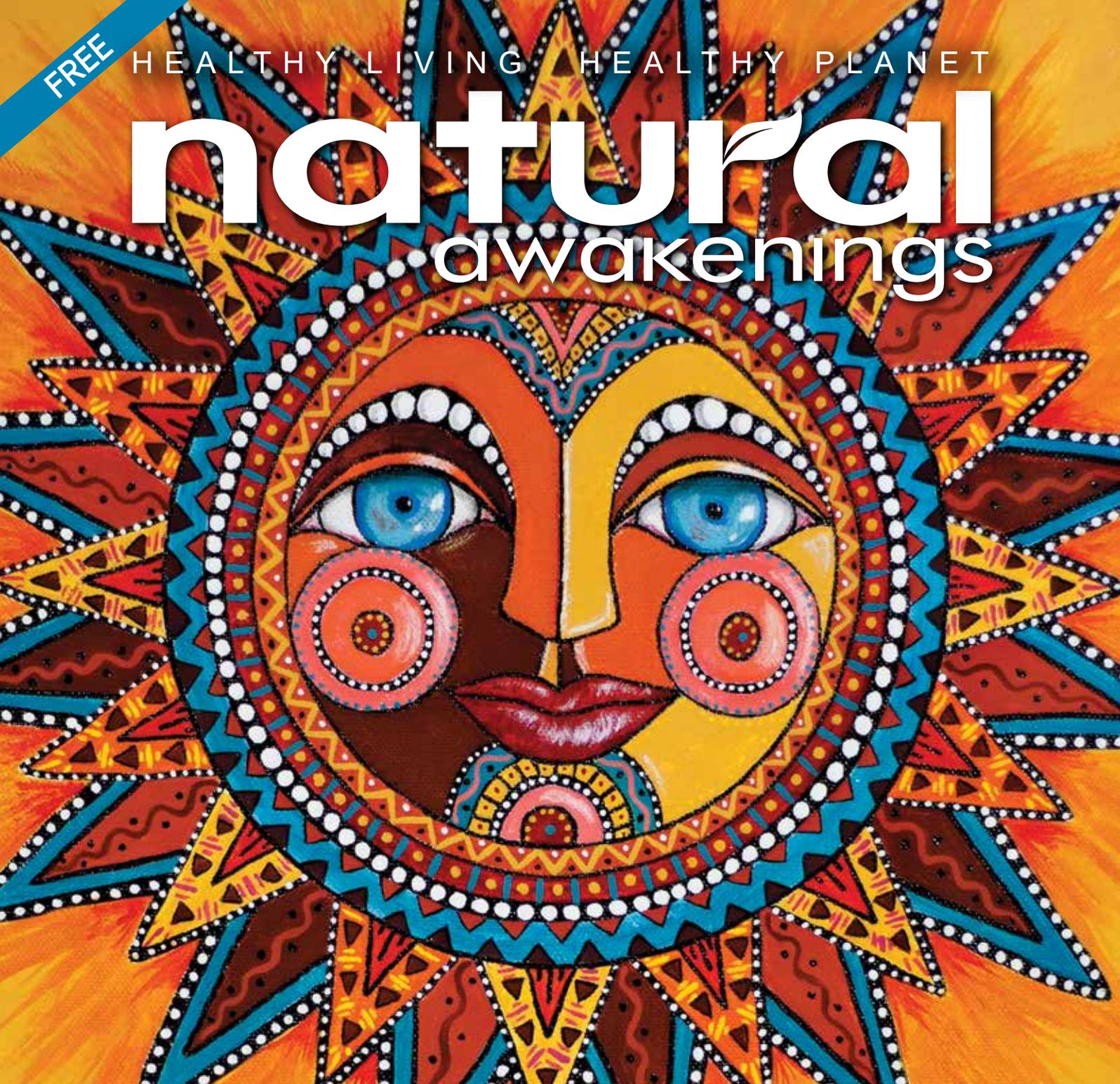


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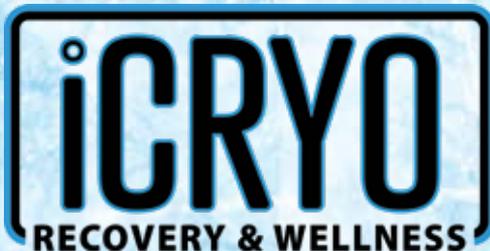
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letter from the publisher

Nurturing a Stress-free Not So Empty Nest



My work life hasn't changed dramatically. Since 2001, when I signed the paperwork for my *Natural Awakenings* franchise, I've worked from home. However, my work-from-home environment has changed significantly. Gone are my quiet days and lunch plans for one. My husband now works from home five-days-a-week and my once empty nest has been filled. Both of my young adult sons returned when their leases were up because they also are working remotely.

Change introduces stress, even positive change. I love having my kids around, but it does increase the laundry, dishes and meals that need to be coordinated. And this pales in comparison to stress others are experiencing with managing online school, job losses, and the worry about contracting an illness. "According to The American Institute of Stress, 77 percent of people experience the physical backlash of emotional stress in the form of headaches, chronic migraines, fatigue, digestive woes, muscle tension, dizziness and changes in libido," says Marlaina Donato in our feature article *Calm Down: Taming the Flames of Stress-Related Illness* [page 18]. In this issue, we look at ways to work with the body's nervous system by employing lifestyle changes, releasing trauma and implementing healthy changes to support the ability to cope.

In our video podcast, we interviewed the area's acupuncture professionals and asked their perspective on easing stress through the lens of Chinese medicine and acupuncture. Our article [page 22] provides insight and you'll find a more in-depth conversation at my-NA.com/VPacupuncture. Watch for our video podcast icon  throughout these pages for more interviews to inspire lifestyle changes.

In this issue we also explore regenerative approaches for joint health. Find out how our local experts are using prolotherapy to aid the process of repairing damaged cells and regenerating new ones [page 26]. Explore five ways to help keep pets healthy and cancer-free [page 16] and discover the significance of Halloween [page 28]. Then enjoy more from *Natural Awakenings* online where you'll find a plethora of Online Exclusive Articles including ways to help stressed-out teens, rules for recycling, lowering stress with Tai chi and qigong, lifestyle changes to reduce your family's toxic load, additional recipes and more.

Here's to remaining stress-free and healthy!



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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

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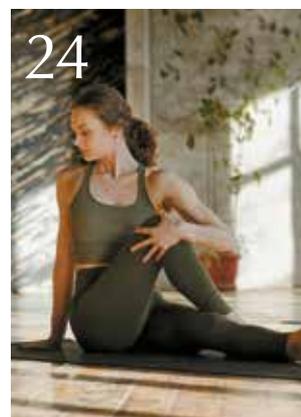
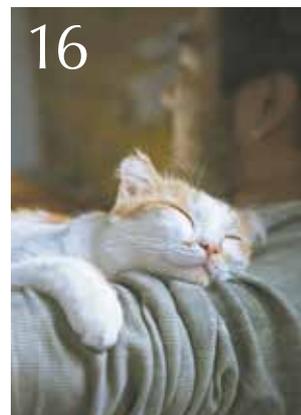
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news briefs

Amplify Your Gifts with Free Webinars

Kumari is offering two free webinars this month entitled *Become the Divine Human: Claim Your Soul Power, Ignite your Creative Passion and Fulfill Your Divine Purpose.*

"These webinars are for those who want to seriously amplify their spiritual power and divine gifts to improve their life, relationships and career," says Kumari.

"You will discover what your divine qualities are, and how you can expand them; and why activating your own light body is so important for Mother Earth. You will learn about the 'Key to the Portal of Perfected Light' and how this energy technology can be a powerful tool for personal healing and grounded ascension; and what it means to be a Light Worker. You will understand how essential it is to bring more of your Soul essence into your body in order to co-create your dream life and have more abundance and joy and spiritual connectedness; and experience your Divine Blueprint Activation for a flood of Soul frequencies to help you integrate more healing and spiritual access now."

These webinars will be held Tuesday, October 6 at 5 p.m. and Saturday, October 10 at noon. Register for one or both at DivineHumanInstitute.com/Free-Webinar.



Hear from Kumari on the empowerment of sending love on our video podcast at my-NA.com/Kumari. See ad, page 34.



Weekend Meditation Course at Aquarian Dreams

Aquarians Dreams is pleased to host *Weekend Meditation Course: The Science Behind the Practice* led by Meditation and Spiritual Teacher, Anthony Profeta.

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 individual practice and provide the knowledge to lead mindfulness meditation. The program is aimed at those who wish to become more skillful in presenting mindfulness – such as therapists, social workers, yoga teachers, health care professionals, educators, life coaches, and anyone seeking to integrate mindfulness meditation practices into their work. It is also open to anyone who may have no desire to teach but simply wish to deepen their own practice and study.



The workshop will be held Saturday, October 3 from 10 a.m. to 6 p.m. and Sunday, October 4 from 1 to 7 p.m. Cost: \$375. CEUs available. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Register online, AquarianDreams.com or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave, Indialantic.



Hear tips to meditate with kids in our video podcast interview with Anthony Profeta at my-NA.com/HealthyKids. See ad, page 3.

Balancing Techniques for Enhanced Wellbeing

In order to help others to live their highest healthiest potential – physically, mentally, emotionally and spiritually – Mary Jane Ward, DC's focus is on using an energy-based healthcare matrix to help balance the mind-body connection. In 2002, she incorporated two techniques into her health care practice of 34 years. For the person who acknowledges their inner problem, surrenders it to a Higher Power and is open to assistance, there is The Body Talk System. Complementarily, NeuroEmotional Technique (N.E.T.) helps to identify stuck patterns and to resolve long standing health problems that have an emotional component.



“I help people who are feeling stuck in their life due to trauma, highly charged memories, subconscious undesired triggers, emotional challenges, generational influences, imprinted destructive patterns and self-defeating beliefs,” says Dr. Ward. “I partner with patients to free them of negative influences on their energy.” Employing balancing techniques remotely allows the patient to begin a process of self-illumination and enhanced well-being.

For more information or to schedule a remote session, call 321-453-7005 or email DrMJWard@bellsouth.net. See ad, page 34.

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Smiling Sun Kay Larch

Raised in Southern California by two artists, Kay Larch says she didn't follow in their footsteps. She grew up, started a family, moved to South Carolina and built a daycare center that she owned and operated. She filled the center with wall murals and did painting activities and after-school art classes with the kids, but she never considered herself an artist. She found ways to express her creative need for colorful and elaborate surroundings through painting projects she did for fun.

One day, Larch decided to create a series of acrylic paintings on canvas. Out of curiosity, she submitted her work to a gallery. It was accepted for a show, which led to being featured in an article about the museum, interviews, commissioned work, more shows and the launching of her career as an artist at age 54.

Larch is immersed in the art community, has added oil painting and drawing to her repertoire, and creates in a variety of styles. Her acrylic paintings have a comic-book style, while her oil paintings lean more toward realism. She admits she was influenced by growing up as a California hippie, traveling to Tijuana and seeing the vibrant colors of Mexican folk art and simply being an imaginative person.

Her work has been featured in galleries, businesses and magazines and she sells original paintings, prints, greeting cards and a line of coloring books, in addition to commissioned work for people all around the world.

Find Kay Larch on Instagram (@KayLarch Studio) or connect at Facebook.com/KayLarchStudio.

Pressure Wave Technology Addresses Pain, Erectile Dysfunction, and Cellulite

Care Advantage Medspa and Wellness Solutions is pleased to introduce Extracorporeal Shock Wave Technology (ESWT) therapy, commonly referred to pressure wave therapy technology.

Pressure wave therapy accelerates the healing process in the body by stimulating the metabolism and

enhancing blood circulation to regenerate damaged tissue. "It is a highly effective, FDA-cleared, noninvasive treatment that introduces high energy sound waves into painful areas of the body," says Jennifer Santiago, Nurse Practitioner.

It addresses acute and chronic pain in knees, heels, feet, ankles, hamstrings, back, neck, shoulders, elbows, wrists and hands. It also is used to provide trigger point therapy, address sports injuries, scar tissue and stress fractures, as well as enhance bone healing, improve sexual function and much more. "More than 95 percent of patients report less pain and improvement after the first treatment and often immediate relief," says Santiago.

Pressure wave therapy is the only non-invasive procedure that treats the root cause of erectile dysfunction in men by increasing blood flow, releasing growth factors in the tissue forming new blood vessels and breaking down micro-plaque in the penis. Most patients have a success rate of 75 percent or greater with this treatment and there are little to no known side effects.

Pressure wave therapy is equally effective on scar tissue, stretch marks and smoothing out unwanted cellulite.

Care Advantage Medspa & Wellness Solutions, 210 N. Grove St, Merritt Island. For more information, call 321-362-6267 or visit CareAdvantageBrevard.com. See ad, page 7.



Foundation Helps Women with Free Breast Scans

Thermography of Brevard, LLC has partnered with Stop the Pink, a local foundation, that helps women in Brevard and Indian River counties receive free breast scans. Stop the Pink's mission is to fund women experiencing financial hardship with the means to have breast thermography.

Thermography is a non-invasive, radiation-free, pain-free breast screening that can detect breast cancer cells 8 to 10 years before those cells would form a tumor that a mammogram could detect. Thermography shows the physiological and vascular changes in the breast tissue and gives you time to stop and reverse the development of breast cancer. Thermography is prevention before detection.

Stop the Pink was founded by Shelly Gardner, a breast cancer survivor and two-time leukemia survivor. Gardner is passionate about helping women have the means to have breast thermography and prevent breast cancer.

To learn more or apply for the free grant, visit StopThePink.org. Thermography of Brevard has two convenient locations: 1119 7th Ave, Vero Beach and 1051 Eber Blvd, Ste 102, Melbourne. 321-312-0363. ThermographyofBrevard.com. See ad, page 12.

The Spirit Fest Comes to Melbourne in October

The Spirit Fest: Metaphysical and Holistic Fair will



be held on Saturday, October 31 and Sunday, November 1 from 11 a.m. to 6 p.m. at the Azan Shriner's Center. There will be more than 35 booths (limited for social distancing) with vendors, practitioners, readers, artists, authors, and demonstrations. This event is rescheduled from July due to a potential hurricane.

"I'm excited to be bringing Spirit Fest to the Melbourne area," says producer Mary Ellen Popyk. "You'll find some of the best intuitive readers in the country, also crystals, jewelry, holistic health specialties, natural products, and much more. There will be something for everyone whether you're interested in healing, spirituality, crystals, or just looking. We plan on this being an annual event."

Speakers and special guests are scheduled throughout both days on a variety of topics. The entrance fee is \$5. Children 12 and under attend free.

Visit SanctuaryFL.com for more details. For questions, call 407-850-8440. The Azan Shriner's Center is located 1591 W. Eau Gallie in Melbourne. The event will adhere to Center for Disease Control (CDC) guidelines for a safe and enjoyable experience. See ad, page 11.

Creative Energy Celebrates 25 Years

Pamela Faiello, owner of Creative Energy, is proud to announce that they are celebrating 25 years in business this month.



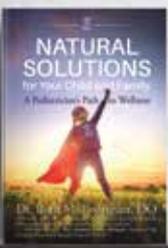
"I am honored and thankful for all our loyal customers who have supported us through the years," says Faiello. "We continue to offer enchanted gifts for the mind, body and soul to our wonderful community and are forever grateful for their patronage."

Creative Energy has a wide variety of crystals and gemstones to alter the vibrations of energy around the body, incense from around the world, and aromatherapy candles and oils for healing and enhancing your intentions. They offer a large selection of spiritual books, oracle cards, Tibetan singing bowls and bells, and many other divination tools to assist one's spiritual journey.

To honor their 25th anniversary, Creative Energy will be offering a free gift with every purchase throughout the month of October with the mention of this newsbrief.

Creative Energy is located at 780 W. New Haven Ave, Melbourne. 321-952-6789. [Facebook.com/CreativeEnergyFL](https://www.facebook.com/CreativeEnergyFL).

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Scented Dragon Opens Third Location in Jensen Beach

October is a month of celebration for Scented Dragon and not just because it's Halloween. Owner Maria Torres explains, "We're excited to announce our first Psychic Fair in eight months at our Port St. Lucie store. We usually host four to six fairs per year but had to skip those scheduled for after February for obvious reasons." Set to welcome participants from 11 a.m. to 7 p.m. on Saturday, October 24, this year's Fall Fair is sure to be a crowd pleaser as many customers have been inquiring about the next fair for months.



"Also, beyond excited to announce the opening of our newest store, Scented Dragon Jensen Beach, located in the Treasure Coast Square Mall," says Torres. Known by many as the "Jensen Beach Mall," Scented Dragon Jensen Beach is located at the mall entrance to Macys. All three stores, Port St. Lucie, Ft. Pierce, and Jensen Beach will be celebrating Halloween by offering customers 20% discounts (on most merchandise) all day, Saturday, October 31.

Scented Dragon Port Saint Lucie is located at 6993 Hancock Drive (just off US1), the Fort Pierce store is located at 127 N. Second Street and their newest store's address is 3142 NW Federal Hwy., Jensen Beach. For more information on pre-booking for the fair, call 772-877-2102. See ad, page 6.

Down to Earth Yoga Safely Open in Port Saint Lucie



Down to Earth Yoga is pleased to serve the yoga community with safe, socially distanced yoga classes. "We are open and adhering to all COVID-19 guidelines including social distancing, taking temperatures, and ensuring masks are worn until participants are on the mat," says Gina Baldo, Yoga Instructor and Studio Manager. "In addition, we are completing deep disinfection after every class including cleaning the air with Ozium."

Students are encouraged to bring their own mats and props, but both are available to use free of charge.

Down to Earth Yoga has brought in new instructors and freshened up their class schedule with more class offerings. These new dynamic offerings include online streaming and earlier classes for the 9 to 5 crowd. Down to Earth Yoga offers Restorative, Yin, Vinyasa, Kundalini, Hatha, Beginners yoga and meditation. The new October schedule is posted on their website at DTE-Yoga.com

The studio will be offering the Divine Alignment for Flow workshop on October 17 from 12 to 2 p.m. In this vinyasa flow workshop, participants will dive deep into the studio's most popular poses. A Yoga Teacher Training will be held in January

Down to Earth Yoga, 1649 SE Port Saint Lucie Blvd., Port Saint Lucie. 772-224-2444, DTE-Yoga.com.

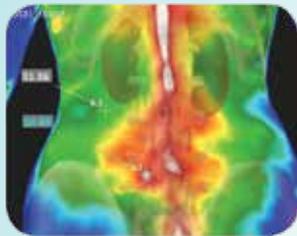


Learn some simple yoga poses from Down to Earth Yoga owner, Michelle Miles, in our video podcast at my-NA.com/VPDTE. See ad, page 15.

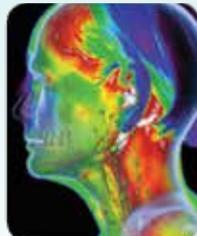
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Early Detection Is Key To Overall Wellness

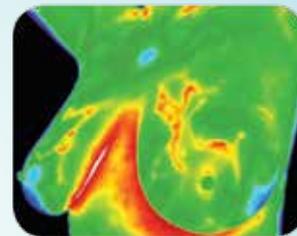
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Herbs & Owls Herbal Practice and Apothecary Open in Jupiter

Herbs & Owls is excited to announce their new location is open and welcoming visitors in Jupiter. Owner and Clinical Herbalist, Gina Kearney, has designed a full



bulk herb apothecary where visitors can support their health naturally through teas and herbal products.

Kearney offers classes and Herbal Consultations to empower her client's healing journey and offer guidance and support, she shares, "The role of a skilled Clinical Herbalist is to understand you as a whole person and be able to discern which herbs and flower essences fit you best." As a Clinical Herbalist, Kearney practices with the understanding that every client is a unique individual with unique life experiences that have influenced their overall health.

It is through this understanding and her clinical training in traditional herbal medicine and flower essence therapy that she works with clients to improve physical, emotional and energetic health at a deep and lasting level.

In addition to recommendations made during a consultation, clients receive a written protocol addressing herbs, flower essences, lifestyle, and nutritional recommendations to best support their health goals.

Through herbal products, flower essences and consultations, Herbs and Owls may assist with stress and anxiety, digestive health, sleep, immunity, focus and memory, inflammation, women's health, motivation and will, men's health and overall wellness.

Consults are offered in-person and online. For more information and appointments, call 561-768-9005 or visit HerbsandOwls.com. See ad, page 31.

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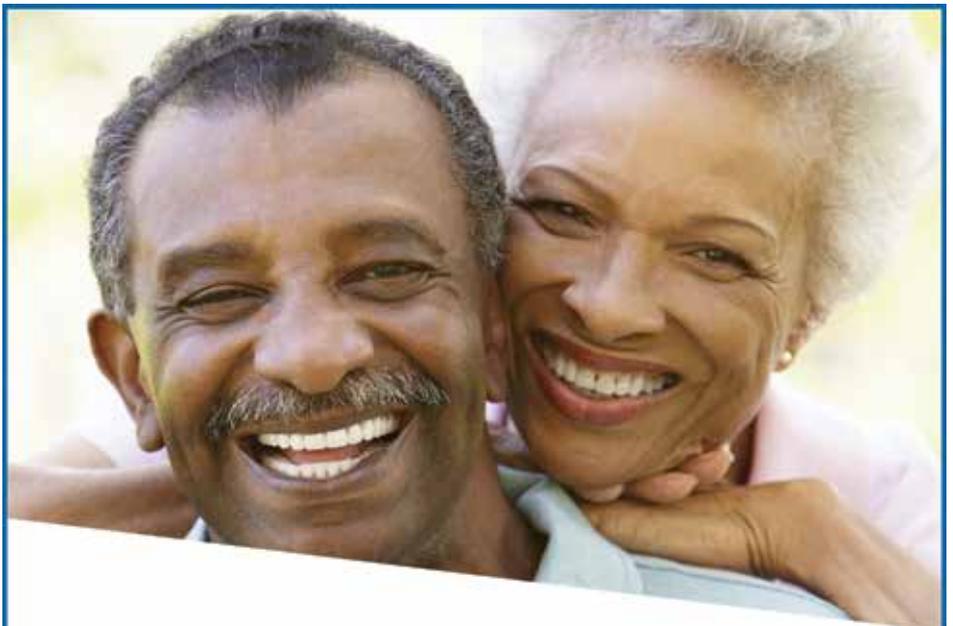
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Beth Franks is pleased to announce the Spark of Divine, LLC Healing and Learning Center is hosting a Psychic Fair from 11 a.m. to 4 p.m. on Saturday, November 7. “Please join in for a divinely fun-filled day,” says owner Franks.



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The last reading will be booked no later than 3:45 p.m. “For the safety of everyone, we ask that you wear a mask (we will have extras if you forget), sanitize your hands upon entry, and adhere to the CDC’s 6-foot social distancing recommendation,” says Franks.

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

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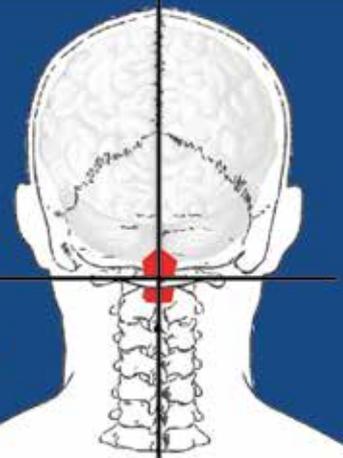
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The Truth of Spiritual Oneness

by Rev Janice Cary

We were made for these times. Our world is going through a seismic shift in many areas. We are living with and through the effects of chronic wildfires due to climate change, the disparity in race relations, the coronavirus pandemic, the polarization in politics and an economic crisis. Yet we were born to recognize the root cause of these challenges and to have the vision and courage to take authentic action to bring about healing.

What must we do individually to bring about healing?

While we need to be aware of what is occurring in the world and to engage where we are able, we must act only when we have placed our body-mind in alignment with spirit. Spiritually minded people understand the root

cause of suffering is the illusion that we are separate individuals that can go about abusing mother earth and her children. Clearly, we see the effects unconscious actions have when Spiritual Oneness is ignored.

The mind-body connection has been known for decades

I recently broke my ulna and fractured my radial bone. The ER doctor did a closed reduction and set the bone back into alignment. When I went to my orthopedist expressing concern over whether I would need further surgery he said "We are trying to avoid that. Your arm is in good alignment, now go home, rest and speak to your bones." This conventional physician is aware of the body-mind connection and the power we have to bring about alignment which supports healing.

How does this relate to what we are facing in our world?

The world is calling for compassion, healing and love. If we are to give this to the world we must first be filled up with the spiritual truth of our Oneness. We fill ourselves up with spiritual truth through contemplation, affirmative prayer, meditation, spiritual practices and listening to messages that remind us that we are One spiritual family and our religion or re-alignment and healing is brought about through living centered in Love.

Rev Janice Cary leads worship services at Unity of Fort Pierce on Sundays at 10 a.m. with messages centered in the truth of our oneness. The sanctuary is open with social distancing followed or love-streamed on Facebook Live at Facebook.com/unity.fortpierce.



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Try Cinnamon to Reduce Migraines

Cinnamon, long known to help blood sugar levels, can diminish migraine attacks, according to a new study in *Phytotherapy Research* from Iran. Fifty patients with migraines took either three capsules a day of 600 milligrams (about a quarter teaspoon) of cinnamon or a placebo. After two months, those taking cinnamon had significantly reduced severity, frequency and duration of migraine episodes. Most of the world's cinnamon is *Cinnamomum verum*, produced in Sri Lanka, also called Ceylon cinnamon. Cassia cinnamon (*Cinnamomum iners*) is not accepted as a true cinnamon by herbalists.

Ease Depression and Anxiety with Probiotics

With the gut-brain axis increasingly under scrutiny, two studies provide new evidence of how the microbiome, or gut bacteria, affects mental health. In a review in *BMJ Nutrition Prevention & Health* of seven high-quality probiotic and prebiotic studies, researchers found that 11 out of 12 probiotics studied produced "measurable reductions in depression." The major strains studied were *Lactobacillus acidophilus*, *L. casei* and *Bifidobacterium bifidum*. In a second study in the journal *Nutrients*, 20 male soccer players ages 18 to 21 received either a placebo or a probiotics drink with *L. casei* for two months. By week four, those drinking the probiotic drink had significantly more relaxed (theta) and attentive (delta) brain waves, suggesting lowered anxiety and enhanced training ability. The probiotics drink also improved cognitive reaction time in the subjects.

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Cancer-Free Pets

Five Ways to Help Keep Them Healthy

by Karen Shaw Becker

Veterinarians are seeing cancer in more and younger pets these days than ever before. According to the American Veterinary Medical Association, approximately one in four dogs will develop cancer at some point in life, including almost half of dogs over the age of 10. But taking practical steps can help lower a pet's risk.

Don't allow a dog or cat to become overweight. Studies show that restricting the number of calories an animal eats prevents and/or delays the progression of tumor development across species. Fewer calories cause the cells of the body to block tumor growth, whereas too many calories can lead to obesity, which is closely linked to increased cancer risk in humans.

There's a connection between too much glucose, increased insulin sensitivity, inflammation and oxidative stress, all factors in obesity and cancer. It's important to remember that fat doesn't just sit in a pet's body harmlessly—it produces inflammation that can promote tumor development.

Feed an anti-inflammatory diet. Anything that creates or promotes inflammation in the body increases the risk for cancer. Current research suggests cancer is actually a chronic inflammatory disease fueled by carbohydrates. The inflammatory process creates an environment in which abnormal cells proliferate.

Cancer cells require the glucose in carbohydrates to grow and multiply, so work to eliminate this cancer energy source. Carbs to remove from a pet's diet include processed grains, fruits with fructose and starchy vegetables like potatoes.

Keep in mind that all dry pet food ("fast food") contains some form of potentially carcinogenic, highly processed starch. It may be grain-free, but it can't be starch-free because it's not possible to manufacture kibble without using some type of starch. The correlation

between consuming fast foods and cancer has been established in humans, so it's wise to incorporate as much fresh, unprocessed food into an entire family's diet as can be afforded.

Cancer cells generally can't use dietary fats for energy, so high amounts of good-quality fats are nutritionally beneficial for dogs fighting cancer, along with a reduced amount of protein and no carbs—basically a ketogenic diet.

A healthy diet for a pet is one that's anti-inflammatory and anti-cancer, and consists of real, preferably raw, whole foods. It should include high-quality protein, including muscle meat, organs and bones. It should also include high amounts of animal fat, high levels of EPA and DHA (omega-3 fatty acids) and a few fresh-cut, low-glycemic veggies. This species-appropriate diet is high in moisture content and contains no grains or starches.

Also make sure the diet is balanced following ancestral diet recommendations, which have much more rigorous standards (higher amounts of minerals and vitamins) than the current dietary recommendations for pets. A few beneficial supplements like probiotics, medicinal mushrooms, digestive enzymes and super green foods can also be very beneficial to enhance immune function.

Reduce or eliminate a pet's exposure to toxins and minimize chronic stress. These include chemical pesticides like flea and tick preventives, lawn chemicals linked to cancer (weed killers, herbicides, etc.), tobacco smoke, flame retardants, household cleaners and air-scenting products like candles and plug-ins. Because we live in a toxic world and avoiding all chemical exposure is nearly impossible, a periodic detoxification protocol can also benefit a pet.

Research points to the benefits of identifying and removing sources of chronic stress in an animal's life. Focusing on providing environmental enrichment and opportunities for dogs to just be dogs (play, sniff and run) on a daily basis is important in keeping them happy and healthy.

For dogs, especially a large or giant breed, hold off neutering or spaying until the age of 18 months to 2 years. Studies have linked spaying and neutering to increasing cancer rates in dogs. Even better, investigate alternative ways to sterilize a pet without upsetting their important hormone balance.

Refuse unnecessary vaccinations. Vaccine protocols should be tailored to minimize risk and maximize protection, taking into account the breed, background, nutritional status, lifestyle and overall vitality of the pet. Vaccines may cause cancer, and titer testing is a responsible way to ensure a pet has adequate immunity in place of over-vaccinating on an annual basis.

Karen Shaw Becker, DVM, a proactive and integrative veterinarian in the Chicago area, consults internationally and writes Mercola Healthy Pets.



10 Classic Symptoms Not to Ignore

Dogs and cats can develop cancer almost anywhere in the body, which is why the symptoms vary depending on the tissues and organs involved and the severity of the disease. Make an appointment with a veterinarian if a pet displays any of these warning signs of cancer.

1. Unusual swellings that don't go away or that grow. The best way to discover lumps, bumps or swelling on a dog or cat is to pet them.

2. Sores that won't heal. Non-healing sores can be a sign of infection or cancer and should be evaluated by a veterinarian.

3. Weight loss. Illness could be the reason a pet is losing weight when it isn't on a diet.

4. Loss of appetite. Reluctance or refusal to eat is a sign of possible illness.

5. Bleeding or discharge. Bleeding can occur for a number of reasons, most of which signal a problem. Unexplained vomiting and diarrhea are considered abnormal discharges, as well.

6. Offensive smell. An unpleasant odor is a common sign of tumors of the anus, mouth or nose.

7. Difficulty eating or swallowing. This is a common sign of cancers of the mouth or neck.

8. Reluctance to exercise or low energy level. This is often one of the first signs that a pet is not feeling well.

9. Persistent lameness. There can be many causes of lameness, including nerve, muscle or bone cancer.

10. Difficulty breathing, urinating or defecating. These symptoms should be evaluated by a veterinarian as soon as possible.

Many of these symptoms also occur with other disorders and diseases, but any pet showing one or more of these signs needs prompt veterinary attention.



Calm Down

Taming the Flames of Stress-Related Illness

by Marlaina Donato

We are beings of neurochemical and hormonal intricacy, and within this mixed bag of biology lies our magic. Our human experience is visceral; we cry from sadness and joy, flush from embarrassment, laugh with amusement and exhibit quirky mannerisms when we lie. Whether we see it as a blessing or a curse, we're hardwired to embody the sacred fire of our emotions.

It also means that stress and our bodies are in perpetual partnership. "Systematically, the mind and body work together. Grabbing your belly when you hear bad news and saying, 'I feel sick,' or having 'butterflies in your stomach' are a testament to how everyday stress affects us physically," says Stephanie Mansour, Chicago fitness expert and host of the national PBS show *Step It Up With Steph*.

"Stress serves a useful purpose by increasing alertness—the sometimes lifesaving 'fight-or-flight' response—but chronic stress leads to elevated stress hormones like cortisol and catecholamines," says emergency room physician Thomas Krisanda, at Northwest Hospital, in Randallstown, Maryland. "Cortisol can elevate blood glucose and suppress the immune system. Elevated catecholamines raise blood pressure and stress the heart. Over time, this can lead to hypertension, heart disease, kidney disease, diabetes or strokes."

According to The American Institute of Stress, 77 percent of people experience the physical backlash of emotional stress in the form of headaches, chronic migraines, fatigue, digestive woes, muscle tension, dizziness and changes in libido. Research published this year in the *Journal of the American Heart Association* shows that children that experience severe adversity or live with alcoholics or drug addicts are at a 50 percent higher risk for developing cardiovascular disease later in life. Experts agree that this statistic goes beyond poor lifestyle choices, and might point to a biological inability to cope with everyday pressures.

Working with—rather than against—the body's nervous system by employing lifestyle changes, releasing trauma and considering options like a nourishing diet, safe herbal options and gentle energy modalities can help to break a vicious cycle.

Gut Instincts

Studies involving both mice and humans show that beneficial gut microorganisms are altered by emotional stress. The same bacteria responsible for bolstering the body's fortress of immunity also generate neurotransmitters like serotonin,

dopamine and norepinephrine. These neurochemicals in the gut's enteric nervous system control major biological functions that include heart rate, sleep cycles, muscle movement and mood.

While commonly prescribed antibiotics eradicate infectious invaders, they also kill off beneficial bacteria and neurotransmitters, opening the door to depressive disorders. Because approximately 95 percent of the body's serotonin is produced in the gut, it's not surprising that overuse of antibiotics has been associated with mental health conditions. British research published in the *Journal of Clinical Psychiatry* in 2015 documents case-control studies over an 18-year period involving 202,974 patients with depression. The findings show a high risk for anxiety and depression following repeated antibiotic use.

Connecting the dots further, 2018 research published in the *Journal of Neuroendocrinology* correlates compromised intestinal permeability with a weakened blood-brain barrier and alcohol addiction. Research published in 2014 in the journal *PLOS One* involving patients with irritable bowel syndrome (IBS) reveals abnormalities in catecholamines, elevated plasma cortisol and hyperactivity of the amygdala—the part of the brain that can become stuck on overdrive from trauma and other life stresses.

In a nutshell, negative emotional states can suppress immunity and foster more frequent antibiotic prescriptions and in turn, promote neurological loops of chronic depression and anxiety, and even more compromised immune response.

Functional gastrointestinal disorders like IBS and inflammation-driven Crohn's disease are often exacerbated by emotional upset and improved with stress management techniques like biofeedback, cognitive behavioral therapy, psychoanalysis, hypnotherapy, meditation and breath work.

One Body, Many Selves

Resolving emotional trauma can offer unexpected hope for conditions that elude improvement or scientific understanding. A deeper look into how unrecognized or unreleased emotional pain can contribute



to disease might help to solve the riddle of digestive problems, eczema, inflammatory bowel conditions and pain syndromes, including the multi-system agonies of fibromyalgia and chronic fatigue syndrome. It's a widespread misunderstanding that psychosomatic (mind-body) health conditions are imaginary or the product of mental instability. In actuality, the term psychosomatic simply refers to physical diseases with no organic origin that are presumed to have unconscious emotional taproots.

"We are made up of different types of energy," explains LaStacia Ross, a reiki master and sound healer at Eclectic Soul Studio, in Pittsburg, Kansas. "Physical or sensory energy is the energy of the physical body. Our outer energy field is subtle energy which consists of layers and includes thoughts and emotions. I like to think of the subtle energy field as a library containing the records of everything we've ever experienced."

Reiki, a form of non-touch therapy, is now deemed valuable by many respected hospitals, like the Memorial Sloan Kettering Cancer Center, in Manhattan. Springboarding from the philosophy that

we are trinities of body, mind and spirit, reiki and other forms of energy medicine aim to encourage the flow of vital life force. Ross, who also uses sound resonance via tuning forks in her work, has witnessed significant improvement in her clients. "Energy work can help release stored energetic patterns of trauma and stress that no longer serve us," she says. "Relaxation is an immediate benefit of energy work. People often feel a huge mental weight lifted and report pain relief, sometimes after just one session." Despite the many gains of energy work, Ross emphasizes individual timing. "On a subconscious level, pain or illness can serve us in some way without us realizing it. Sometimes we're not ready to work through our issues or let them go, even if we think we are."

Investing in Equilibrium

Stress-induced psychosomatic illness does not discriminate, and even affects members of the medical field. A 2009 study published in the *Indian Journal of Occupational and Environmental Medicine* found that professional burnout in nurses can manifest as back and neck pain, acidity, anger and impaired memory.

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Chamomile (*Matricaria chamomilla*) helps to soothe emotional and muscle tension; relieve stress-related gut symptoms like gas, cramping, irritable bowel syndrome and ulcers; calm heat-related emotional and physical issues such as eczema, anger and frustration; and generally promote a sense of calm. Wonderful in baths, teas and as an herbal garnish.

In addition to Benjamin's recommendations, other stress-fighting herbs to consider are Ginkgo, panax and Siberian ginseng, fo-ti, rhodiola, reishi mushroom, goji berries, licorice root, lavender, rose, lemon balm, tulsi (holy basil), ashwagandha and mimosa bark.



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Krisanda underscores the importance of self-care in all walks of life. "If you don't take care of yourself, you are useless to care for others. Adopt a healthy diet and exercise and make it a routine. We live in a very materialistic society, and I believe this also leads to stress, unhappiness and a sense of being entitled and never being satisfied. Just let go."

He also stresses the importance of support. "An emergency room is an incredibly hectic, frightening and sometimes violent place. I rely on my colleagues, and we support each other. For me, the most important thing is to realize that I'm not in it alone." Krisanda also finds balance by taking a few minutes in a quiet place to collect his thoughts and enjoy a peaceful moment.

Basic, whole foods can help to maintain homeostasis. "Make sure that food is fueling you," says Mansour. "Cooked vegetables and broths are very soothing. Instead of a juice cleanse or an extreme diet, focus on nourishing, calming foods like soups, lean proteins to stabilize blood sugar levels and healthy fats to support brain function. Reducing alcohol can help improve liver function."

Sarah Kate Benjamin, a holistic chef and herbalist in Sebastopol, California,

finds her own healing rhythms by eating with the seasons and using medicinal plants in inspired, everyday dishes. Co-author of *The Kosmic Kitchen Cookbook: Everyday Herbalism and Recipes for Radical Wellness*, she sees herbs as life-giving examples of resilience. "Herbs have been here long before us and have experienced their own form of stressors. Working with nervous system-supportive herbs in my food, beverages or even as tinctures really help me find balance when I'm overwhelmed."

Some of her allies are oat tops, lemon balm, skullcap, chamomile and passionflower. For Benjamin, everyday choices play a huge role in healing. "Making small lifestyle shifts in your work or home life can really help you move into a more relaxed state. I like to think of it as a sort of mantra: 'Help the herbs help you,'" she says. In a world that is fixated on external validation, little things matter. "If I give myself permission to do the things that really nourish me, I'll be the best version of myself. Perhaps most importantly, I will like me, and that matters tremendously."

Marlaina Donato is an author and recording artist. Connect at AutumnEmbersMusic.com.

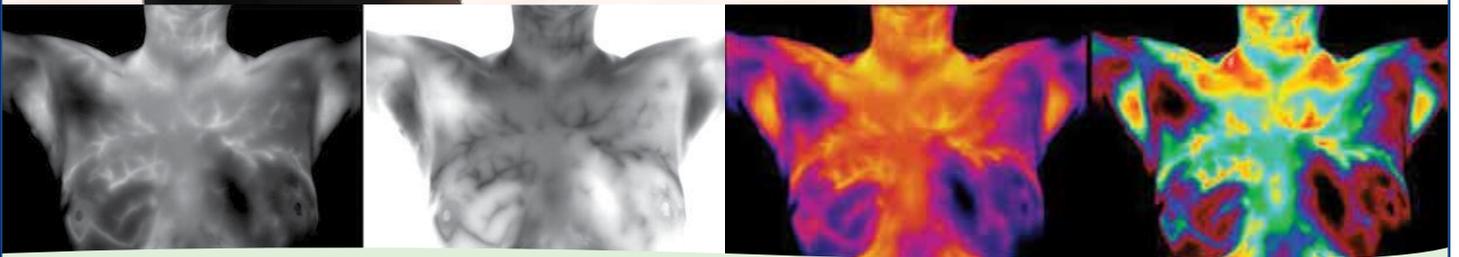
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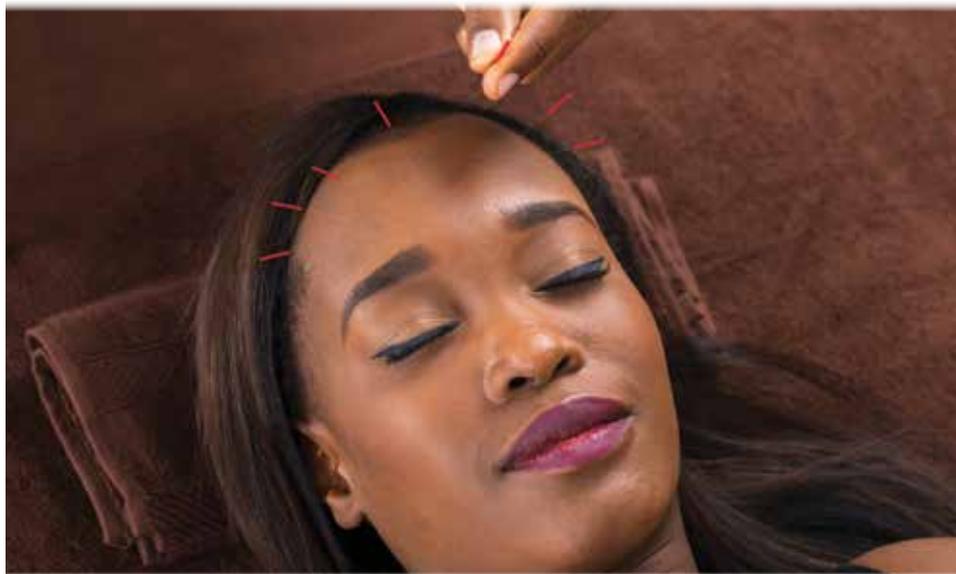
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EASE STRESS

Find Balance with Acupuncture

by Julie Peterson



Potential illness, job security, diminishing finances, family wellbeing and schooling are just a few of the things that people are worrying about these days. While these are certainly not new stressors, the pandemic has presented most, sometimes all, of these in one messy heap for people to deal with simultaneously. In addition, lockdowns and social distancing have many people feeling alone. That's a lot of stress.

A new routine or fear of the unknown can cause discomfort any day. Throw all the other concerning topics in the mix and it's a recipe for serious anxiety or depression.

The Root of Health Problems

"We have seen an increase in the people dealing with the high levels of stress that are triggering anxiety attacks, digestive issues, insomnia, migraines, increased reaction to pain as well as many other issues," says Michelle Connell, AP, MAcOM, at Healthy Healing Acupuncture and Chinese Medicine in Merritt Island.

It's no secret that stress can cause havoc within the body and the mind.

"Even those of my patients who rarely, if ever, report anxiety are coming in complaining of insomnia, forgetfulness and irritability," says Hilary Morris at Stuart Acupuncture.

And beyond the stress-related issues newly presented in 2020, the year has even done some dredging.

"For some patients without distractions and with more time to reflect, emotions are coming to the surface, whether they are as a result of the current situation or past events," says Marcela Bowie, DOM, AP, at No Worries Natural Medicine in Indialantic.

But stress is difficult to manage, because it's a physiological response that prepares the body for an ancient fight or flight response. Further, if the problem causing the stress can't be solved, the stress continues and becomes chronic.

"If we sense danger, we need to be able to successfully fight or flee. Then our bodies return to homeostasis, a state of balance, once the threat is resolved," says Angela King, AP, DOPM, at Indian River Acupuncture & Functional Medicine. "With something like COVID, there is no end in sight to the threat and this uncertainty and lack of control is very taxing on our minds and bodies."

Traditional Chinese Medicine (TCM)

To tame stress, release emotional trauma and heal the resulting physical manifestations, TCM looks at the person, not the symptom.

"Some people get more anxious and can't sleep, others get more irritable and maybe their blood pressure rises... both people may feel stressed, but their experience is very different and requires different herbal formulas," says King.

For this reason, TCM is not one-size-fits-all. To truly find the root cause of any issue, practitioners diagnose with consultation, signs and symptoms, Chinese tongue and radial pulse diagnosis and sometimes bloodwork.

"With Chinese medicine, we approach each patient individually and find where the imbalance is for that person. A manifestation of anxiety, or any symptom, can be due to a number of different reasons with a multitude of treatment options," says Bowie.

Another benefit of TCM is that it's preventive. "Emotions affect our internal organs," says Bo-Shih Ni, LAc, DOM, at Ni's Chinese Medical Center in Melbourne. "In Chinese medicine, a skilled practitioner can detect the effect the stress is having before the damage is done."

Acupuncture

Studies show that consistent acupuncture treatments help balance cortisol and release endorphins, serotonin and dopamine that help decrease the stress response of the sympathetic nervous system by inducing the relaxation response.

"When you get an acupuncture treatment, you will generally feel a relaxed feeling come over your body," says Connell. "The balance of fight or flight and rest and relax chemicals and hormones in the body will allow the immune system to work more effectively and help to keep you healthy."

"Acupuncture also improves sleep patterns and regulates digestion which can become imbalanced in many people during times of stress," says King.

Herbs as Medicine

Chinese herbs, sometimes in the form of teas, may be recommended to soothe affected organs or help with anxiety symptoms.

"In a largely generalized approach, Chinese medicine has a common formula called 'Xiao Yao San' that can be modified which is sometimes referred to as 'The Happy Tea' for its stress relieving effects," says Bowie. "Anyone wanting

to use Chinese herbal medicine for any condition, including stress, [should] first consult with a licensed acupuncture physician or doctor of oriental medicine to find the root cause and to customize their treatment.”

Morris also says that seeing a licensed Chinese Herbalist is the best route before incorporating herbs or teas, as there are many that could treat stress, but the most appropriate for each person depends on many factors.

“One herb or combination cannot treat all people with stress. Chinese herbs have to be customized for each individual person as each person’s internal system can be affected differently,” says Ni.

TCM Promotes Self-Care

Taking care of the body and mind are always essential, and even more so during times of stress. An individualized treatment plan from a TCM practitioner may include herbs, acupuncture, nutrition and recommendations for daily activities to change the pattern of stress response.

“One basic habit that should be incorporated is a deep breathing exercise that will allow the body to trigger the

relaxation response. Breath in through the nose for 5 seconds and breath out through the mouth for 5 to 7 seconds. Repeat for 5 cycles. Do this several times a day to regain control over how your body responds to stress,” says Connell.

For some, underlying health issues are causing increased anxiety about surviving a potential infection. Taking preventive action can help allay concerns through empowerment.

“We focus on strengthening immune resilience and decreasing inflammation thru evidence-based natural supplements. We know that COVID’s destructiveness is in part due to the massive inflammatory response it can create,” says King. “Anything



we can do to lower inflammation by losing weight, getting blood pressure under control and managing blood sugar and chronic pain will be of benefit.”

Feelings of being cooped up indoors and isolated aren’t of benefit to physical or mental health either. It’s crucial to get out of the house and safely enjoy the outdoors.

Finally, it’s important to take control of thoughts and be mindful of focus.

“Stop dwelling on the negative and focus on something positive, uplifting and encouraging. The more you fill your mind with things that are positive, the less stress there will be,” says Ni.



Learn more from these local experts on how acupuncture can help you in our video podcast interviews at my-NA.com/VPacupuncture.

To connect with the practitioners in this article refer to their ad. *Healthy Healing Acupuncture and Chinese Medicine*, page 42; *Indian River Acupuncture & Functional Medicine*, page 6; *Ni’s Chinese Medical Center*, page 14; *No Worries Natural Medicine*, page 24; *Stuart Acupuncture*, page 39.



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healing ways



Strong and Supple Joints How to Keep Hips and Knees Happy

by Ronica O'Hara

Occasional knee or hip pain affects almost everyone, keeping us from daily tasks, making sitting painful and walking difficult.

Causes can range from over-exercise to injuries, obesity and arthritis as we age. By the time we reach 65 years or older, 69 percent of women and 56 percent of men have arthritic symptoms, according to Boston University researchers. Costly joint replacement surgery which carries a high risk of adverse effects is often recommended for advanced cases, but by taking simple, natural preventive and remedial measures proactively, we can strengthen our knee and hip joints, handle related problems if they arise and remain physically strong and active.

Ways to Strengthen Hips and Knees

Consume foods that nourish bones and connective tissues. For strong bones, eat foods rich in calcium, magnesium and potassium, such as dark leafy greens (bok choy, Chinese cabbage, kale and collard greens), figs, nuts, tofu, avocados and bone broth. Six prunes a day boosted bone density in women over 70 with osteoporosis, research shows. Foods that support flexible tendons and ligaments

include fatty fish, lentils, nuts, vegetables like spinach and broccoli, and colorful fruit like strawberries and oranges.

Practice tai chi, qigong or hatha yoga.

The gentle, low-impact movements and stretches associated with these approaches get synovial fluid flowing in the larger joints, effecting smoother mobility and increased flexibility; numerous studies document that they reduce joint pain and stiffness. "The key is not just to stretch, but to balance strength and stretching in a safe, mindful way," says Andrea Trank, a health coach and yoga teacher in Fort Myers, Florida. Although personal or class instruction is best, how-to videos can be found on YouTube.

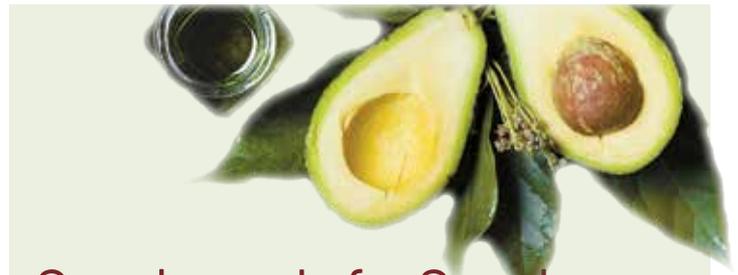
Walk every day. In a four-year Northwestern University study, people at risk of knee osteoarthritis that walked at a moderate or brisk pace for at least 10 minutes a day, one hour a week, had one-eighth the disabled mobility of those that walked less. Posture helps: Walking straight and tall while extending each leg back as far as it'll go will "really let your glut muscles work," advises chiropractor Aaron Rossi, of Marietta, Georgia—an important compensation for the time we sit with knees and hips flexed.

Ways to Lower Pain Levels

Consider the right supplements. Obtaining 1,000 milligrams daily of calcium and 600 international units of vitamin D is essential for bone health, according to the National Institutes of Health; consider taking a supplement if the diet is not adequate. In addition, study-proven options that reduce joint pain in the knees and hips include glucosamine and chondroitin, S-adenosyl-L-methionine (SAMe) and avocado soybean unsaponifiable.

The benefits of bodywork. A massage can loosen up tight muscles and realign structural issues in the knees and hips while also lowering stress-producing cortisol and raising levels of pain-reducing serotonin. A study at Canada's McMaster University found that massage works on the cellular level to reduce inflammation and promote the growth of new mitochondria in muscles. Useful styles are Swedish, deep tissue, myofascial release and shiatsu. Ask for references from friends, medical practitioners, fitness centers and natural health stores or find online a certified practitioner with at least 500 hours of training.

Try acupuncture. A new meta-study of 39 studies with 20,827 patients concluded that acupuncture effectively reduces pain for as long as 12 months, and the National Institutes of Health endorses it for knee pain. "It is believed to stimulate the nervous system and in turn, the way the brain registers pain signals," says acupuncturist Daryl Thuroff, at the Yinova Center, in New York City. Find an acupuncturist at nccaom.org/find-a-practitioner-directory.



Supplements for Suppleness

Glucosamine and chondroitin. Research suggests this combo relieves pain, improves joint mobility and slows arthritic damage to the joints. One study found it benefits up to 70 percent of people with knee arthritis, and a large multinational trial found the mixture to be as effective at reducing pain, stiffness and swelling in knee osteoarthritis as the nonsteroidal anti-inflammatory drug (NSAID) celecoxib. It appears most suited for treating moderate to severe pain and takes two months to take effect.

SAMe. This naturally occurring S-adenosyl-L-methionine molecule builds strong joints by delivering sulfur to cartilage, and research shows it may be as effective as aspirin and ibuprofen at improving joint function. It takes a month to take effect, but doesn't have the side effects of NSAIDs. It's also been shown to lower depression.

Avocado soybean unsaponifiable (ASU). Routinely used to treat osteoarthritis in Europe, ASU improves symptoms of hip and knee osteoarthritis (OA) and reduces or eliminates the use of NSAIDs, a meta-analysis concluded; it also appears to reduce OA's progression.

Consult a chiropractor. People with osteoarthritic knees that underwent two weeks of chiropractic knee adjustments had substantially less pain, better mobility and fewer grinding and clicking sensations in the knees, reported a study in *The Journal of the Canadian Chiropractic Association*. In a small study in the *Journal of Manipulative and Physiological Therapeutics*, four out of five patients with hip arthritis noticed improved symptoms after nine or fewer chiropractic treatments. Many chiropractors offer not only spinal adjustments, but also a range of treatments from exercises to prolotherapy.

Explore injection therapies. Known as regenerative medicine, these therapies use injections in the knee or hip to naturally stimulate the body to produce collagen and rejuvenate tissue. In a *British Medical Bulletin* meta-study, 82 percent of patients with mild to moderate osteoarthritis of the knee were satisfied with prolotherapy, which uses dextrose injections. Platelet-rich plasma injections use centrifuged platelets from the patient's body, and have been used by athletes like Tiger Woods and Rafael Nadal to treat sports injuries.

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



HEALTHY JOINTS

Regenerative Approaches

RELIEVE PAIN

by Julie Peterson

Prolotherapy, short for proliferative therapy, is a minimally invasive, natural treatment that can work on any joint. The regenerative injection therapy, which relieves pain by strengthening ligaments and tendons supporting the joint, involves the injection of a dextrose solution directly into the affected area. The body's inflammation response kicks in, resulting in production of collagen and regrowth of new fibers in ligaments and tendons.

Prolotherapy has been used on animals and people for hundreds of years. Modern regenerative medicine has been shown in scientific studies to facilitate the repair and regrowth of connective tissue, ligaments, tendons, cartilage and other joint-stabilizing structures. It can even help prevent surgery to repair joint injuries or age-related wear and tear. Although the injected solution varies according to the problem with the joint, Platelet Rich Plasma (PRP) is coming to the forefront as having the least risk and greatest benefit because it is derived from the patient's own blood.

"Blood is drawn and then spun in a centrifuge to concentrate the platelets. The platelet concentrate...is then injected into the desired joint or soft tissue using ultrasound guidance," says Dr. Alita Sikora, MD, of Sikora Integrative Medicine in Vero Beach. "The platelets actually recruit stem cells into the target tissue and help them differentiate and proliferate and heal tissue."

In essence, PRP injections deliver a personal nutrient-dense solution to the exact site of injury, creating a healing environment so the body can get well. It sounds simple enough, but the science behind it is complex and fascinating.

"Plasma is the liquid part of our blood that is made up of water, proteins, electrolytes, platelets, hormones and enzymes...important cellular food," says Dr. David Daly, DC, RMA, of Daly Integrated Medical Group in Titusville. "Plasma's main role is to deliver nutrients to any part of the body that needs help, aiding in the process of replacing old cells, repairing damaged cells and regenerating new ones."

The benefits of PRP therapy include accelerated tissue healing, improved musculoskeletal and joint health and reduced inflammation. The procedure also comes with minimal downtime, cost and risk, as compared with surgery.

Patients often turn to PRP after trying other therapies that simply did not provide lasting relief from pain or recovery from injury. Studies have shown the beneficial effects of PRP for chronic non-healing tendon injuries and cartilage degeneration.

"When healing takes place with a PRP treatment, your body is making a lasting positive therapeutic change," says Daly. "Modalities such as pain meds, anti-inflammatories, prednisone, cortisone injections may help decrease the inflammation, but do not promote a healing effect to tissues."

Sikora agrees that failed therapies such as steroid injections, physical therapy and NSAIDs often lead people to seek PRP. "I have also injected patients who have had surgery already such as a rotator cuff tear and want to use PRP to enhance the postsurgical healing," Sikora says. "Other modalities such as ultrasound, laser and physical therapy can be used after PRP injection to maximize the healing."

While perhaps not an everyday term, PRP is already commonly used in orthopedics, sports medicine, dentistry, neurosurgery, ophthalmology, urology and cosmetic and cardiothoracic surgery and has been around since the 1980s. It is often advised for rotator cuff injuries, plantar fasciitis, tendonitis, tennis elbow, osteoarthritis and more.

"I have personally used PRP treatments to help heal my torn meniscus in my right and left knee," says Daly. When the doctors providing a treatment are healing themselves with the same, that seems a good indicator that the therapy is top notch.

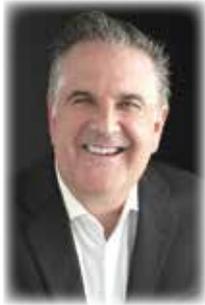


Watch our video podcast interviews with Dr. Daly and Dr. Sikora to learn more about how PRP can assist with healing injuries, osteoarthritis, joints, and more at my-NA.com/VPJoints.

To connect with the practitioners in this article, refer to their ad. Sikora Integrative Medicine, page 46; Daly Integrated Medical Group, page 16.

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CELEBRATING SAMHAIN

The Significance of Halloween

by Julie Peterson

Dressing in spooky or fun costumes and enjoying fall treats and some scares is what Halloween is all about. Pumpkins become jack-o-lanterns, apples are covered with caramel and the sounds of little ghosts and goblins blend with sounds of doorbells ringing and choruses of “trick or treat!” Halloween is a relatively new holiday, thought to have evolved from Samhain, a seasonal festival of the Celtic peoples held about 2,000 years ago, but still observed by some.

Traditionally, Samhain was held from sundown on October 31 until sundown November 1 and marked the halfway point between the autumn equinox and the winter solstice. In the northern hemisphere, it marks the end of summer. Leaves are falling from the

trees, crops are harvested and days are getting shorter. This season in nature is a reminder of the cycle of death and rebirth. Samhain was to celebrate that cycle in all its forms.

Today, people celebrate the holiday in a variety of ways. One of the most common is to take time to acknowledge endings or deaths that have been experienced through the year. Whether it was the death of a loved one, a relationship, ideas or dreams, Samhain is time to observe the shift from the old energy to the new energy, space and possibilities.

“Some people will focus on honoring the end of a cycle and/or a rebirth of new ideas, which can coincide with the climate in most places while reflecting the last outings or crops before winter,” says Pamela Faiello, owner of Creative Energy in Melbourne.

“Others like to honor passed loved ones or family ancestry by placing family portraits in prominent places around the home and making and offering family recipes.”

Tapping into the energy of the holiday can involve food, decorations from nature or crafts, altars, meditations or creating sacred spaces. Culture typically has an influence as the holiday takes shape based on the region.

Jasen Torres, owner of Scented Dragon in Ft. Pierce and Port St. Lucie, explains that flame gathering is a Samhain ritual that can assist with letting go of departed loved ones and visualizing them entering a new phase of being. A backyard fire pit, bonfire or a fireplace will work for this. “To further benefit from this experience, write down a habit you’d like to free yourself from, visualize releasing it

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and cast it into the Samhain flames with a piece of sage as you move around the fire clockwise,” says Torres. “A background beat of drums helps to connect all those participating, creating a collective energy of letting go.”

To clear old energy, Chris Johansen, owner of Psychic and the Genie in Stuart, says that Reiki sessions are helpful. “Before each Reiki session we call in the energies of the angels and ascending masters to provide a safe and protected space for our sessions,” says Johansen.

“Crystals and Gemstones are an easy way to alter the vibrations of energy around you. Adding them to your environment, wearing them as jewelry, placing them with intention around the home or dedicating specific stones to your family and ancestry can help pull your intentions into reality,” says Faiello. She recommends stones to use at this time of reflection while ending and beginning a new energy. Ruby and zoisite are used for grief and letting go. Obsidian cleanses the aura of attachments, such as old patterns. Carnelian is a source of creativity and new beginnings.

Johansen also recommends gemstones for renewal and new beginnings. Howlite offers stress relief, aventurine protects the heart, crystal quartz provides healing and amazonite dispels negative energy.

No matter what one has had to let go of over the year, there is new energy to fill that space. Samhain can include rituals that help manifest desires, honor the true self and send blessings to loved ones departed.

“I like to enlighten people who are looking for renewal or new beginnings and encourage them to spread love, light and kindness on their journey,” says Jeanne Mehlretter, owner of Genies Gems in Stuart.

Treats abound as the harvest is put up and the smell of carved pumpkins and bonfires waft through the air. The journey continues as peace is made with what has gone and the cycle of life is rejoiced.

To connect with the practitioners in this article, refer to their ad. *Creative Energy*, page 45; *Genie’s Gems*, page 45; *Psychic and the Genie*, page 45; *Scented Dragon*, page 6.



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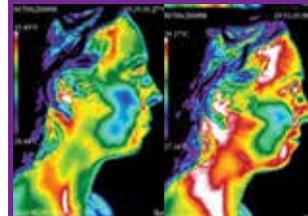
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Florida Artist Joins Campaign for Right to Clean Water

by Linda Sechrist

Naples artist Paul Arsenault's passion for the beauty of Florida's natural environment is evident in his intricate, colorful renderings. This deep love of the environment set the stage for collaboration with Lee County Rights of Nature (LeeRON), which is part of the Florida Rights of Nature Network (FRONN), as well as the Rights of Nature worldwide movement to legally recognize the entitlement of ecosystems to exist, flourish and evolve naturally; the inalienable rights of human beings to clean air, clean water and healthy ecosystems; and the constitutional authority of local governments to declare and defend these rights. Rights of Nature also recognizes that our current regulatory system, highly subject to corporate influence and changing political systems, is failing us and the Earth.

FRONN

FRONN is a grassroots collaboration of local initiatives across Florida working in charter counties to protect nature's rights, people's rights to a healthy environment, and home rule. Arsenault supports LeeRON and FRONN efforts to assist and support citizens in amending their local city/county charter to create constitutionally framed environmental protections in their community. Joe Bonasia, director of education for LeeRON, works with Chuck O'Neal, president of FRONN, toward passing a Right to Clean Water Charter Amendment. Also known as the Wekiva River and Econlockhatchee River Bill of Rights (WEBOR), the proposed amendment to the Orange County Charter appears on the Orange County November ballot as Charter Question #1.

Home Rule Under Attack

O'Neal notes that community self-governance is under attack. "Corporate interests help fund political campaigns, and in return get the laws they want. Increasingly, these are state laws expressly meant to preempt local laws, gutting the powers of municipal governments and defying the will of the people. The game is rigged in favor of corporations and against citizens and the home rule powers of local governments. The failure of plastic bag and sunscreen bans in Coral Gables and Key West due to preemptive state laws are glaring examples," he advises.

The current regulatory system regards nature as merely property, therefore anyone with a title to the land has the legal right to harm it. "Human and natural communities that don't have title to or a financial interest in the land lack legal standing to argue in court for protection. However, the individual or corporation that holds title of ownership does have standing. Granting legal rights to nature provides it and its human guardians the standing to defend the natural world in court. Rights provide the highest level of protection under law," remarks O'Neal.

Wekiva River and Econlockhatchee River Bill of Rights

In March, the Orange County Charter Review Commission voted to place the Wekiva River and Econlockhatchee River Bill of Rights on the county ballot. This is a first for Florida and the nation. Once approved by voters, this amendment will establish the right of these rivers to exist and be protected from pollution, as well as the right of residents to clean water.

"While our entire state is dependent on its hydrology, all rivers in Orange County and 75 percent of our largest lakes are listed as impaired. Clean water in our lakes, rivers, canals, wetlands and Gulf of Mexico is vital to Florida's tourism, its number one economic driver. We have reached a crucial point with polluted rivers and lakes suffering algae blooms, the over consumption of water and the destruction of wetlands. Now is the time for we, the people, to save our state from what appears to be this new but unacceptable normal," says O'Neal.

Groundwater Contaminants in Orange County

Contaminants of concern are present in groundwater and drinking water from many sources, such as erosion of natural deposits, fertilizers, pesticides, septic systems, agricultural uses, improper disposal as well as accidental discharges of hazardous waste and petroleum compounds, especially fuel storage tanks, drycleaners, stormwater runoff from roads, buildings, lawns, industrial and energy production facilities, and many other sources.

Many citizens are unaware of the immense quantity of contaminants of concern in Orange county groundwater. An example of known contamination is the presence of 81 identified cattle dipping vats, which were used in early 1900s until approximately 1962 to eradicate ticks in cattle and animals, and typically contain arsenic, and other known probable carcinogens such as DDE, DDT, DDD and toxaphene.

Right to Clean Water

“FRONN is in six Florida cities that are actively putting the Right to Clean Water amendment into play. When we are successful in Orange county with our ordinance, which does not violate Florida’s recently passed Senate Bill 712 increasing the signature threshold for citizen’s initiatives, we will be the template for any Florida municipality or city. Although there have been about three dozen cities and townships passing rights of nature ordinances, Orange will be the first county in the nation to do so

Nature has no means to defend itself from municipal and corporate economic actors that view themselves above nature. No longer can we afford to view nature as an endless resource to be exploited for human wants, profit and greed. RON laws are an expedient method to bring change to stop and reverse destructive impacts.

For more information, visit RightToCleanWater2020.com, [Facebook.com/LeeRon2019](https://www.facebook.com/LeeRon2019), [Fight4Zero.org/](https://www.facebook.com/Fight4Zero.org/) [RightsOfNature](https://www.facebook.com/RightsOfNature) and [TheRightsOfNature.org](https://www.facebook.com/TheRightsOfNature.org).

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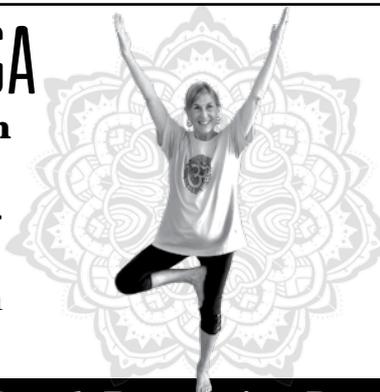
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A Better Breakfast

Healthy Tips and Recipes to Start the Day

by April Thompson

Breakfast sets the stage for the day ahead, and it can either drain or energize us, depending on the what, when and how much aspects of the meal. While health experts agree that many traditional breakfast foods can do more harm than good, delicious, healthy alternatives are within easy reach of the breakfast table.

Morning favorites like pastries, sugary cereals and pancakes, high in refined sugars and carbs, cause insulin production to spike and blood sugar levels to crash, according to David Perlmutter, an acclaimed neurologist based in Naples, Florida, and author of *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar - Your Brain's Silent Killers*. "People need to train their bodies to tap into the energy reserves within, harvesting fat for energy rather than being reliant on the next meal. A breakfast high in protein and fat will do that," he says.

While often waiting until noon for his first meal of the day, Perlmutter frequently opts for eggs and salad drenched in an extra-virgin olive oil dressing to break the fast. Perlmutter suggests waiting 12 hours or longer between dinner and the next day's breakfast. "Time-restricted eating", or intermittent fasting, can have surprising health benefits, helping crank up production of the brain-derived neurotrophic factor, a powerful initiator for growth of new brain cells, and kick-start autophagy, the body's method of cleaning out damaged cells, according to the neurologist.

A plant-based chef based in Bruges, Belgium, Julie Van den Kerchove switched from a raw, vegan diet to a mainly keto diet, low in carbohydrates, to regain energy after "hitting a wall, experiencing hormonal imbalances and nutritional deficiencies. Before, I would have green smoothies with lots of fruit and leafy greens, but would be 'hangry' a few hours later. Now my breakfast consists more of healthy fats and proteins, which helps me stay satisfied and energized until lunchtime. I experience more mental clarity and calmness because my blood sugar is not going up and down," says Van den Kerchove, a blogger and author of vegan, raw-food and keto cookbooks.

A typical breakfast for her now is a chia seed pudding with a nut or coconut milk, berries, nuts and seeds with a protein powder and stevia, which is easy to prepare in advance, or a warm porridge with hemp seeds, nut butter, chia seeds and almond, hemp or coconut milk, which is high in fiber and healthy fats. "If I feel like [having] something savory, I'll have

seed crackers topped with avocado and eggs or a Mediterranean omelet," she adds.

Teresa Fung, a professor of nutrition at Simmons University and adjunct professor at Harvard University, both in Boston, cautions about completely cutting carbs from breakfast, however. "Fruits and vegetables are important healthy sources of carbs, essential to get enough fiber to maintain healthy gut microbiome and feed the good bacteria in your GI tract," says Fung, who is an associate editor for *The Journal of Nutrition*. "Optimal morning fuel will include a good dose of protein, vitamins and minerals, fiber, antioxidants and some heart-healthy fats. It will also include a healthy source of carbs that your body can use as energy, leaving proteins to be used for protein synthesis," says Fung, suggesting a simple, but hearty breakfast of high-fiber oatmeal or yogurt with nuts and fruit.

Like Perlmutter, Fung stresses the importance of eating during daylight hours when certain enzymes are activated. "Our bodies react to daylight even when our eyes are still closed. Eating should match up with our biological clocks, as we are daytime animals, using most of our energy in the day," she says.

Fung notes Americans that tend to make breakfast the smallest meal of the day and dinner the largest need to better balance meal sizes rather than load up on calories late in the day.

These experts agree on the need to tune into the body's signals for hunger and satiety, not just eating breakfast on an autopilot schedule. "If I've eaten a huge holiday dinner the night before, I may skip my morning meal. I'm a huge proponent in being flexible and listening to your body," says Van den Kerchove.

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



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Healthy First Meals

Caramel Apple Cinnamon Crisp Overnight Oats

These oats are a great dessert/breakfast mix that's delicious, but good for you, too. It's made clean by cooking the apples using coconut sugar instead of refined white sugar and adding cinnamon and nutmeg for spice. Prep the oats by mixing all the ingredients, then make a date caramel sauce that's healthier than any caramel sauce you can purchase from the grocery store and so luscious that you'll fall in love with it.

For the Cinnamon Apples:

2 large Honeycrisp or Pink Lady apples, cored, peeled and diced
2 Tbsp coconut sugar
¼ tsp cinnamon
¼ tsp nutmeg

For the Oats:

1½ cups rolled oats
1½ cups unsweetened almond milk
2 Tbsp chia seeds
1 tsp vanilla extract
¼ tsp ground cinnamon

For the Date Caramel Sauce:

10–12 pitted dried dates
⅛ tsp sea salt
½ cup hot water, divided

To make the cinnamon apples, combine the apples, coconut sugar, cinnamon and nutmeg in a saucepan, and cook over medium heat for 6 to 8 minutes until the apples are softened, but not mushy.

For the oats, combine the oats, milk, chia seeds, vanilla and cinnamon in a mixing bowl.

To make the date caramel sauce, process the dates and sea salt in a food processor until they are finely chopped. Add the water, 1 tablespoon at a time, to the dates until the mixture becomes smooth and resembles caramel. You may need to scrape down the sides of the food processor.

Spoon half of the oat mixture into the bottom of an 8-ounce jar with a lid or a sealable container, then top with the date sauce and apples. Repeat in a second jar with the remaining ingredients.



Refrigerate the oats overnight or for at least 4 hours. The oats can be enjoyed cold straight from the refrigerator or heated in the microwave for 1 to 2 minutes.

Reprinted from *Clean-Eating Breakfasts and Lunches Made Simple*, by Lacey Baier.

Salmon Cakes with Fennel & Parsnips

For the vegetables:

½ cup fennel, shaved thin (use a mandolin slicer for thinnest slices)
¼ cup parsnips, shaved
½ Tbsp coconut oil

For the salmon cakes:

6 oz can boneless, skinless, wild-caught salmon, drained
1 egg
1 Tbsp quinoa flakes
1 Tbsp fresh chives, chopped
1 tsp capers
1 tsp lemon juice
½ Tbsp coconut oil, for frying
4 radishes with greens

Heat oil in a skillet and sauté fennel and parsnips until tender, about 7 minutes.



Remove to serving plate.

In a mixing bowl, combine salmon, egg, quinoa flakes, chives, capers and lemon juice. Stir to mix until most of the large chunks of salmon are broken down.

Heat oil in a frying pan over medium heat,

form salmon mixture into 2 patties and cook 4 minutes per side.

Place salmon cakes over fennel and parsnips and garnish with radishes. Serve warm.

Provided by David Perlmutter, DrPerlmutter.com.

calendar of events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

DEADLINE: All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: MyNaturalAwakenings.com.

SPACE COAST EVENTS

THURSDAY, OCTOBER 1

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, OCTOBER 2

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/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, OCTOBER 3- SUNDAY, OCTOBER 4

Weekend Meditation Course – The Science behind the Practice CEU Training - Saturday 10am-6pm. & Sunday 1-7pm. Discussion includes science and research of body-mind connection. 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 and more. 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/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY, OCTOBER 5

Spirit Guide Healing Journey with Reiki Meditation and Sound – 5:30-7pm. During the Reiki healing journey meet spiritual guides that reveal our gifts and talents, release limiting beliefs and layers and manifest the next step in our spiritual journey. Includes the River of Life healing experience. Led by Maria Banas. Bring yoga mat, pillow, blanket, and water. \$25. 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.

TUESDAY, OCTOBER 6 & SATURDAY, OCTOBER 10

Become the Divine Human Free Training – Claim your Soul Power, Ignite your Creative Passion and Fulfill your Divine Purpose – Free webinars offered by Kumari for those who want to seriously amplify their spiritual power and divine gifts to improve their life, relationships, and career. Discover what your divine qualities are and how to expand them. Experience your Divine Blueprint Activation, and much more. Webinar is offered Tuesday at 10am and Saturday at noon. Register for one or both at DivineHumanInstitute.com/Free-Webinar.

TUESDAYS, OCTOBER 6, 13, 20 & 27

Chakra Balancing - with Deva. Deva will gently open your aura, and then balance each of your 7



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TUESDAY, OCTOBER 6 & SATURDAY OCTOBER 10

See calendar for details or visit

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chakras (energy centers) using a blend of crystals, colored light therapy, and intuitive healing energy. Deva Shanks is a 3rd generation professional intuitive energy healer. 15-minute session: \$20. Must call to pre-register for session. 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, OCTOBER 7

Guided Lovingkindness - Sound Bath Meditation Workshop – 5:30 – 7pm. Meditation teacher, Anthony Profeta will guide us through a formal lovingkindness meditation while playing the singing bowls. The tones of the singing bowls will help to shift the brainwaves out of the beta & into the more relaxed and calmer alpha and theta brainwave states. Helping us connect more deeply to the pure and radiate nature of our mind beneficial for sending out the lovingkindness phrases and energies to ourselves, others, and the world. \$20. Please bring a pillow. 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.

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THURSDAY, OCTOBER 8

Don't Let Adrenal Fatigue Impact Your Life – 7-8pm. Are you stressed out? Tired of being tired? You could be experiencing adrenal fatigue. Learn how to prevent and recover from this condition naturally so you can handle stress and have more energy. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. 321-728-1387. CareWellnessFL.com.

SUNDAY, OCTOBER 10

Reiki 2 Certification Course – 11am-6pm. Reiki Level II / Usui/Holy Fire II is designed with the intention for the student to create a deeper commitment to healing themselves and others. Topics covered: 3 of the 4 primary symbols, Hand positions for healing, Distance healing techniques, Using crystals with Reiki and more. Instructor Maria Banas is a certified Reiki Master Teacher. \$185. 7 CEU's for Yoga Alliance teachers. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Register online or call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

Reiki 1 Certification – 12-7pm. Reiki 1 Certification and Attunement- Supplies, Snacks, and Dinner provided 12pm-7pm Total Balance Reiki and Massage Shana Allmacher- Certified Reiki Master and Teacher, Licensed Massage Therapist, Classically Trained Chef, and Personal Wellness and Accountability Coach. \$200 per person. Total Balance Reiki and Massage, 6175 Balboa St, Cocoa. 321-222-0586. TotalBalanceReikiandMassage.com .

MONDAY, OCTOBER 12

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.

WEDNESDAY, OCTOBER 14

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.

FRIDAY, OCTOBER 16

New Moon Guided Meditation – 6-7:30pm. 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, & connec-

tion. 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.

MONDAY, OCTOBER 19

Healing Reiki Journey: Ancestral Healing – 5:30-7pm. A Reiki journey is a technique we use with the intention to obtain spiritual and inner guidance, information, healing, and empowerment from higher sources of consciousness. This will guide us to River of Life and help to release genetic, cultural, cellular memories thought forms, old beliefs and suffering and we will go to the Hall of Ancestors to let go of ancestral trauma, meet our ancestors and receive the gifts and talents from them. Crystal bowl and vibrational sound healing included. Led by Maria Banas. Bring: yoga mat, pillow, blanket, and water. \$25. 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.

WEDNESDAY, OCTOBER 21

Chakra Balancing: Guided Mantra & Sound Meditation – 5:30-7pm. 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-

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SATURDAY, OCTOBER 24

Reiki 3/Advanced Reiki Certification Course – 11am-6pm. The student receives the Master Reiki Symbol to be included with the three previous symbols received in Level II. This will increase the student's connection with the Universal Life Force and open the doorway to work in different levels of spirit and karma. Instructor Maria Banas. Bring a yoga mat. \$235. 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, OCTOBER 26

Trance to Transformation Experience – 5:30-7pm. Learn how to quickly access the trance states and be guided to higher states and learn to return to those states with ease. Led by Bruce Orion, more information on him at BruceOrion.com. \$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.

TUESDAY, OCTOBER 27

The Anti-Inflammatory Diet – 7-8pm. There are many sources of inflammation, but the one that is

most controllable is dietary choices. Learn the fundamentals of an anti-inflammatory lifestyle so that you don't have to suffer pain and illness. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. 321-728-1387. CareWellnessFL.com.

WEDNESDAY, OCTOBER 28

Awaken the Heart: Guided forgiveness Meditation with Singing Bowls – 5:30-7pm. Anthony Profeta will guide us through a formal forgiveness meditation while using the sounds of the Himalayan & Crystal Singing bowls to help us relax even further into a calmer and peaceful state. The sounds of these bowls will help to shift our brains waves into the alpha and theta states allowing us to enter a deeper meditation and bring an overall sense of greater well-being to our body, mind & soul. \$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.

FRIDAY, OCTOBER 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.

SATURDAY, OCTOBER 31- SUNDAY, NOVEMBER 1

SpiritFest Metaphysical and Holistic Fair – 11am-6pm. 35 booths with vendors, practitioners, readers, artists, demonstrations, and more. Discover crystals, jewelry, divination tools, holistic health specialties, natural products, and much more. Speakers all day, both days, with special guests. \$5. Free parking. Following CDC guidelines for a safe event. Azan Shriners Center 1591 W. Eau Gallie Blvd. Melbourne. For more details visit SanctuaryFL.com or call 407-850-8440.

TREASURE COAST EVENTS

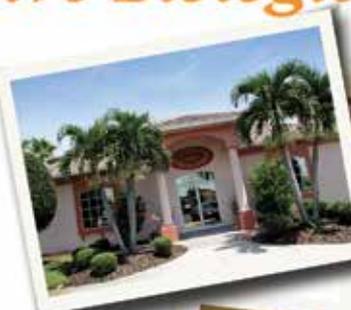
TUESDAY, OCTOBER 6 & SATURDAY, OCTOBER 10

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SATURDAY, OCTOBER 10

Reiki Level I Certifications – 9:30am-3:30pm. Learn the Art of Healing using energy techniques. These Japanese techniques enhance the immune system. Reiki helps us to connect to our Divine

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SUNDAY, OCTOBER 11

Reiki II Certification – 9am-3pm. Learn the sacred symbols, how to heal long distance, how to bring harmony to any situation and empower yourself and others through this gentle healing modality. These Japanese techniques enhance the immune system. Reiki helps us to connect to our Divine nature. 8 CEU's available. Taught by Usui/Tibetan/Karuna Reiki Master and Jikiden Reiki Practitioner Beth Franks. Pre-requisite Reiki Level I. Call for more info. \$250 includes manual, attunements, instruction, practice, continued mentoring if needed. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Sound of Soul Event – 11am-Noon. Experience HU, the Sound of Soul as an online event. 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 silent contemplation then a time for an authentic spiritual discussion. The Zoom link / dial-in information will be sent to those that RSVP at [meetup.com/eckankarinstantuar/events/272425552/](https://www.meetup.com/eckankarinstantuar/events/272425552/) or call: 772-223-1188.

SATURDAY, OCTOBER 17

Divine Alignment for Flow Workshop – Noon-2pm. Divine Alignment For Flow In this vinyasa flow workshop we will dive deep into alignment of our most popular poses at DTE. With a deeper understanding of the postures you will learn to relax and breathe bigger into the asanas. With this new awareness in the practice you will be able to take your yoga to the next level. This asana class will be presented in a workshop setting to allow for lots of conversation leading to student participation & input in the direction the class goes. This workshop is the first step to growing a more advanced practice. \$40 pre-registration \$50 day of event. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. dte-yoga.com.

SUNDAY, OCTOBER 18

Online Book Discussion – 11am-Noon. Join an online book discussion via Zoom or teleconferencing on the book "Ancient Wisdom for Today", by Harold Klemp, How Past Lives, Dreams and Soul Travel help you find God. Books may be ordered (free) for delivery by mail or downloaded from Eckankar.org. Join with computer, tablet, or phone. To receive the link for computer or tablet or the dial-in numbers for phone, RSVP by Oct. 17th, by calling 772-223-1188 and leaving a message.

SATURDAY, OCTOBER 24

Scented Dragon PSL Psychic Fair – 11am – 7pm. Experience Treasure Coast's most popular readers as they once again gather in one place to provide participants answers to their most important ques-

tions. One-on-one sessions providing guidance and validation. Admission free, prices vary per readers. Call to book in advance or just stop by Scented Dragon 6993 Hancock Dr., Port St. Lucie (just off US1 near north of Rio Mar) 772-877-2102.

SATURDAY, NOVEMBER 7

Psychic Fair – 11am-4pm. Psychic reader available throughout the day; astrology, tarot, messages, intuitives, spirit guides and angel portraits. Candles, incense, crystals, jewelry and more. Spark of Divine, LLC, Corner Shoppes. 1789 Old Dixie Hwy, Vero Beach. Adhering to CDC guidelines please wear a mask. For more information, call 772-257-6499. SparkofDivine.com.

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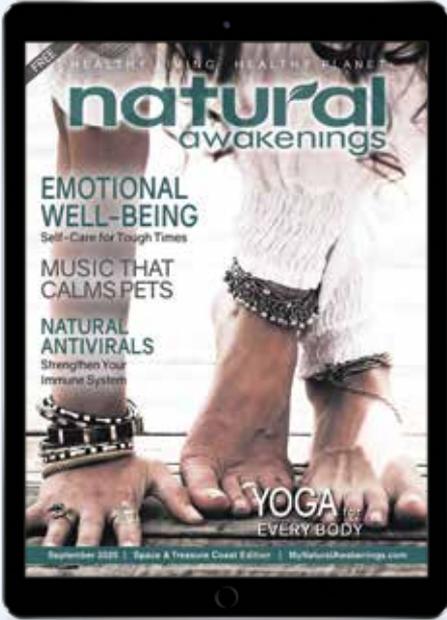
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THIS MONTH'S ONLINE EXCLUSIVES

7 LIFESTYLE
CHANGES
TO REDUCE
YOUR FAMILY'S
TOXIC LOAD



WISHFUL RECYCLING

What Not to Put in the Bin

STRESSED-OUT TEENS

Ways to Help Them Chill

THIS MONTH'S VIDEO PODCAST SERIES



Dr. Bo-Shih Ni

Dr. Marcela Bowie

Dr. Alita Sikora

Dr. David Daly

Watch these interviews for insights on the Chinese medicine approach to ease stress and how to relieve joint pain through prolotherapy.

my-NA.com/Videos

my-NA.com/VPacupuncture

my-NA.com/VPJoints



on going events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

DEADLINE: All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: MyNaturalAwakenings.com.

sunday

TREASURE COAST

Illuminations Yoga with Jenny – 9-10am. Each class will start with a brief 5-minute discussion on a manifestation topic. With that you can then align your thoughts and feelings with an intention/desire that you have; and then using yoga you will put it into motion. Love Donation. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. facebook.com/events

Vinyasa Yoga – 9:30am. A dynamic flow tailored to be accessible for both the beginner and advanced practitioner, led by Gina Baldo. Drop-in rate \$15. See website for new student specials dte-yoga.com. Down To Earth Yoga 1649 SE Port Saint Lucie Blvd, PSL. 772-224-2444.

Unity of Ft. Pierce – 10am. Practical spiritual teachings that support people in cultivating and living from their spiritual awareness. We honor all paths to God and strive to be a beneficial presence on our planet. Experience inner peace and guidance through a stronger connection with God. Sanctuary is open. The service can also be viewed through Facebook Live Stream at facebook.com/unity.fortpierce/. 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

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). Gently and peacefully improve range of motion while grounding, centering, and developing a deeper sense of inner peace. 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 balances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

TREASURE COAST

Psychic Medium Readings & More – 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 – 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

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



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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

Vinyasa – 9am. New class. A dynamic flow tailored to be accessible for both the beginner and advanced practitioner with Molly Rabe. Drop-in rate \$15. See website for new student specials dte-yoga.com. Down To Earth Yoga 1649 SE Port Saint Lucie Blvd, PSL. 772-224-2444.

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

Reiki Healing Circle with Tina – 6-7:30pm. Got Stress? Come Relax with the gentle healing energy of Reiki. Allow your mind and body to feel balance and wholeness. Give yourself the gift of Reiki. \$Love Donation. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. facebook.com/events/

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

Mindful Movements – 9am. This is an all levels class that leans more towards the gentle side of yoga with many modifications- perfect for the beginner, led by Gina Buse. Drop-in rate \$15. See website for new student specials dte-yoga.com. Down To Earth Yoga 1649 SE Port Saint Lucie Blvd, PSL. 772-224-2444.

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

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.

TREASURE COAST

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

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

friday

SPACE COAST

Free 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



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myNaturalAwakenings.com

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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.

TREASURE COAST

AM Kundalini Yoga – 9am. Kundalini is a dynamic practice utilizing pranayama (breath work) mantras, and body work to get the bodies Prana (vital life force) moving, led by Cathy Nevin. Drop-in rate \$15. See website for new student specials dte-yoga.com. Down To Earth Yoga 1649 SE Port Saint Lucie Blvd, PSL. 772-224-2444.

Private Healing Sessions or Readings with Beth – 11:30am-2:30pm. Reiki, crystals, Angels, Ascended Masters, Sound, cord cutting and other healing techniques to balance and align the mind, emotion, body and spirit. Angelic Readings, Spirit Guide readings (find out who is on your team), Akashic Record ~Divine Soul Readings call to schedule. Varies depending on service \$40 - \$200. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. facebook.com/events/

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

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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 39.

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Upper Cervical Health Centers of America

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

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HERBALISTS CONT.

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ELIZABETH L CAMPBELL, BCH

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



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

HYPNOTHERAPY BY JENNY

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



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

INTEGRATIVE MEDICINE

MELISSA DEAN, MD

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



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

DEBORAH A. DEMARTA, MD,

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



Anti-Aging, Functional and Regenerative Medicine. Colorectal Surgery and Functional GI, hormone replacement, food allergy and nutritional testing, IV vitamin therapy, heavy metals testing, medical aesthetics, THERMiVa vaginal rejuvenation, TherMiSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, Botox and fillers, skin care, weight loss. See ad, page 31.

RADIANTLY HEALTHY MD

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



Are you Radiantly Healthy? We offer Integrative/Functional Medicine solutions to address health challenges and healthy aging! We combine both traditional and natural options including medical marijuana certification. See ad, page 35.

SIKORA INTEGRATIVE MEDICINE

1255 37th St, Ste B
Vero Beach, 772-228-6882
SikoraMedical.com



Board certified in Physical Medicine and Rehabilitation. Offers stem-cell therapy, regenerative medicine therapies, micronutrient testing, food sensitivity and leaky gut testing, anti-aging services including bioidentical hormones, Botox injections for cosmetic and for pain, medical marijuana certifications, IV Vitamin Therapy and more.

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 27.

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 16.

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 35.

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

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)

**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)

MEDICAL MARIJUANA

ESSENTIALS MEDISPA & SALON
1705 Berglund Lane, Ste. 101
Viera, 321-722-2860
EssentialsMediSpaandSalon.com



If you are looking for an alternative method of relief to chronic health problems, you may be eligible for the use of medicinal marijuana. See ad, page 15.

MEDITATION

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



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

METAPHYSICAL 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 6.

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 23.

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 Tele-medicine, and one-to-one consultations. See ad, page 9.

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 16.

REIKI

SPARK OF DIVINE LLC

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

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

SALT THERAPY

THE SALT CAVE IN THE HAIR TIKI

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



SALT CAVE

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

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.

STEM CELL THERAPY

SIKORA INTEGRATIVE MEDICINE

1255 37th St, Ste B
Vero Beach 772-228-6882
SikoraMedical.com



Resolve joint pain without surgery using ultrasound-guided Stem-cell Therapy, Amniotic Allograft, Exosomes, perineural injections, or PRP (platelet rich plasma). Used for osteoarthritis, ligament, tendon, muscle, and nerve injuries to treat acute and chronic conditions as well as aesthetic treatments including platelet-rich plasma facials and stem-cell facials and also to stimulate hair growth in the scalp and for sexual dysfunction

THERMOGRAPHY

SPACE COAST THERMOGRAPHY

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



Radiation-free breast health screenings, women's health studies, and full-body studies with the highest resolution thermal imaging equipment available in Brevard County. Discounts Available! See ad, page 21.

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 10.

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 12.

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.

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 31.



DIRECTORY

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mynaturalawakenings.com/businesses

KnowWEwell

A Top 50 Healthcare Company 2019



Achieve WELLthier Living®



REGENERATIVE WHOLE HEALTH™



One Online Destination for Today's **Regenerative Whole Health™**
Knowledge, Resources and Community Collaborating To Inspire and Empower you to Achieve **WELLthier Living®**

Explore [KnowEwell.com](https://www.knowewell.com)

Use code: **NAPUB110** for pre-launch opportunities and special discounts.



The KnowEwell Collaborative with benefits for all in the Regenerative Whole Health ecosystem.

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."

NATURAL & INTEGRATIVE HEALTH CHOICES

Services We Provide...

- Age Management, Anti-aging/
Age Reversal Medicine
- Bio-Identical Hormone Replacement
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

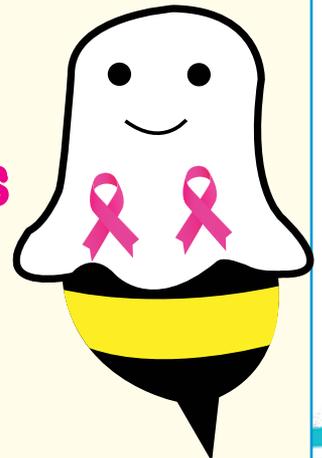
1345 36th St, Suite B
Vero Beach, FL 32960

772-567-1500

Gift Certificates Available

DeanWellnessInstitute.com

**October's
not just for
Halloween, now's
the best time to
check your
boo-bee health!**



Ask us about scheduling your Thermography
(digital infrared thermal breast imaging)!