, an herbalist and author of *The Healing Kitchen: Cooking with Nourishing Herbs for Health, Wellness, and Vitality*. “So many herbs, including violets, mints and red clover, can just be tossed fresh into a salad, offering both fiber and minerals.”

Vinegars are one of Bellebuono’s go-to methods to incorporate herbs into a diet, infusing fresh or dried herbs into red wine or apple cider vinegar for salad dressings and other uses. “Vinegar is great at extracting minerals from herbs and making them more bioavailable,” she says.

Drying herbs does not diminish their medicinal properties, but rather concentrates their essence, as it removes excess water, according to Bellebuono. “Dried and powdered herbs are a great way to preserve the garden harvest and add herbs into everyday dishes. You can throw a teaspoon of turmeric, a wonderful anti-inflammatory herb, in spaghetti sauce or oatmeal, and you won’t even notice it,” she says.

Best Herbal Buddies

While Mediterranean herbs like oregano and basil are often at the front of the spice rack, Nickerson also suggests lesser-used herbs such as sour sumac, anise-accented tarragon and versatile, yet often discarded orange peels, which can be added to soups along with fennel

seed and bay leaves for a complex flavor. Thyme is another of Nickerson’s favorites, a hearty herb for fall dishes that’s also a powerful antifungal and aids with digestion, lung health and detoxification.

While some may think of parsley as a garnish, “It offers incredible freshness and livens up almost anything,” says Nickerson. “I use it as a vegetable and make a salad of its leaves or add handfuls of it into a quiche. Parsley is loaded with vitamins and minerals, and has detoxification properties.” Adding it near the end of cooking maintains its vibrant flavor and color, she notes.

McBride loves versatile herbs like mint and coriander that can be used in sweet and savory dishes with antimicrobial properties that help fight colds and flu. She also keeps salt shakers on the table filled with spices like cardamom, an antibacterial, anti-spasmodic and expectorant, to sprinkle onto beverages and dishes. Bellebuono also recommends infusing honey with herbs such as sage or oregano that support the immune system.

Herbal-Aided Digestion

All herbs, whether leafy, green culinary herbs or spices like coriander and clove, are carminative, meaning they help digest food, McBride says. “Digestion can use up to 40 percent of your day’s energy, which is why you often get a nap attack after a big meal. Every meal needs a carminative, even if it’s just black pepper, which is one of the problems with most fast food.”

Pungent and bitter herbs, in particular, support digestion and absorption of nutrients and make them more bioavailable, says Nickerson: “Activating the taste buds dedicated to sensing bitter stimulates the digestive system.” A salad of bitter greens, for example, can help prepare digestion of a heavier meal to come, whereas a post-meal aperitif can help with digesting the food afterward.

“It absolutely adds up when you add small doses of herbs to your meals every day,” McBride advises. “Many Americans suffer from gastrointestinal inflammation from modern diets and lifestyles, and herbs can help reverse that. Your gut gets a little healing every day.”

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

Some Herbal-Aided Delights

Spinach & Grapefruit Salad with Toasted Pumpkin Seeds

The floral notes of tarragon in the dressing and the juicy, sour grapefruit invigorate the senses and wake up the digestive processes.

Yields: 4 to 6 servings

8 oz spinach (about 4 packed cups)
1 large or 2 medium-size grapefruits
½ cup pumpkin seeds

Dressing

½ cup olive oil
1 Tbsp lemon juice
1 Tbsp white wine vinegar
1 tsp Dijon mustard
1 Tbsp finely minced shallot
1 tsp finely chopped tarragon
Pinch of salt

Tear the spinach into bite-size pieces, if necessary, and place in a large bowl.

Cut the top and bottom off the grapefruit so that the flesh of the fruit is exposed so it sits flat on a cutting board. Cut the peel and pith from the fruit using a sharp knife or vegetable peeler.

Set the grapefruit on one of its flat ends on a cutting board. The sections of the fruit will face up. Cut out the sections, slicing from the outside toward the center of the fruit, just inside the membranes. Leave the sections whole or cut them into bite-size pieces.



Toast the pumpkin seeds in a skillet over medium heat, stirring often, until they are lightly browned, have puffed up and begin to pop—4 to 7 minutes.

Combine the oil, lemon juice, vinegar, mustard, shallot, tarragon and salt in a bowl and whisk together. Stir in any grapefruit juice that may have puddled on the cutting board while sectioning the fruit.

Pour the dressing over the spinach. If any dressing is left over, it will keep in the fridge for up to a week. Toss the spinach well, then add the grapefruit and pumpkin seeds and toss gently again to combine.

Recipe and photo from Recipes from the Herbalist's Kitchen by Brittany Wood Nickerson.

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

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Raising Resilient Kids

How to Help Them Bounce Back

by Ronica O'Hara

In these turbulent times, children need to know how to confidently weather and deal with changes no matter what life hands them, say many psychologists. Studies show that when kids are resilient—having the ability to recover quickly from difficulties—they are less fearful and anxious, more confident and empathetic, and better able to handle cataclysmic events like 9/11.

Resilience can help them deal creatively with everything from cyberbullying to societal change. A Florida Atlantic University study of 1,204 children found that those that agreed with such statements as, “I can deal with whatever comes my way,” “I am not easily discouraged by failure,” and, “Having to cope with stress makes me stronger,” were less likely to be bullied in person or online and better able to cope when it occurred.

Resilience can be taught and learned at any stage in a child’s life, studies suggest. Some useful strategies include:

1 Let them know they’re loved and supported. One stable, committed relationship with a supportive adult such as a parent, grandparent, aunt, teacher or coach is what a child needs to be resilient, according to research from Harvard’s Center for the Developing Child. This can be particularly important for children raised in less-than-ideal circumstances. “It is absolutely critical for African-American children to learn resilience due to the current climate of hostility and racism, the inherent disadvantages in education and household income they are born into and hostile,

crime-infested neighborhoods where they live,” says Damon Nailor, a Monroe, Louisiana, motivational speaker and author of *Living, Loving, Leading*. For children in all circumstances, he says, it’s important to “teach them that setbacks, failures, losses and adversity help you to learn, grow and become stronger.”

2 Make resilience a household word. When San Diego child psychologist Bruce Thiessen’s daughter Cassidy was 4, he’d pretend to be the wolf in *The Three Little Pigs*, howling, “I’ll huff and I’ll puff and I’ll blow your house down!”

She would reply, “Go ahead! I’ll rebuild it tougher and stronger!”

It was his way of embedding resilience in her, which he and his wife Roxie have reinforced with books, movies and songs. “Making the theme of resilience dominant in multiple activities will make an enduring, indelible impression on your child,” he says.

3 Be a good example. “The most important thing to cultivate resilience, mindfulness and any other emotions really, is for parents to practice and model these things themselves,” says Christopher Willard, Ph.D., a Harvard lecturer and author of *Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children*. Adults need to bounce back from setbacks, whether it’s a social media mistake or a lost job, and find ways to reframe what happened in a positive light. To convey that attitude to a child, ask at dinner or bedtime, “What was the rose in your day? The thorn? What did you learn? What would you do differently next time?” The parent can model responses to these questions by sharing their own rose and thorn.

4 Let them figure things out. “As tempting as it may be to step in every time you see your children struggling, allowing them to figure things out on their own builds resilience,” says Katie Lear, a Davidson, North Carolina, therapist specializing in childhood anxiety. “On the flip side, when a parent hovers or immediately steps in to solve a child’s problem, the child may interpret

that behavior as, ‘I don’t trust you to be able to do this without help.’” Asking a child how they plan to solve a problem rather than questioning why the problem happened in the first place is a way to teach them creative problem-solving, advises Lynn Lyons, a Concord, New Hampshire, psychotherapist and co-author of *Anxious Kids, Anxious Parents*.

5 Teach thankfulness. Feelings of gratitude bolster resilience, studies show. For example, college students that performed gratitude-inducing exercises reported feeling better able to handle

academic challenges. “Teach your child to look for the gift within every problem,” advises C.J. Scarlet, author of *Heroic Parenting: An Essential Guide to Raising Safe, Savvy, Confident Kids*. “That’s often hard to do in the midst of challenges, but just knowing there will be a gift found at some point can help your child to ride out the storm with greater patience and confidence.”

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



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Resilience is Just a Deep Breath Away

Mindful Means to Resilience Bounce-Back Breathing



fizkes/AdobeStock.com

Mindfulness—being in the moment without judgment—has been linked to youthful resilience, numerous studies show, perhaps because it allows a child to take a deep, calming breath in the midst of a trying event. “Mindfulness training really does create new brain connections that boost resilience to stress,” says Christopher Willard, a Harvard lecturer and author of *Growing Up Mindful*. When children learn mindfulness, he says, they “can better self-regulate their emotions, and stress is less likely to overwhelm them and lead to mental health issues like anxiety or depression.” Getting a child started on mindfulness can be as simple as teaching them a breathing exercise.

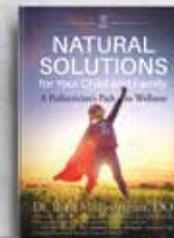
Chocolate breathing: Imagine you are holding up a mug of hot chocolate. Breathe in through your nose like you are smelling it, then exhale through your mouth like you are cooling it off. Repeat for a minute or two.

Bumblebee breathing: Sitting comfortably, breathe in through your nose for a count of four. Exhale, making a buzzing or humming sound. Repeat 10 or more times.

Mountain breathing: While inhaling through your nose, raise your arms high above your head and bring your palms together, imagining you are as high as a mountain. Then ground your feet into the floor, imagining roots going deep into the earth. Exhale through your mouth while lowering your palms together in front of your chest. Repeat several times.

Count breathing: Closing your eyes and sitting quietly, count “one” to yourself as you exhale. With the next exhale, count “two” and so on up to “five,” start back at one again, and repeat for at least five minutes.

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wise words

Sandra Marinella on the Healing Power of Writing Our Stories

by Sandra Yeyati

An award-winning teacher and author of *The Story You Need to Tell: Writing to Heal from Trauma, Illness, or Loss*, Sandra Marinella has empowered thousands of people to use stories, poems and journal writing to find greater well-being and resilience in their lives. Prompted by a breast cancer diagnosis and her own journal, she helps people connect with their truth and move beyond entrenched negative emotions and thoughts.



What is the power of story and personal writing?

We all have stories in our minds that play over and over again. They define who we are. In recent years, neuroscience has led us to this powerful understanding that we are quite flexible as human beings. After we become conscious of our stories and how we're using them in our lives, we can rework and reframe them, and choose to see them in a positive or better light. We can change and grow our stories to become better people with greater well-being.

How do we get unstuck from playing out stories in our minds?

A story that keeps looping, one that you are obsessed with, is generally being replayed in the emotional centers, or right side, of your brain, and you don't have much control over it. To get unstuck, you need to voice this story and complete it. Writing it down and sifting through it later can help. Once you do this, you can

be logical and choose how you're going to interpret, frame and live with it.

In the book, I talk about Chris, whose sister was homeless and died. He was struggling with that story. It was going around in his mind, over and over, all the time. He was in pain and grieving from the loss of his sister. It took him a while before he decided to rewrite the story as fiction, telling it in the way he wished it had come out. In the process, he was able to better understand his loss, make peace with it and set it free.

How do we edit our stories while remaining grounded in reality?

We do not want to lie to ourselves. We want to know our truth, but there is so much wisdom in what we call "positive illusions". If we can choose to take a hard

story and see it in a very positive way, we can find threads of it that we can weave through our truth, and let that help us grow and make our vision of our story better.

If we don't tell others or write our stories, can they harm us?

Yes. I think they can, but I don't want to underestimate the value of silence. When we are facing trauma, we need space and time and silence to be able to wrap our heads around the hard things that are happening to us. But then, breaking the silence is cathartic. It releases the pain. It helps us establish not only that we have the pain, but how we can bear it. Later, we can come back to those words and reflect on them—that's when we come to understand more about where we are, what we think, what we feel and how we can move forward and rewrite and regrow our stories in positive ways.

Do you have any recommendations for those suffering in these trying times?

I've interviewed many war veterans, and they said that when they were out in the midst of warfare, they had to put their thoughts and emotions on hold so that they could move forward and be strong. That's why many of them were falling apart with PTSD afterwards. I also interviewed a few soldiers who carried journals into war and found it extremely helpful to be able to scream, yell and release their words into them. We should be giving all healthcare workers journals and online support on how to write and how to take care of themselves. Counseling and therapy are wonderful, and I wish we could provide it to everybody all the time, but we can't; and journal writing, or any kind of therapeutic writing, is such a wonderful backup for a human being to have when they are struggling. Keeping a pandemic journal might prove to be not only a healthy choice for our times, but a treasure historically for our grandchildren.

Sandra Yeyati, J.D., is a freelance writer. Reach her at SandraYeyati@gmail.com.

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calendar of events

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SPACE COAST EVENTS

WEDNESDAY, SEPTEMBER 2

Full Moon Ocean 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. 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.

FRIDAY, SEPTEMBER 4

Transformation Meditation Experience – 5:30-7pm. Participate in a transformational trance experience led by Bruce Orion while receiving healing frequencies through Maria Banas's Reiki healings and crystal bowls. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/AquarianDreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, SEPTMEBER 5-SUNDAY, SEPTEMBER 6

Weekend Meditation Course – The Cultivation of Compassion & Heartfulness CEU Training - Saturday 10am-6pm. & Sunday 1-7pm. Led by Anthony Profeta this training immersion will help you gain a more complete understanding of mindfulness meditation with a thorough exploration into Buddhist philosophy and its meditation techniques, especially its mindfulness and compassion practices. This training will strengthen your own practice and give you the necessary knowledge and experience to lead mindfulness meditation in a clear way to others in both a group and 1-1 setting. Bring a yoga mat or pillow. \$375. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/AquarianDreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, SEPTEMBER 9

Expanding Awareness – 5:30-7pm. During this guided meditation, Anthony Profeta will use Himalayan Singing Bowls to help us expand our awareness out in every direction like the sky and we will rest in spacious awareness itself; giving rise to feelings of peace, relaxation, calm, and spaciousness. \$20. Due

to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/AquarianDreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

THURSDAY, SEPTEMBER 10

Natural and Permanent Weight Loss Solutions – 7-8pm. Tried everything but still can't lose weight? The doctor supervised ChiroThin Weight Loss Program that blends science and physiology may be the answer. We will also discuss hidden causes that hinder weight loss such as food sensitivities and environmental toxins. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

FRIDAY, SEPTEMBER 11

Abundance Meditation of Goddess Lakshmi – 5:30-7pm. Meditation with crystal bowls on the "Hindu" goddess, Lakshmi, is a beautiful and empowering experience. Lakshmi is the goddess of good luck, good fortune and "shreem" (everything that is auspicious). She embodies beauty, fertility, material wealth, spiritual wealth, and the inner feeling of abundance. Led by Monica Lombardo and Maria Banas. Bring a yoga mat or pillow. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/AquarianDreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. Register online or call 321-729-9495.

SATURDAY, SEPTEMBER 12

Kundalini Yoga Workshop – 10:30am-Noon. Class focusing on releasing unconscious patterns and realigning with truth. Includes a meditation and gong relaxation. Bring yoga mat or pillow. Led by Jessica Martin. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/AquarianDreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Kundalini Meditation with Deep Gong Healing – 12:30-1:45pm. Benefits of Healing Gong: Creates deep relaxation and clears the mind; Immediate reduction of stress and anxiety; Stimulates the glandular system and improves function; Stimulates circulation; Organizes emotional energy and more. Led by Jessica Martin. Bring a mat and or blanket and comfortable clothes. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/AquarianDreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY, SEPTEMBER 14

Past Life Healing with Reiki Meditation and Sound – 5:30-7pm. A Reiki journey technique is used with the intention to obtain spiritual and inner guidance, information, healing, and empowerment from higher sources of consciousness. Includes the River of Life healing experience to let go of what is not needed any longer and receive the gift of Empowerment with Maria Banas. Bring: yoga mat, pillow, blanket, and water. \$25. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, SEPTEMBER 16

Astrology for Personal & Spiritual Transformation – 5:30-7pm. Learn how astrology has influenced most of the world's religions, and how the planets influence our personality and predict the time and type of challenges we face in life. Explore how the powerful outer planetary transits are intensely affecting you and others. Call in advance with your birth data and Bruce will have your chart prepared for the workshop. Bring yoga mat or pillow. For more information, visit BruceOrion.com. \$20, chart included. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

THURSDAY, SEPTEMBER 17

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. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, SEPTEMBER 19

Reiki 1 Certification Course – 11am-6pm. 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, SEPTEMBER 21

Soul Empowerment: Reiki Journey into the Field of Possibilities – 5:30-7pm. A Reiki Journey is a technique used with the intention to obtain spiritual and inner guidance, information, healing and empowerment from higher sources of consciousness. Includes the River of Life healing experience to release what is no longer needed and receive the gift of empowerment. Led by Maria Banas. Bring yoga mat or pillow. \$25. Due to current social distancing protocol, class size will be limited, and pre-regis-

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TUESDAY, SEPTEMBER 22

Calm Your Anxiety – 7-8pm. You don't have to spend your time being stressed and anxious. There are many simple and natural lifestyle changes you can make to help alleviate the symptoms of stress and anxiety. Learn how you can achieve a calmer, balanced state of mind the natural way, without drugs. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. CareWellnessFL.com.

WEDNESDAY, SEPTEMBER 23

Deeksha Healing: The Oneness Blessing with Crystal Bowl Meditation – 5:30-7pm. 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 facilitating healing with Maria Banas. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, SEPTEMBER 26

Chakra Balancing: Guided Mantra & Sound Meditation – 1-2:30pm. The seven chakras are the body's major energy centers through which our life energy flows. Anthony Profeta guides us to healing and attunement by playing the crystal bowls to help remove and break up blocked energy. Then as we move one by one up through the chakra system, he will introduce the Bija (seed) Mantras which the group will chant together to help align, balance, and purify our 7 energy centers. The bowls & mantras together will create a one-of-a-kind meditative experience in which we'll be immersed in soundwaves, pure frequencies, & vocal tones. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, SEPTEMBER 30

Full Moon Ocean 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. 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 EVENTS

WEDNESDAYS, SEPTEMBER 2-OCTOBER 7

Metaphysical Bible Classes. The Bible is the Book of Life. Who is your Avatar? Who do you admire? Who do you turn away from? These reflections make the Bible Alive for us. Rev Janice will lead a 6-week journey. Discover the qualities found in the Bible characters are also imprinted and live through us today. Class is offered on Zoom. Cost is \$10/class or \$55 paid in advance. Register with Rev Janice at Revjan101@bellsouth.net for login information. Payments are accepted through Zelle, or check sent to Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce, FL. 34982. 772-461-2272.

THURSDAY, SEPTEMBER 10

World Day of Prayer – 7-8pm. A contemplative Silent Unity based service where we focus on the Presence of God and affirm the Truth of our Christ consciousness. I realize that fear is faith turned inside out. I choose Faith and dedicate myself to sit in the Silence of Prayer, holding the high watch with a vision of health, harmony, and wholeness for all of creation. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. UnityofFortPierce.com. 772-461-2272.

SUNDAY, SEPTEMBER 13

Sound of Soul Event – 11am-Noon. Please join us to Experience HU, the Sound of Soul Chanting the word HU can bring peace, calm, and expanded awareness. After an inspirational quote, we chant the word HU for twenty minutes followed by a time of quiet contemplation then a time for an authentic spiritual discussion. An Online event, 772-223-1188. The Zoom link / dial-in information will be sent to those that RSVP. <https://www.meetup.com/eckankarinstitute/events/272425552/>.

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sunday

TREASURE COAST

Unity of Ft. Pierce – 10am. Services that support people in living abundant and meaningful living. Unity teaches the transformational spiritual teachings of Jesus which are spiritual tools to support you in overcoming and transforming challenges into spiritual growth. Our sanctuary is open and sanitized. Masks are required and available. The service can also be viewed through Facebook Live Stream at facebook.com/unity.fortpierce/. Uni-tot program with Spiritual Curriculum also offered. Unity of Ft. Pierce 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Unity on the Space Coast – 11am. Live youtube. com/c/UnityontheSpaceCoast. USC provides a positive, practical approach to spirituality. This is demonstrated through music, prayer, meditation, classes, workshops, book studies, and practicing wellness, abundance and a positive approach to the

issues, goals, and desires of humanity. Our calendar of events can be found at UnityontheSpaceCoast.org. Unity on the Space Coast 2000 South St, Titusville. 321-383-0195.

monday

SPACE COAST

Yoga in the Village – 10:30-11:30am. Gentle Yoga. A basic yoga practice with easy stretches and movement to start your day. Beginners welcome. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

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. 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.

Peaceful Flow Yoga - 12:30-1:30pm. Led by Brooke Daratany Goldfarb. \$10 (or Yoga Membership). To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended.

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.

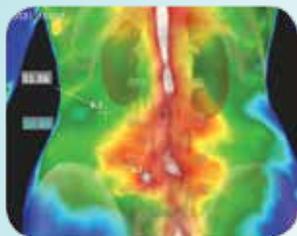
Yoga for Beginners – 4-5pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Aisling. \$10 or Yoga Memberships accepted. To preregister visit: AquarianDreams.com/weekly-yoga-calendar. 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 with Marilyn – 6:30-7:45pm. This gentle form of yoga combines physical well-being and bal-

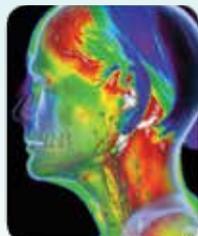
STUART THERMOGRAPHY

Early Detection Is Key To Overall Wellness

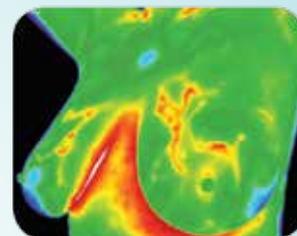
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Stuart Thermography offers the most comprehensive thermography experience across the Treasure Coast. A MD reviews each scan and provides a written analysis of areas of concern. Dr. Zanfini then reviews each analysis with the patient from a Functional Medicine standpoint, offering sometimes simple corrections and solutions to help alleviate each area of concern.

Appointments available Monday – Friday
Complete Care Chiropractic and Wellness Center
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ances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

TREASURE COAST

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

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 on Zoom meeting ID 344 694 7715 or dial in by phone 1-929-205-6099. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

tuesday

SPACE COAST

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. 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 – 12:15-1:30pm. 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 preregister visit: 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 preregister visit: 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.

wednesday

SPACE COAST

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

Chi Yoga & Meditation – 11am-Noon. Led by Leah. \$10 (or yoga membership). To preregister visit: 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 – 12:30-1:30pm. 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 Cindy Jovanovich. \$10 (or yoga membership) To preregister visit: 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.

Inner Peace - Yoga & Meditation – 4-5pm. Learn various simple techniques to access the breath, quiet the mind and turn into the sublime radiance of our hearts.

Gentle movement will calm and relax the body. Led by Cindy Jovanovich. \$10 (or yoga membership) To preregister visit: 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 – 6:30-7:45pm. With Marilyn. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

TREASURE COAST

Insight Meditation on Zoom and Facebook Livestream – 11-11:30am. Release, Renew, Reset with Rev. Janice Cary. Join via Zoom with meeting ID of 871-601-586. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFortPierce.com.

thursday

SPACE COAST

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

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 preregister visit: 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 - 5:30-6:30pm. 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 preregister visit: 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. Let your soul shine with health and happiness! Come find the peaceful



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union among body, breath, mind, and spirit. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

TREASURE COAST

Pilates Mat Class – 9-10:30am. Mat class offered by certified instructor, Barbara Lengen. Moved to Zoom class, or information visit AtlanticPilates.net. \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

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.

friday

SPACE COAST

Yoga in the Village – 9:30-10:30am. Start your weekend in peace. A basic yoga practice focusing on posture, breath, and mindfulness. Beginners welcome. \$10. The Zen Room, 631 Brevard Ave, Suite C, Cocoa Village. 321-544-8541.

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 Cindy Jovanovich. \$10 or Yoga Memberships accepted. To preregister visit: 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 Cindy Jovanovich. \$10 (or yoga membership) To preregister visit: 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 preregister visit: 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

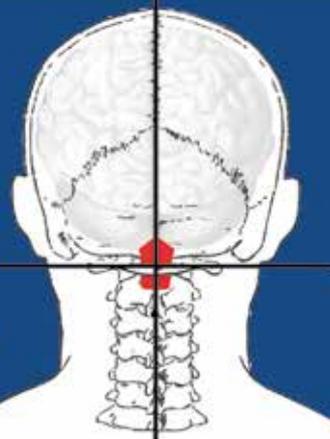
TREASURE COAST

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

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

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The Power of Upper Cervical documentary was produced by people who have had their health restored through Upper Cervical Care.

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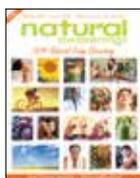


With over 20 years' experience, Hillary offers a whole-hearted approach to healing, incorporating acupuncture, sound therapy, energy work and Chinese herbs. Certified in Constitutional Facial Acupuncture. See ad, page 28.

ADVERTISING/ MARKETING/PR

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

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

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Melbourne, 407-401-0890
Cheri.Flauto.com



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

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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 6.

IV THERAPY

DALY INTEGRATED MEDICAL GROUP, LLC

2708 Garden St
Titusville, 321-267-4324
DalyIMG.com



We customize each IV Vitamin drip to your body's specific needs for sports enthusiasts, those with a chronic illness, or to arm your immune system. See ad, page 14.

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 12.

VITALIFTS

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



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

LOCAL FARMS

FLORIDA FIELDS TO FORKS, CSA

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



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

MASSAGE THERAPY

CHAD TAYLOR, LMT/ GINGER TAYLOR, LMT

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



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

SCENTED DRAGON

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



The Premier Metaphysical Store on the Treasure Coast offers knowledgeable staff, incense, crystals, stones, sage, candles, jewelry & more. Readers available daily. US 1 in Port St. Lucie. See ad, page 23.

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 15.

PATIENT ADVOCATE

CORINA SAVELA, LLC

Ins. Agent & Certified Patient Advocate
Melbourne, 321-209-2998
CorinaSavelaLLC.com



Assistance with preparing for and managing Medicare costs and benefits. Support for those without family and caregivers of a loved-one. Registered Guardian, Community Speaker and Educator. (Ins. Agent FL#W412514, Registered Guardian FL#1433)

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 Telemedicine, and one-to-one consultations. See ad, page 33.

PET SUPPLIES: NATURAL

NATURAL PET SPECIALTY SHOP

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



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

PSYCHIC MEDIUMS

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



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

TESS, THE TREASURE COAST MEDIUM

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.

REGENERATIVE MEDICINE

DALY INTEGRATED MEDICAL GROUP, LLC
2708 Garden St
Titusville, 321-267-4324
DalyIMG.com



We are a leader in alternative therapies to avoid surgery and addictive pain medicine. For those suffering pain, we offer Prolozone, TPI, PRP, and stem-cell therapies. See ad, page 14.

REIKI

SPARK OF DIVINE LLC
1789 Old Dixie Hwy
Vero Beach, 772-257-6499
SparkOfDivine.com

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

SALT THERAPY

THE SALT CAVE IN THE HAIR TIKI
735 Commerce Center Dr. Ste. B
Sebastian, 772-228-8986
TheHairTiki.com



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

SKIN CARE

ERIKA PREISLER, FACIAL SPECIALIST, MUA
Beauty By Esthetics
Melbourne, 321-372-5000
BeautyByEstheticsFL@gmail.com



Meeting your facial, waxing, lash, and makeup needs all within a calming cozy and relaxing environment. Bridal parties welcome. Complimentary brow wax with facial.

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.

UNITY SPIRITUAL CENTER OF VERO BEACH

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



Join us for live streamed Facebook services at 10 am Sundays. For recorded services, search Facebook and YouTube for Unity Spiritual Center of Vero Beach.

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 39.

THERMOGRAPHY OF BREVARD

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



Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 27.

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-therm and more. See ad, page 29.

YOGA

HATHA YOGA WITH MARILYN
Pelican Beach Clubhouse
1495 Highway A1A
Satellite Beach, 321-604-0767

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 17.

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One Online Destination for Today's **Regenerative Whole Health™**
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The Premier Center for REGENERATIVE MEDICINE



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

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

Thomas Edison sums up our philosophy best:

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

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Services We Provide...

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Age Reversal Medicine
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Therapy for Men & Women
- Chelation Therapy
(many types offered)
- Sports Health Management
- Nutritional Programs
- Tobacco Cessation
- Preventative Medicine
- Vitamin Evaluation
- Oxygen Therapies
- *Plus many other
innovative therapies*



Catherine Cheries, P.A.



Dean Wellness Institute

Integrative Approach to Medicine

1345 36th St, Suite B
Vero Beach, FL 32960

772-567-1500

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It doesn't have to be a *labor* of love to be beautifully *healthy*.

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Microneedling
Treatments for
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Microneedling with PRP (Platelet-rich plasma) is a natural procedure used to treat and improve dermatological conditions such as fine lines & wrinkles, acne scarring, hyperpigmentation, stretch marks, loose skin, and improve overall texture.