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letter from the publisher

Body Attitude of Gratitude



This year has brought all of us many changes we were not expecting. It seems some are thriving and incorporating healthier habits and others are having the opposite experience. Personally, I've managed to do both. At the beginning of quarantine, I was able to focus on exercise and eating choices and dropped some unwanted pounds; Then the pendulum swung and the missing pounds found their way back home.

November brings the opportunity to focus on gratitude. "Research shows that a gratitude practice fosters patience, encourages self-care and nourishes self-discipline, especially when there is temptation to reach for another slice of pie," says Marlaina Donato in *Body Gratitude* [page 34]. In this Fitbody article, Donato shares that cultivating an appreciation for the way our bodies carry us through life can empower our workouts. With this year's emphasis on health, I'm finding that appreciating the health and functionality of my body, rather than focusing on the shape, makes it easier to maintain healthy habits.

The holiday shopping season is upon us! We feel it is the perfect year for gift giving with a healthy theme. To help you with choosing beneficial gifts, check out our new Healthy Savings Guide [page 30]. Be sure and visit my-NA.com/offers and bookmark the page so you'll always have healthy savings at your fingertips. Consider checking gifts off your list while shopping locally. Spending with local businesses will support our community and you may find inspiration for a few gifts for yourself.

This month our feature article, *Preventing Type 2 Diabetes*, provides natural strategies to curb the disease [page 24]. Find out how to lighten up your Thanksgiving fare [page 28] and be sure to visit us online to find more healthy Thanksgiving recipes. Discover tips for creating homemade solutions for glowing skin [page 22] and explore simple ways to reduce itching with skin-soothing herbs for pets [page 32].

I'd like to take this opportunity to express my appreciation for my family, friends, colleagues, our natural health community, and readers of this publication. I am so grateful to have you all in my life.

Here's to an attitude of gratitude!

Kris Urquhart, Publisher



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Never Glossy. Always Green.

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

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

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

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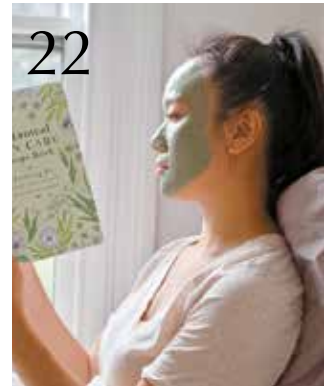
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Crystal Bowl Sound Bath Concert Experience

Aquarian Dreams is pleased to host Healing Vibrations: A Sound Bath Experience and Crystal Bowl Meditation Concert with Anthony Profeta and Maria Banas on Friday, November 20 at 6:30 p.m. Join Meditation Teacher and Singing Bowl Specialist, Anthony Profeta, and Reiki and Singing Bowl Master, Maria Banas, for this special evening.



“This powerful and healing sound bath meditation concert experience will leave you feeling calm, relaxed, peaceful, and with a greater sense of overall well-being,” says Profeta. Profeta and Banas will use the soothing sounds of crystal, as well as, Himalayan singing bowls, chimes, and other instruments, to shift your brain waves out of the Beta brainwave state and into the more relaxed Alpha state and deeply rejuvenate Theta brainwave states.

“This will be a very therapeutic event because the sound waves will also wash over your body helping to realign your energetic body bringing it into a more harmonious state,” says Banas. “The combination of these powerful frequencies will make this an event not to be missed.”

The concert will be held from 6:30 to 8 p.m. at Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Cost: \$45 pre-paid/\$50 day of event. Due to current social distancing protocol, class size will be limited and pre-registration is recommended. Register at AquarianDreams.com or call 321-729-9495. Please bring a yoga mat or pillow.



Find out how to make meditation fun for kids in our video podcast interview with Anthony Profeta at my-NA.com/HealthyKids. See ad, page 3.

Mama Jo's Sunshine Herbals Holiday Open House



Joanna Helms, Registered Herbalist and owner of Mama Jo's Sunshine Herbals, is excited to announce their annual Holiday Open House on Saturday, December 5 from 11 a.m. to 4 p.m. “It is with heartfelt thanks for 21 years of herbal traditions in the community that we invite you to celebrate with us at our open house,” says Helms.

This event will celebrate the herbal lifestyle with a fun, safe and socially distanced experience that will feature an outdoor courtyard walkabout. Enjoy the Open House and delight your taste buds with samples of handcrafted treats including Herbal Culinary Spice creations, organic chocolates, Joanna's Jolt Energy Balls, cheese ball mixes, Seasonal Wassil, Kava-nog and more. Mama Jo's offers many unique gifts perfect for the holidays including delicious tea blends, culinary spices, tinctures, essential oils, bath salts and scrubs, lotions, soaps, clothing, Dr. Hauschka make-up, unique tea pots and accessories, jewelry, and soy candles.

Mama Jo's Sunshine Herbals is located at 1300 Pine Tree Drive, Suite 3, Indian Harbour Beach. Watch for details on upcoming classes at [Facebook.com/MamaJosSunshineHerbals](https://www.facebook.com/MamaJosSunshineHerbals). For more information, call 321-779-4647.



Enjoy tips for embracing herbalism in the kitchen in our video podcast interview with Joanna Helms at my-NA.com/VPMamaJo. See ad, page 17.

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Purely Organic Salon for Hair Open Safely for Business

Cathy Hammond, owner of Purely Organic Salon for Hair, wants readers to know that they are open to serve the community. "Our clients' health and safety has always been our highest priority," says Hammond.



"In fact, with that in mind in 2018, we opened our eco-friendly, green location in Satellite Beach." The salon was constructed using green-certified materials/insulation, windows, LED lighting, and low-flow faucets and toilets. Hammond also installed a seven-stage water filtration system and state-of-the-arts air filtration.

In response to the Covid pandemic, Purely Organic Salon for Hair has spaced out the workstations and installed Air Scrubber Plus into both of their air conditioning units. They also disinfect all surfaces regularly and ask clients to wear face masks for the safety of all. "We not only meet, but surpass, all the CDC guidelines," says Hammond.

"All products we use are the best we can find on the market. Our hair color products include 100% organic, non-toxic and ammonia-free options," said Hammond. "We know people don't have to sacrifice health for beauty."

Purely Organic Salon for Hair is located at 195 Jackson Ave, Satellite Beach. To make an appointment, call 321-243-0540 or visit PurelyOrganicSalon.com. See ad, page 21.

Meares-Irlen Syndrome Screening Available in Brevard

Meares-Irlen Syndrome is a little known condition that is often undiagnosed in individuals who struggle with reading, depth perception, or who are sensitive to certain types of lighting. This syndrome occurs when the brain is not able to understand what the eyes are seeing. Over time, this condition can lead to learning difficulties and discipline problems in children, whereas adults may experience headaches, migraines and low self-esteem. Meares-Irlen Syndrome may also develop following whiplash, concussions and a traumatic brain injury.



"A non-invasion solution for this syndrome is to use special colored overlays to read print, or to wear glasses with Irlen Spectral Filters. Color can normalize the communication pathway between our eyes and brain," says Sylvie Morin, DOM, owner of Health For Life.

On Thursday November 12, Morin will accept applications to screen for Meares-Irlen Syndrome. The first 10 qualified applicants will receive the screening free of charge (a \$200 value).

To request an application, email: Info@NaturalHelpForEyes.com. For more information contact Health For Life at 321-259-0555, located at 402 N. Babcock St., Suite 101, Melbourne and 1727 N. Atlantic Ave., Cocoa Beach.

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Health Connections Massage & Colon Hydrotherapy Resumes Services

Candice Klein Gordon is pleased to announce she has returned to continue her massage and colon hydrotherapy practice. She is looking forward to seeing her current clients and is eager to meet and work with any and all who desire to be empowered to live a healthy lifestyle.



“Since beginning my own colon health program in 1987, colon health has gained more popularity as it has been linked to more energy, decreased gas and bloating, and increased immunity,” says Klein-Gordon. “At this time, it’s imperative to recognize that 80% of the immune system is rooted in the intestines. Diet management and colon health are behaviors that we each have the power to modify and improve so that our body has the best fighting chance for optimal health.”

The Health Connections office is following all CDC guidelines. Masks are required to enter the general office and the treatment room is sanitized nightly with UV light and ozone.

Candice Klein Gordon has owned and operated Health Connections: Massage & Colon Hydrotherapy at 320 Fourth Ave Indialantic since 1988. All personalized treatments are by appointment on Fridays 1 to 5 p.m. and on Sundays 10 a.m. to 5 p.m. For more information and appointments call 321-480-8654. (MA8163, MM4010)

Candice Klein Gordon has owned and operated Health Connections: Massage & Colon Hydrotherapy at 320 Fourth Ave Indialantic since 1988. All personalized treatments are by appointment on Fridays 1 to 5 p.m. and on Sundays 10 a.m. to 5 p.m. For more information and appointments call 321-480-8654. (MA8163, MM4010)

Dr. Kristen Barry Launches The Breast Nest

Dr. Kristen Barry is pleased to invite you to join The Breast Nest. The Breast Nest is a free monthly online meeting where women can learn about various topics that affect breast health.



The Breast Nest meets online on the first Thursday of each month from 12 to 1 p.m. Topics include Rebounding and the Lymphatic System, Iodine and Breast Health, Oil Pulling, The Many Benefits of Fasting, Detox and Dry Body Brushing, Affirmations for Stress Reduction, How to Quit Sugar Cravings, Detoxifying Your Home, Coffee Enemas, Essential Vitamin D, The Right Way to Breathe, and more.

Dr. Barry, a 10-year breast cancer survivor, has a passion for empowering, educating, inspiring, and supporting women. She is the owner of Space Coast Thermography located in the Suntree area and is also a certified Health Coach. Dr. Barry helps coach women currently going through breast cancer, breast cancer survivors, and those that are interested in prevention and better breast health.

For more information or to register for The Breast Nest, to sign up for a free 1-on-1 consultation, or to learn more about Dr. Kristen Barry’s Breast Health Coaching services, visit BreastHealthCoach.com or call 321-529-1968.



Learn more about thermography from Dr. Barry in our video podcast interview at my-NA.com/VPBarry. See ad, page 44.

ActivePure Technology Certified to Eliminate COVID-19

Gordon Pennington of Renew Crete Systems, Inc is thrilled to announce the first air purifier scientifically proven to reduce COVID-19 on surfaces. The Aerus Hydroxyl Blaster with ActivePure Technology was tested at MRIGlobal, an independent, FDA Compliant laboratory. The reduction percentage of SARS-VoV-2 was measured incrementally over the natural degradation the virus. The results demonstrated a 93.27% reduction in three hours and 99.98% reduction over seven hours.



Purification units with ActivePure Technology pull free oxygen and water molecules in the air through ActivePure’s patented honeycomb matrix. The technology creates oxidizers, known as ActivePure Molecules, that are then released back into the room, where they seek and destroy DNA and RNA viruses including SARS-CoV-2 (novel coronavirus), Swine Flu (H1N1), Avian Bird Flu (H5N8), Hepatitis A (HAV) and MS2 bacteriophage, regardless of their size, on surfaces and in the air.

“The ActivePure Technology disinfection system is the safest, fastest and most powerful surface and air purification technology available that minimizes recontamination and cross-contamination in real-time without the use of chemicals or ozone,” say Pennington.

ActivePure Technology is FDA certified as safe for people, pets and foods, and benefits those suffering from allergies, asthma and COPD as well as anyone looking for a healthier, cleaner and pathogen-free environment at their home or business.

To schedule your contactless presentation or a free air quality test, call 321-636-8882. For more information, visit ActivePureGuardian.com. See ad, page 7.

Natural Cleaning Service Offers Pre-Holiday Special

Proverbs 31 Cleaning Service is pleased to provide residential, janitorial and office cleaning services for all of Brevard County, and parts of Indian River County. They are offering a November, pre-holiday special of 10% off a Deep-Cleaning.

Heather Benson started Proverbs 31 Cleaning Service in 2011 when her son was diagnosed with autism. Unhappy with toxins commonly found in mainstream cleaning products, she researched and created products that were better for people and the environment using essential oils and natural products.

According to Benson, over the past nine years she has grown Proverbs 31 Cleaning Service into a unique commercial and residential cleaning service providing 100% natural cleaning products that work and services that bring the home and office environment into balance.

“You don’t have to wait until spring to give your home or workspace a thorough cleaning. We do ‘seasonal cleaning’ all year round,” says Benson. “Our specialists clean top-to-bottom and wall-to-wall — including closets and other hidden areas where disorder can thrive.”

Proverbs 31 Cleaning Services is licensed, insured and bonded, and locally owned and family operated. For more information, call 321-210-8538 or visit Proverbs31CleaningService.com.



Peripheral Neuropathy Treatment Free Seminar

Dr. Steve Canuel, D.C., is now offering private seminars on Peripheral Neuropathy – either virtually or in-office. “If you suffer with neuropathy and are looking for a non-surgical, drug-free treatment, this free seminar is for you,” says Dr. Canuel. “No need to suffer pain and numbness during this time of Covid-19.”



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

Call 321-499-4608 for more information or to schedule your virtual or in-office private seminar. Melbourne Chiropractic Spine and Injury Center, A Neuropathy Clinic is located at 490 Center Lake Dr, Ste 100A, Palm Bay.



Find out more about relieving peripheral neuropathy in our video podcast interview with Wendy Canuel at my-NA.com/VPCanuel. See ad, page 23.

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Holistic Skincare Services at Mind Body Therapeutics in Stuart

Created as a center for emotional tranquility, physical wellbeing and food for the mind, Mind Body Therapeutics is now offering holistic facials and body contouring treatments. “Look your best, feel comfortable in your own skin, and boost your mood by receiving regular skincare services,” says Zsuzsanna Robbins, skincare practitioner at Mind Body Therapeutics. “Face massage is a relaxing treatment that offers anti-aging benefits, and our advanced aesthetic devices utilize innovative technologies that enhance results,” explains Robbins.

Robbins details a few of her services, “The Korean Facelift Facial achieves instant smoothing effects and stimulates collagen production. Nano Infusion Facials utilizing nano technology improve product absorption without needles; and Body Contouring Treatments combine ultrasound cavitation, radio frequency and vacuum technology to slim and firm problem areas.”

To prevent sagging, Robbins suggests scheduling Microcurrent Facials which tone face muscles, increase cell energy and skin hydration. “This treatment is great for non-surgical lifting of the jowls and eyebrows,” explains Robbins.

Mind Body Therapeutics will be hosting an Open House on November 7, reservation required: 646-824-8447, 2630 SE Willoughby Blvd, Suite B2 in Stuart. Robbins is offering \$50 off selected services. See ad, page 30.

Herbs & Owls Launches Zoom Lunch and Learn Series

Gina Kearney, Certified Herbalist and owner of Herbs & Owls, is pleased to announce a Zoom Lunch and Learn Series. The series consists of 45-minute live classes at 12 p.m. every other Monday taught by Kearney.

“Grab your lunch and tune in to learn about the uses and properties of medicinal herbs and gain practical information that you can start using right away to enhance your health and wellness,” says Kearney.

November’s class lineup includes helpful tips to use herbs for optimal health. In Flower Essences 101, participants will explore the subtlety of Flower Essence healing, discover how they are made, and gain an understanding of their role in our own health and wellness.

The Herbs for Seasonal and Chronic Allergy Relief session will cover how to manage allergies naturally by understanding the underlying factors contributing to allergies, the role that the immune system, gut and histamines play and how to use herbs, foods and flower essences for lasting allergy relief.

Join the Bone Broth for Optimal Gut Health episode and learn how to make a delicious and nutritious bone broth plus, find out which herbs, roots and fungi are the perfect addition to boost the medicinal benefits.

Register online at HerbsAndOwls.com/lunchandlearn. For more information, call 516-768-9005. Herbs & Owls is located at 725 N. A1A, D-103 in Jupiter.



Treasure Coast Heart and Vascular Welcomes New Doctor

Treasure Coast Heart and Vascular in Port St. Lucie welcomes Dr. Kevin Claudeanos to their team. Dr. Claudeanos brings 13 years of surgical experience to the practice which is dedicated to the prevention and treatment of circulatory issues.

“Circulation problems can happen anywhere in your body but what’s most overlooked is problems in your legs,” explains Practice Manager, Janet Gaynor. “Leg pain, if not a muscle, joint or nerve issue, is most likely caused by poor circulation. Cold feet, swollen ankles, restless leg syndrome or a wound that just won’t heal are also signs of circulatory issues.”

Not just a cosmetic issue, varicose veins are often a telltale sign of poor circulation. Painless non-invasive treatments are available and often covered by insurance. If not treated, varicose veins can lead to more serious issues. “Here at Treasure Coast Heart and Vascular we are dedicated to treating these issues early. We offer free screenings to identify and address concerns before they interfere with your daily life,” adds Gaynor.

If you or a loved one suffer from any of these symptoms a free screening may be just what the doctor ordered. For more information, call 855-33-VEINS (83467). Treasure Coast Heart and Vascular is conveniently located near St. Lucie Medical Center at 1801 SE Hillmore Dr., Port St. Lucie. TreasureCoastHeartandVascular.com. See ad, page 13.



AcuMicro Available at Indian River Acupuncture & Functional Medicine



Amanda Milian, AP, DOM, of Indian River Acupuncture & Functional Medicine, has trained in AcuMicro under Josh Nerenberg, LAc, founder of San

Diego Cosmetic Acupuncture. AcuMicro is traditional Micro-Needling augmented by Nano-Needling and unique, result-boosting serums. "Micro-Needling is a safe and natural way to rejuvenate your appearance with no down-time, surgery or fillers. In addition to facial benefits, Micro-Needling also treats acne and acne scars and promotes hair growth on the scalp," says Milian.

Micro-Needling is performed by gliding a pen-like instrument gently over the skin to increase collagen, elastin and new skin cell production. It has also been shown to increase absorption of topical serums by 2000%. AcuMicro utilizes seven specially formulated serums to address specific problem areas and enhance results. "These exclusive anti-aging serums, made from Chinese herbs and natural ingredients, are customized to your skin's needs to smooth wrinkles, firm and hydrate skin, lighten age spots, reduce under-eye bags and dark circles, and brighten the complexion," says Milian.

For best results, four treatments are recommended and are administered monthly. Gradual changes will be seen after the first treatment, with results being cumulative.

For a complimentary consultation and special savings for new clients, call 772-564-8383. Indian River Acupuncture & Functional Medicine, 1300 36th St, Ste H, Vero Beach. IndianRiverAcupuncture.com.



Learn more about Oriental Medicine for your health in our video podcast interview with owner Dr. Angela King at my-NA.com/VPKing. See ad, page 14.



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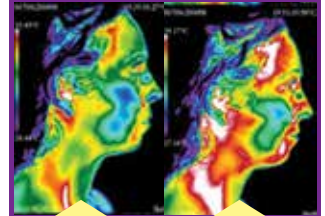
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Open Air Market Welcomes New Guests and Vendors

The Tradition Neighborhood Market is gearing up for a busy season. With part-timers heading back to “winter” on the Treasure Coast, coupled with the fact that more and more people are looking for outdoor alternatives for their shopping needs, market manager, Katherine Castillo is working hard to ensure an eclectic variety of vendors set-up each and every Saturday morning.

The market puts few restrictions on what products and services are offered; weekly vendors include, organic produce, baked goods, artwork, jewelry, flavored popcorn, and even golf-carts. More spaces are available for those who would like to share their goods and/or services at this fun and friendly market with an ever-growing number of shoppers each week.

Located just off I-95 at The Landing at Tradition this market is nestled in what is considered one of the fastest growing areas of Port St. Lucie. Special themed events have been enjoyed by many and future events are being planned for upcoming months.

For more information about becoming a vendor, directions to the market or a list of vendors call 772-828-0811 or visit [Facebook.com/PSLMarket](https://www.facebook.com/PSLMarket). See ad, page 32.

Nutritional Counseling Covered by Medicare for Diabetes and Kidney Disease

Diane Kingsley, Licensed and Registered Dietitian, has been helping patients in her private practice with diabetes and kidney disease for over five years. Kingsley has a fun, practical approach and works with a patient’s individualized nutritional needs. She is pleased to share that Medicare covers nutritional counseling for diabetes and chronic kidney disease.

“I have been seeing amazing results. For example, one recent patient came with an A1C of 12 and after two months of putting new nutritional practices in place, was able to drop their A1C down to 6.2, prediabetic numbers,” says Kingsley. “This patient also saw a weight loss of 11 pounds!”

Kingsley is proud to announce that Greg Cannon, RD, LDN, has joined her practice. Cannon has five years’ experience as a renal dietitian and is looking forward to helping renal patients develop an easy nutritional plan to take the guesswork out of a sometimes-complicated diet.

Kingsley can assist patients with weight loss, high cholesterol, hypertension, and can even just help get them on a healthier track.

For more information, call 772-228-6778 or visit SimpleHealthOptions.com. 333 17th Street, Suite U, Vero Beach. Most insurances accepted and telehealth available. See ad, page 27.



Down to Earth Yoga November Gratitude Specials

Down to Earth Yoga is excited to offer a Thanksgiving Day Flow yoga class from 9:30 to 10:45 a.m. Led by Holly LeBon, this donation-based class will also be live streamed through their Facebook page. 100% of all donations will benefit Ele8Hope, a local non-profit (501c3) that provides support to struggling families with children.

“In the spirit of gratitude, we have decided to extend Black Friday all month long!” says manager Gina Baldo. “We are offering two very special deals on classes.” New students can purchase an annual unlimited pass at only \$69 per month with auto payment or an unlimited month pass at \$79 with an additional 2 weeks free (no autopay required). In addition, Down to Earth Yoga is offering flash sales of 10 percent off of all merchandise and 10 or 20 class packages.

Thanksgiving Day Flow yoga class can be joined at [Facebook.com/DowntoEarthYoga](https://www.facebook.com/DowntoEarthYoga). Donation can be made via venmo. Follow Down to Earth Yoga on Instagram and Facebook for an up-to-date schedule and flash sale dates. Download a class schedule at [ScheduleBliss/DTE-yoga](https://www.schedulebliss.com/DTE-yoga).



Learn yoga poses you can do at home in our video podcast interview with Down to Earth Yoga owner, Michelle Miles, at my-NA.com/VPDTE. See ad, page 35.



health briefs

Try Rhodiola and Black Cohosh for Menopausal Symptoms

The herb black cohosh has long been used to relieve menopausal symptoms, and a new study in *Pharmaceuticals* suggests that it's most effective when combined with rhodiola, an adaptogenic herb known for balancing stress responses, as well as supporting brain, liver and heart health. Researchers from the Democratic Republic of Georgia Zhordania Institute of Reproductology divided 220 women into three groups. After 12 weeks, those given the combination of the two herbs reported 71 percent fewer menopausal symptoms, such as hot flashes, and 67 percent fewer psychological and physical symptoms. These were significantly better results than for those that received either a high or low dose of black cohosh or a placebo.



Take Vitamin D and Calcium to Reduce Vertigo



When a change in the position of a person's head results in a sudden spinning sensation, it's a condition known as benign paroxysmal positional vertigo. For 86 percent of people afflicted with

it, daily life can be interrupted, including missing work. Treatment usually involves a doctor or health practitioner performing a series of movements to the patient's head that shift particles in the ears, but scientists in South Korea have found another simple solution: 400 international units of vitamin D and 500 milligrams of calcium daily. In a study of 957 people published in *Neurology*, 445 in an intervention group were given supplements if vitamin D levels were less than 20 nanograms per milliliter. The 512 people in the observation group did not get supplements. After a year, the supplement-takers had 24 percent fewer episodes, and those with very low vitamin D levels at the start experienced a 45 percent reduction.

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health briefs

Get B₁₂ in a Vegan Diet from Dough Fermentation



Vitamin B₁₂, an essential dietary nutrient typically derived from animal sources, poses a special challenge for vegans; its deficiency is linked to anemia and nervous system damage. Aside from supplements and foods fortified with cyanocobalamin or hydroxocobalamin, a new natural approach has been documented

by University of Helsinki researchers: fermenting dough using *Propionibacterium freudenreichii* bacteria, commonly used to make Emmental cheese, along with *Lactobacillus brevis* to improve microbial safety, produced enough B₁₂ to fulfill the nutritional need for vegans. During the three-day fermentation process, rice bran and buckwheat bran had the highest B₁₂ production. "In situ fortification of B₁₂ via fermentation could be a more cost-effective alternative. And as a commonly consumed staple food, grains are excellent vehicles for enrichment with micronutrients," says study author Chong Xie.

Do Aerobic Exercises to Improve Fatty Liver Condition



Metabolic-associated fatty liver disease (MAFLD) is a common form of chronic liver disease affecting up to one quarter of the population worldwide. Associated with Type 2 diabetes and obesity,

MAFLD is quickly becoming the leading cause of cirrhosis and liver cancer and has been linked to more severe COVID-19 outcomes. With no effective pharmacological treatments, the focus has been on reducing weight by 7 to 10 percent. But a new study from Trinity College, in Dublin, based on liver biopsies of 24 patients, found those that undertook 12 weeks of aerobics had significant improvements in markers of liver and metabolic health, even without weight loss, making exercise theoretically more important than losing pounds. The positive results were not sustained once the exercising stopped, leading researchers to recommend follow-up programs in community settings.

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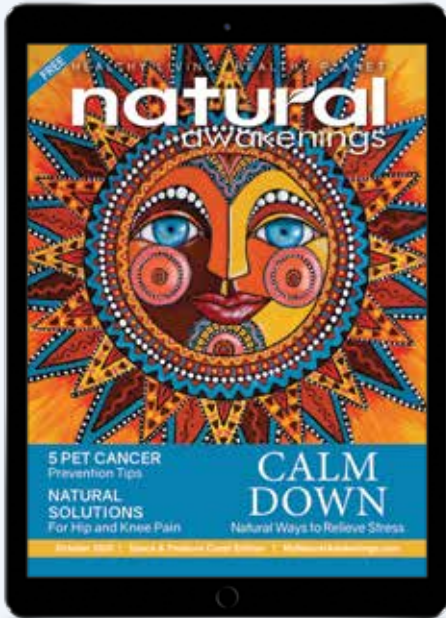


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Green Hangover

Discarded Solar Panels Result in Toxic Pollution



Photovoltaic panels, used to produce renewable solar power, become complex pieces of electronic waste at the end of their functional lives. The International Renewable Energy Agency projects that up to 78 million metric tons of solar panels will be discarded by 2050, and that the world will be generating about 6 million metric tons of new solar e-waste annually. Recovering the silver and silicon inside them requires costly, specialized solutions. Many solar panels contain lead that can leach out as they decompose in landfills. Some panels are exported to developing countries with weak environmental protections. Most are rated for about 25 years of use, so a major influx is due to arrive shortly.

Nonprofit PV Cycle (PVCycle.org) collects thousands of tons of solar e-waste across the European Union each year, where producers are required to ensure that their solar panels are recycled properly. Recycle PV Solar (RecyclePV.solar), one of the only recyclers in the U.S., where almost no regulations exist, reports reclaiming just 10 percent of the country's solar waste. The National Renewable Energy Laboratory is investigating new processes to recover all metals and minerals at states of high purity, with the goal of making recycling as economically viable and environmentally beneficial as possible.

Equality Matters

Scientists Confront Academic Racism



Nearly 6,000 scientists signed a pledge to #ShutDownSTEM on June 10, the day of the Strike for Black Lives across higher education. (STEM is an acronym for science, technology, engineering and math.) They canceled lab meetings, halted research projects and actively confronted perceived racism in their institutions in solidarity with the Black Lives

Matter movement. Particles for Justice (ParticlesForJustice.org) physics collective members Brian Nord and Chanda Prescod-Weinstein helped develop the idea for the strike. They called on university science departments, national laboratories and all others engaged in scientific endeavors to stop business as usual for that one day.

The aim was educating themselves and their colleagues about the role of their own institutions in perpetuating white supremacy and creating concrete actions they could take to reduce anti-Black bias after the strike. According to the Pew Research Center, only 24 percent of college faculty members were nonwhite as of 2017, and a study published in the March edition of the journal *BioScience* found that Black, Latino, Native American and other underrepresented scholars account for only 9 percent of faculty members in STEM fields.

Overall Concern

Denim Microfibers Pervade Waterways

The American Chemical Society reports that blue jeans, a popular wardrobe choice during the COVID-19 pandemic due to an increase in telecommuting, creates a unique type of environmental pollution. This denim is processed with synthetic indigo dye and other chemical additives. Researchers in Canada have detected indigo denim microfibers in wastewater effluent, lakes and even remote Arctic marine sediment, as noted in *Environmental Science & Technology Letters*.



Washing denim releases microfibers that are mostly removed by wastewater treatment plants, yet some still enter the environment through wastewater effluent. The researchers estimate that the wastewater treatment plants in their study discharged about 1 billion indigo denim microfibers per day. In laundering experiments, they found that a single pair of used jeans could release about 50,000 microfibers per wash cycle. The researchers did not study the effects that these microfibers have on aquatic life—perhaps a topic for future inquiry. In the meantime, washing jeans less frequently may reduce denim pollution.



Clock's Ticking

Canadian Species Extinction Risk Looms

The nonprofit World Wildlife Fund (WWF) conservation group has determined that species of global conservation concern have declined in Canada by 42 percent and that Canadian at-risk species fell by 59 percent, between 1970 and 2016 (wwf.ca/living-planet-report-canada-2020). Their report cites human-related activities as the main cause. The Living Planet Index measures the ecological performance of 883 species around the world likely to face habitat loss, land and shoreline developments and pollution. To date, humans have pushed 500 mammals, birds, reptiles and amphibians to the brink of extinction worldwide.

"Conservation actions that target only a single threat are unlikely to successfully stop and reverse wildlife declines, as threats to species are often cumulative or synergistic and can have cascading effects," the report states. It also found that indigenously managed lands had more species than other parts of Canada and better supported at-risk wildlife. The report suggests working with native Canadians to create more indigenous protected and conserved areas.

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The Signs and Symptoms of Breast Implant Illness

by Judy Porter



Breast Implant Illness (BII) is becoming a common concern among implant recipients and health care professionals alike. In a recent news release from the FDA, ten main symptoms of BII were identified as: fatigue, brain fog, joint pain, anxiety, hair loss, depression, rash, autoimmune disease, inflammation and weight issues. Similarly, a Facebook support group of over a hundred thousand women list these same symptoms, as well as dry eyes and chest pain, among others. The group further notes symptoms can develop with any type of implant and can occur immediately or

many years after both reconstructive and cosmetic implant surgeries.

Harvard Medical School published an article by Dr. Andrea Pusic in which Joseph E Murray, Professor of Surgery at Harvard Medical School states, “The truth is, there are still some unknowns when it comes to what many patients call ‘breast implant illness,’ including whether implants are truly the cause of these symptoms.” Some health care professionals attribute the symptoms to menopause, thyroid disease and autoimmune disease. However, women who are affected by BII claim the implants are the cause of the issues and report the

symptoms subside after explanting (removal of the implant). Dr. Lu Jean Feng, a top explant surgeon located in Cleveland Ohio, supports this claim and in a recent study, she describes that she and her patients have observed an overall symptomatic improvement after breast implant removal.

Breast Massage After Breast Implant Removal

Removal of implants can sometimes cause different issues that may need to be addressed. The surgery leaves an empty pocket that needs to reattach to the chest wall. During this process adhesions may form and scars can tighten and spread to other areas including ribs, surrounding muscle and fascia, sometimes creating skin folds or indentations. Massage is an excellent source of relief during this healing process. A professional massage therapist can apply a variety of techniques such as cupping, scar massage and gentle stretching, as well as teach exercises that encourage a gentle range of motion. Other therapies including sauna for sweating to assist in detoxification and relaxation can also offer relief. As with any medical condition, its recommended that woman should consult their physicians before implementing any new health regimen.

Judy Porter is a Licensed Massage Therapist at Studio In Motion serving Indian River County. She offers breast massage and has experience with the post-surgical explant scarring firsthand. She also works with women after lumpectomy and mastectomy surgeries. For more information, call 772-577-3057 or visit TheStudioinMotion.com. (MM 37640, MA38153) See ad, page 48.

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Boost Brain Function and Immune Response with Cryotherapy

by Bob Lemon

Whole Body Cryotherapy is an effective tool in the human arsenal for overall wellness, anti-aging and improved athletic performance. It's also an effective modality for mood enhancement and anti-anxiety needs. Like exercise, extreme heat (saunas), and fasting, science defines cryotherapy as a hermetic stressor. Hermetic stressors work as triggers creating a protective or healing effect within the body by activating a cellular response to what the body perceives as an attack. For example, exposing the body to two to three minutes of subzero temperatures is enough to cause a skin temperature drop of 30 degrees. Applied as a therapeutic, this hermetic stressor can create lasting effects.

Improves brain function

Part of brain functionality is controlled through the hormone and neurotransmitter norepinephrine. Proper levels of norepinephrine are responsible for vigilance, attention, focus, and positive mood – all



of which are increased markedly when the body is exposed to extreme cold. Norepinephrine is also clinically proven to reduce anxiety and depression.

Cryotherapy sessions switch on the activity of cold shock proteins (called RBM3) which increase protein synthesis. These proteins protect the brain from cognitive and behavioral deficits associated with some neurodegenerative diseases such as dementia and Alzheimer's.

Reduces inflammation and increases efficiency of immune function

At the core of many chronic diseases and the aging process is one common symptom: inflammation. Cryotherapy's influence on norepinephrine also reduces inflammation, which helps to decrease levels of tumor necrosis alpha, a protein in your body that causes inflammation. Norepinephrine inhibits other proinflammatory processes which can reduce the pain and inflammation associated with arthritis and other conditions.

Therapeutically, cryotherapy can also promote the development of a healthy immune cell population, including cytotoxic T lymphocytes, which play key roles in protecting the body from cancer and "nurse cells" which protect our bodies from infections and virus.

Whole Body Cryotherapy sessions are non-invasive and a great therapy to add to any healthy lifestyle regiment for overall wellbeing of the mind and body.

iCRYO of Port St. Lucie is offering complimentary tours and a 50% discount for first time guests, as well as packages of six sessions for \$99. Call 772-237-5092 or visit iCRYO.com/port-st-lucie to find out more. Walk-ins welcome, 1461 St. Lucie West Blvd., Port St. Lucie. See ad, page 2.

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causes more insulin resistance, and insulin resistance leads to more weight gain.

In response to fat accumulation, the liver is in a distressed state and will then create and release its own anti-inflammatory protein known as C-reactive protein. Chronic inflammation sets in. This inflammation appears to be triggered by hormonal and metabolic changes and remains until excess weight is lost. Chronic inflammation can be expressed in many ways such as cardiovascular disease, cancer, rheumatoid arthritis, asthma, and inflammatory bowel disease.

Losing weight following an intuitive mindset

Whether a person is carrying an extra 10 pounds of body fat or an extra 60 pounds, there is likely some level of inflammation which makes the body irritated and stressed. In chronic states of stress our body's primary function is to heal itself rather than lose weight. It may seem impossible to break this cycle, but there is hope. In order to lose weight, the key is to reduce inflammation and eliminate contributing factors to help the body revert back to a normal, well-balanced state.

Adopting an intuitive mindset can ease the transition into a new way of eating. We've all experienced some form of criticism when it comes to eating and the choices we make. Intuitive eating is the exact opposite. You are the expert of your own body and its hunger signals. It's about making the right choices about when you eat and what you want to eat. Consider incorporating these principles to kickstart a healthier eating approach.

Principles of intuitive eating

- Honoring your hunger
- Ignoring the "diet mentality"
- Making peace with foods and accepting change
- Tune in to fullness
- Respect yourself
- Feel the change both physically and mentally
- Honor yourself with good nutrient dense whole foods

Samantha Aponte has her bachelor's degree in Nutrition Science and is available for nutritional and wellness coaching related to weight loss and more at Essentials Medispa and Salon. 1705 Berglund Lane, Ste 101, Viera. 321-722-2860. EssentialsMedispaandSalon.com. See ad, page 35.



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Homemade Solutions for Glowing Skin

by April Thompson

Skin, our largest organ, plays an important role in supporting and protecting the rest of the body. That's why it should be treated kindly by using natural, chemical-free ingredients. Many U.S. beauty products contain hidden chemicals, including dozens of ingredients that are banned in other counties. Even products labeled "organic" or "natural" can contain potentially harmful petrochemicals, according to the Environmental Working Group.

A natural skincare routine doesn't have to be complicated or expensive. Balms, masks, scrubs and toners can be made from healthy, everyday products already present in most homes. "Oats, yogurt, coconut oil, honey: there are many kitchen staples that you can easily use in your skincare routine," says Marlene Adelman, founder of the Herbal Academy, in Bedford, Massachusetts, and author of *Botanical Skin Care Recipe Book*.

As an example, face masks can be made with ingredients from the spice rack, including turmeric and black pepper. "One-ingredient treatments, like a honey or yogurt mask, feel so good and are easy to make," says Stephanie Gerber, the Nashville author of *Hello Glow: 150+ Easy Natural Beauty Recipes for A Fresh New You*.

Facial, body and foot scrubs are great beginner creations, according to Stephanie Tourles, author of *Pure Skin Care: Nourishing Recipes for Vibrant Skin & Natural Beauty*. The Marble Falls, Texas, esthetician recommends starting with a base of sugar or salt and adding an edible oil such as almond, plus a few drops of an essential oil. Essential oils should be diluted—add only six to 12 drops per ounce of finished product. Her favorites are lavender, tea tree, sweet orange and frankincense. Lemon, lime and bergamot are phototoxic and can cause sensitivity if added to any scrub before sun exposure.

"Scrubs are wonderful for softening, soothing and exfoliating the skin," Tourles says, cautioning that salt scrubs can sting if applied after shaving or waxing. Other common ingredients that can be added are oats, almonds or sunflower seeds ground in a coffee grinder. When mixed with water, cream or yogurt, they offer a moisturizing facial treatment.

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Tourles loves homemade body balms using oil and a thickener such as cocoa butter or beeswax. “Balms are easy to make, great for kids and good for dry cuticles and lips. You don’t have to worry about ingredients spoiling. They condition the skin and smell great,” she says.

In harsher weather, skin requires a little extra TLC. Tourles suggests a hydrating winter toner made with a 50/50 mix of aloe vera juice and rosewater. “Honey is also nice for the face and incredibly hydrating for winter,” she says. “Simply warm a little bit, apply it to your clean face for 20 minutes, then rinse with warm water.”

“People often forget to apply more moisturizer in winter. One of the best things you can do is exfoliate your face with a simple scrub to slough off dry, dead skin. Use gentler ingredients for your face than your body, like oats, baking soda or almonds ground finely,” says Gerber. For chapped lips, she recommends a gentle exfoliant like sugar and honey applied as an antibacterial lip scrub.

“Matcha green tea makes a beautiful mask that astringes and tones skin. Combine it with aloe gel and honey for some soothing moisture in the colder months when our skin needs rejuvenation,” says Adelman.

Some products are best purchased from a commercial source. “You can make many preparations at home—from masks to cleansing scrubs, cleansers, lotions and creams—but when these recipes contain water, they have a short shelf life. If you are looking for something with a longer shelf life, you’re going to run into more complicated instructions incorporating preservatives,” says Adelman.

“Moisturizers, creamy cleansers and hand creams have the steepest learning curve to craft yourself,” says Tourles. “Trying to emulsify watery ingredients like herb tea and aloe vera with oils, butters or waxes is like mixing oil and vinegar in a salad dressing; these ingredients want to separate.” According to Gerber, sunscreen is another product worth buying rather than trying to make at home.

Homemade or store-bought products aside, the best skin enhancer is a drink of water, according to Gerber. It doesn’t get easier or more economical than that.

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

Homemade Mask Recipe

Excerpted from *Botanical Skin Care Recipe Book*, by Marlene Adelman

Green Tea Facial Mask

Green tea contains polyphenolic flavonoids called catechins, which are strongly antioxidant. It’s also an astringent and anti-inflammatory. Matcha green tea (a powder) makes a beautiful green mask that astringes and tones skin. Combined with aloe gel and honey for soothing moisture, this is a great recipe for the colder months when our skin needs rejuvenation.



photos by Herbal Academy

2 Tbsp matcha or another green tea (*Camellia sinensis*) leaf powder
4 tsp aloe vera leaf gel
1-2 tsp raw honey

Combine all ingredients and mix well. Adjust proportions, as needed, to achieve the desired consistency—add more honey and/or tea powder if it’s too fluid, or more aloe if it’s too thick. Apply gently to the face, avoiding the eyes. Leave in place for 20 to 40 minutes. Rinse the face with warm water and lightly pat it dry with a towel. Follow with moisturizer.

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Preventing Type 2 Diabetes

Natural Lifestyle Choices to Curb the Disease

by Marlaina Donato

Six decades ago, only one American in 100 had diabetes. Today, it's almost one in 10, including rising numbers of youth and one in four people older than 65. More than 90 percent of the cases are Type 2, once known as adult-onset diabetes, which is linked to diet, obesity, inactivity, environmental toxins, heredity and other factors. It can wreak havoc throughout the body—attacking blood vessels, eyes, nerves and organs—and make COVID-19 harder to combat.

The good news is that scientists have identified lifestyle strategies that lower the risk and harm of diabetes. “Type 2 diabetes is a condition, not a disease. It exists in a particular environment; when you change the environment, you can change the condition,” says San Francisco-based Nicki Steinberger, Ph.D., author of *Wave Goodbye to Type 2 Diabetes*. That’s important news for the one in three Americans—about 88 million people—that have prediabetes, 84 percent of whom are not aware of the fact, according to the U.S. Centers for Disease Control and Prevention.

A key player is the pancreas, a multitasking organ of both the endocrine and digestive systems, which produces insulin to help make and store energy from sugars, as well as enzymes to break down proteins, fats and carbohydrates. While Type 1 diabetes, a

genetic autoimmune disease, negates the body’s ability to produce insulin, Type 2 results from an insufficient or improper use of insulin.

Type 2 diabetes can be triggered by metabolic syndrome, a condition marked by high blood pressure, a large waist circumference and high triglycerides. Insulin resistance—the body’s improper use of insulin—can also be a sneaky forerunner to the disease, often manifesting as excessive abdominal fat, fatigue and frequent infections years before hyperglycemia—too much sugar in the blood—becomes evident.

“Diet and lifestyle play a tremendous role,” says Lauren Bongiorno, a virtual diabetes health coach and creator of *The Diabetic Health Journal*. “Increasing insulin sensitivity is a multi-prong approach, most notably influenced by improving circadian rhythm, reducing stress, eating lower glycemic carbs, reducing animal fats and increasing activity.”

Hidden Environmental Factors

The American Diabetes Association cites excess weight and lack of exercise as significant risk factors in the development of Type 2 diabetes, while recent studies also point to impacts from toxic air, chemicals and mercury exposure. Research published in 2018

in *Environmental Science and Pollution Research International* reveals a correlation between exposure to phthalates found in plastics and the incidence of new-onset Type 1 diabetes in children, suggesting that the loss of beta cells from phthalate exposure leads to a compromised insulin response.

“Plastics containing BPA can mimic estrogen (xenoestrogens) and can contribute to insulin resistance, insulin over-secretion, beta cell exhaustion and the development and progression of Type 2 diabetes,” says registered dietician and nutritionist Brenda Davis, the Alberta, Canada, author of *The Kick Diabetes Cookbook* and *Kick Diabetes Essentials*.

An earlier Indiana University study published in *Diabetes Care* showed young-adult exposure to mercury can raise the risk of developing Type 2 diabetes later in life by 65 percent. Davis adds, “Heavy metals, such as mercury and arsenic, have been linked to impaired insulin secretion and decreased insulin sensitivity.” Choosing organic produce and fish that contain lower levels of mercury, such as salmon, shrimp and catfish, is advised.

Medication Backlash

Improving gut flora is vital in improving most health conditions, including Type 2 diabetes. “Microbes in the gut that have become toxic for a multitude of reasons create an inflammatory response. This type of assault repeated over time increases the risk of fatty liver and compromised cells—conditions linked to a decrease in insulin sensitivity,” says Steinberger.

Research published in *The Journal of Clinical Endocrinology & Metabolism* suggests that antibiotic use, especially narrow-spectrum ones, can contribute to diabetes. The side effects of certain medications like statins and other cholesterol-lowering drugs has been debated for decades, and 2019 research published in *Diabetes Metabolism Research and Reviews* concludes that statins can more than double the risk of Type 2 diabetes, especially for people taking them for two years or longer.

Sleep and Sugar

The National Sleep Foundation considers sleep deprivation a significant diabetic risk factor and recommends that people take melatonin as a sleep aid and avoid working night shifts. It cites a study in which healthy adults that were restricted to four hours of sleep for just six nights exhibited a 40 percent reduction in their ability to break down glucose.

Although the role of dietary sugar in diabetes is debated by scientists, evidence shows a strong correlation between Type 2 diabetes and sugar, fructose and high-fructose corn syrup in the diet. A 2015 review of 21 studies published in *The British Medical Journal* found that regular intake of sugary beverages can lead to diabetic conditions even when obesity is not a factor. Many holistic health advocates identify all sweeteners, including “healthy” alternatives like honey and maple syrup, as sugars that harbor similar potential.

This mindset is harmonious with glycemic index recommendations, so avoiding any added sweeteners and opting for fresh, low-glycemic fruits like berries, citrus and apples, as well as eschewing pasta, white rice and bread, can go a long way toward

maintaining healthier blood sugar levels. Stevia, an herb, is a better sweet substitute. Preferable in drops or bulk form rather than blended with sugars, it’s been shown to help control blood sugar.

Promising Phytotherapy

Insulin-supporting medicinal herbs offer many benefits for Type 2 diabetics. Aloe vera, bilberry, cinnamon, goldenseal, bitter melon, milk thistle, fenugreek, fennel and gymnema sylvestre, among others, have been found to aid in the utilization and

Strategies to Prevent Diabetes



Nutrition Tips from Brenda Davis

The foundation of the diet should be whole-plant foods—organic, whenever possible—deriving the vast majority of calories from vegetables, legumes, fruits, intact whole grains, nuts and seeds, which are rich in protective components, such as fiber, phytochemicals and antioxidants.

Eliminate or minimize inflammatory items, including fatty dairy products like cheese and ice cream, ultra-processed and fried foods, refined carbohydrates like sugar and white flour, alcohol and meat—especially red and processed varieties. Avoid all sugar-containing beverages.

Holistic Reminders from Lauren Bongiorno

“All areas of our lives are linked together, and if one area is depleted, it’s going to impact your ability to thrive in the others. The 8 pillars of diabetes wellness within my practice are exercise, diet, sleep, stress, self-love, relationships, energy and diabetes management. For improved blood sugar management and sustainable habit changes, you must identify where you are least fulfilled and work to fill that gap.”

Inspiration from Nicki Steinberger

“The area where we are most vulnerable, without a doubt, is our own toxic thoughts. Because our thoughts and beliefs trigger emotions which lead us to action and non-action, mindset is the first place to investigate to understand the results of our lives.”



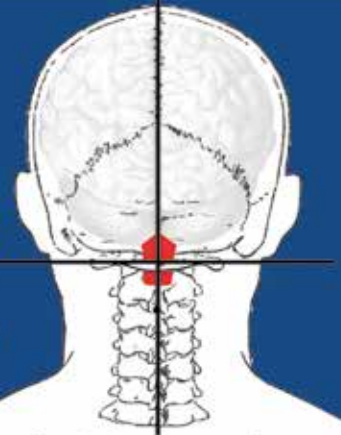
production of insulin. Tulsi, also known as holy basil, is a heavy hitter for reducing blood glucose and buffering the kidneys and liver from the metabolic side effects of high blood sugar. Herbs that support the liver, such as milk thistle, dandelion and artichoke, are other noteworthy plant medicines, especially when blood sugar fluctuates from high to low.

Renata Atkinson, a clinical herbalist in Greenbelt, Maryland, says of blood tests, "Clinical trials have shown that many of these herbs can have a significant effect on the clinical markers for diabetes and prediabetes in fasting blood glucose, postprandial glucose and HbA1C, or glycosylated hemoglobin." Animal and *in vitro* studies show that they impact blood sugar by slowing digestion and the absorption of carbohydrates, thereby improving insulin sensitivity, increasing the release of insulin and modulating the metabolism of glucose in the liver. Some of Atkinson's favorite plant allies are hawthorn, hibiscus and tilia for their anti-inflammatory and antioxidant properties, as well as lipid, glucose and vascular support.

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Atkinson also emphasizes the wisdom of keeping it simple. “I encourage clients to incorporate culinary herbs and spices into their daily diet, like cinnamon, fennel, garlic and onions. For someone taking insulin, it’s important to introduce herbs slowly and be sure to take them with meals, monitor blood glucose levels closely and keep their physician informed of herbal protocols and follow their physician’s recommendations.”

Improving diet choices can be highly rewarding and fun, too. “Not only does eating well not have to be tortuous, it can be enjoyable, inspiring and creative,” says Steinberger. “It helps to keep it simple by using fresh, whole foods with basic herbs and spices.”

Vitamin D, magnesium, vitamin C, B complex and chromium are also valuable in managing Type 2 diabetes. Polyphenols—antioxidants found in tea and unsweetened cacao nibs—also pack a healthy punch. Alpha lipoic acid, found in broccoli, spinach and fish oil, can help to reduce inflammation. Berries, kale and other nutrient-packed greens, nuts, sweet potatoes and beans promote sugar balance and are versatile for delicious, healthy meals.

Whole-Body Healing

Holistic bodywork modalities such as acupuncture also support diabetic health. In 2019, Iranian researchers reported in the journal *Hospital Practices and Research* that biofeedback training lowered glucose levels and improved the quality of life for diabetic patients. “The biggest mistake I see people with diabetes make is to view the mental piece as not as important as the physical,” says Bongiorno.

Linking all the vital threads in the complex web of Type 2 diabetes, she adds, “I would say to start with the basics—plant-based foods, exercise, stress management and better sleep. When you have a solid base, your body will be less susceptible to the other factors.”

Thriving is possible through commitment and wise choices. As Davis says, “There is strong and consistent evidence that many people who are motivated to reverse Type 2 diabetes can succeed in this task.”

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

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Giving Thanks for a Healthy Feast

How to Lighten Up Thanksgiving Fare

by April Thompson

Due to travel restrictions, tighter budgets and concern for family members that may be older or have underlying health conditions, Thanksgiving might be a smaller affair this year, but that's no reason to give up on having a scrumptious, celebratory meal. With a little creativity and lots of flavor, our treasured American holiday need not suffer. Giant turkeys may not grace as many tables as usual, so it's the perfect time to up the side-dish game, embracing healthier options and taking full advantage of an abundant supply of delicious, in-season produce.

To right-size the Thanksgiving spread for carnivores, "Get a Cornish hen or another small bird from a local poultry producer, or consider turkey parts like breasts or thighs, instead of cooking an entire big bird," advises Steven Satterfield, co-owner and executive chef of the Miller Union restaurant, in Atlanta, and author of *Root to Leaf: A Southern Chef Cooks Through the Seasons*.

For sides that rate high in both nutrition and taste, the James Beard winner favors in-season veggies like brassicas and Asian greens. "Napa cabbage is great roasted, grilled or prepared raw as a salad. Brussels sprouts shaved on a mandolin and sautéed briefly with shallot and garlic, and dressed with apple cider vinegar and diced apple, is another nice option," Satterfield says. One of his go-to dishes is a root vegetable salad with shaved celery root, walnuts, apples and dried cranberries with a simple dressing of olive oil and lemon.

Sweet potatoes and pumpkin offer a nutritional edge over white potatoes, giving them top billing at Satterfield's holiday table. He suggests simplifying the traditional sweet potato

casserole by first parboiling, straining, peeling and cutting the potatoes into thick chunks, and then baking with lemon juice, nutmeg and water. "The sweet potatoes will caramelize and form a natural syrup. It has a bright and refreshing flavor without adding the usual butter, marshmallows and sugar," he explains.

According to Satterfield, many nutritious bitter greens are plentiful this time of year, including chicory, radicchio, frisée and endive. "Last Thanksgiving, I made a chicory salad with dates, pecans, shaved parmesan and persimmon with a sherry vinaigrette with olive oil and shallots. The sweetness of the fruit balances nicely with the bitter greens, which add fiber and help with digestion and the circulatory system."

Thanksgiving offers a good opportunity to go meatless, according to Kim Campbell, vegan chef and author of *The PlantPure Nation Cookbook*. "There is a substitute for every animal product out there, so it's not hard to make traditional recipes plant-based," says the Durham, North Carolina, native. Her recipe for a nutty or beanie loaf ramps up the flavor and health profiles by using fresh, rather than dried, herbs such as rosemary, thyme and sage, as well as natural binding agents like lentils, flax seeds or chia seeds mixed with water. "Guests will be amazed that whole foods can be so flavorful and satisfying," she says. "Go the extra mile with quality ingredients for a special meal like this."

Campbell encourages people to enjoy the abundance of fresh produce and learn how to cook in season. Fruit-based desserts can be a great way to showcase what's in season and still keep guests light on their feet. "You don't have to use crust or a lot of added sugar for something like an apple crisp or cobbler," she says.

Annemarie Ahearn, founder of the Salt Water Farm cooking school, in Lincolnton, Maine, also suggests a healthful rethinking of traditional Thanksgiving dishes.

"Instead of a green bean casserole, consider blanched green beans with almond and cranberry. Dried cranberries can go in a salad, rather than a sauce. You can have the same ingredients and keep the same focal point, but use less cream and dairy," says the author of *Full Moon Suppers at Salt Water Farm: Recipes from Land and Sea*.

photo by Brian Olson

Savory Thanksgiving Dishes

Ahearn, who teaches a class on Thanksgiving cooking, encourages people to take a stroll after the main meal to let food settle before having dessert. She also suggests serving some dishes at room temperature to relieve the pressure of having everything arrive hot at the table. For those unable to be with extended family, Satterfield suggests trading recipes in advance, and then having a virtual Thanksgiving by sharing a visual image of how the meal turned out. "You can even send leftovers if you're in the same vicinity," he says.

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



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Thanksgiving Green Bean Casserole

Yield: 6 servings

Breaded Onion Rings:

1 large white or red onion, sliced into ¼-inch thick rings
2 cups whole wheat breadcrumbs
1 tsp garlic powder
1 tsp onion powder
2 Tbsp nutritional yeast flakes
½ tsp sea salt (optional)
1¼ cups whole grain flour
1 cup nondairy milk

Sauce:

1½ cups nondairy milk
½ cup raw cashews
2-3 garlic cloves

1½ Tbsp cornstarch
1 tsp onion powder
¼ tsp nutmeg
2 Tbsp nutritional yeast flakes
2 tsp apple cider vinegar
½ tsp sea salt
½ tsp black pepper

Veggies:

12 oz fresh mushrooms (any variety), sliced or chopped
2-3 Tbsp dry white wine for sautéing
24 oz frozen green beans, French cut or whole



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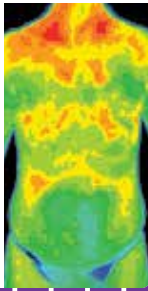
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Skin-Soothing Herbs for Dogs and Cats

Simple Ways to Reduce Itching

by Greg Tilford



From allergies to liver deficiency, many factors can itch, inflame and irritate the skin of our pets. A dog's or cat's skin can become damaged or compromised because the skin is the first line of defense against attacks from external substances. Skin problems in pets have many causes, yet a variety of herbs can help a dog or cat feel more comfortable.

While the catalysts of acute-onset skin issues such as insect bites or sunburn are obvious and can be dealt with directly, most forms of skin and coat disease are caused by deeper issues that can be extremely difficult to identify and address. Chronic or recurring skin conditions that cannot be attributed to influences outside the body usually point to deeper health issues, some of which can be serious or even life-threatening.

The greatest mistake one can make when assessing a skin problem is assuming the problem is only skin deep. And while topical salves, liniments, shampoos or lotions can be quite effective in temporarily suppressing itching and pain, they will not likely address the root causes of a dog's or cat's skin ailment. For that, the situation must be approached from the inside-out with diet and several key herbs.

Many cases of chronic skin issues in dogs and cats are either directly attributable to or strongly influenced by inappropriate and allergy-inducing ingredients in pet foods. Be critical about the quality of pet foods and avoid those that contain meat byproducts, artificial flavors and preservatives, as well as all grains, especially wheat and corn.

It's also important to give a good fish or krill oil supplement to dogs and cats. The omega-3 fatty acids in these marine lipids play critical roles in regulating immune system inflammatory response to allergens. More specifically, they inhibit inflammation, while omega-6 fatty acids typically found in grains and vegetable oils stimulate inflammation. Both processes are necessary for healthy body functioning, but an imbalance of too much omega-6 sets the stage for skin allergies, a dull coat and excessive shedding.

Liver deficiency is another common factor to consider. The liver is responsible for producing digestive enzymes and acids needed to break down and assimilate food while also filtering waste from the bloodstream. If the liver is deficient in any of these functions, excess waste that cannot be eliminated via normal pathways will wreak havoc on the body, often manifesting as a skin condition. If this happens, symptoms

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commonly recognized as pyoderma, eczema or psoriasis will increase as the body tries to eliminate the waste, pushing the toxins outward and away from vital internal organs toward the skin.

In addition to dietary adjustments, liver support is helpful when it comes to skin problems, and this is where herbs come in.



Burdock root

(*Arctium lappa*). This herb has an ancient history as a skin remedy. It contains inulin, an indigestible polysaccharide constituent that serves as a prebiotic, feeding

beneficial microflora in the gut and improving digestion. It also contains a broad variety of compounds that gently stimulate the liver at various levels to help detoxify the body and aid in transporting waste out of the bloodstream. Burdock can be found as a tincture or a fresh root at many health food stores. Grate the fresh root liberally onto the pet's food at each mealtime. Burdock is fairly neutral in flavor and very safe, so there's no need to worry about overfeeding.



Dandelion

(*Taraxacum officinale*). The roots and leaves are highly nutritious. They contain a complex assortment of liver-supporting compounds

as well as diuretic properties that aid the body in eliminating toxins via urination.



Red clover (*Trifolium pretense*), alfalfa (*Medicago sativa*) and milk thistle (*Silybum marianum*). These are well-known blood cleansers worth considering. Look for

formulas that contain a balanced array of all three.

Greg Tilford is the CEO of Animal Essentials Inc., a natural pets supplement company. He is the author of five books, including *Herbs for Pets: The Natural Way to Enhance Your Pet's Life*. For more information, visit AnimalEssentials.com.

Topical Herbs that Relieve the Itch

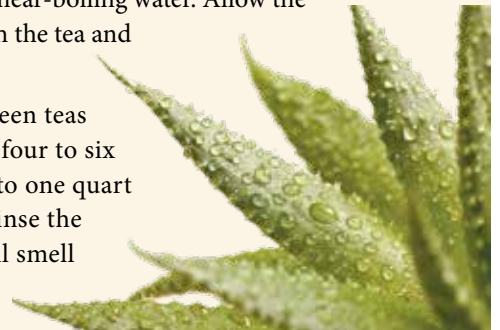
To heal a pet's skin problems from the inside-out with good food and supplementation can take a few weeks. In the meantime, the itchy misery can be reduced with topical remedies. One of the most effective approaches is herbal astringents that work by quickly tightening skin and subcutaneous tissue, reducing inflammation and redness.

■ **Witch hazel.** This herbal extract can be purchased as a clear liquid at any drugstore. It's also the primary active ingredient in many commercial hemorrhoid ointments, as it reduces inflamed membranes very quickly. A dab or two of witch hazel applied with a cotton ball can work wonders against flea or mosquito bites. It's important to know that most products are made with isopropyl alcohol, which is quite toxic if ingested in large amounts. Therefore, this extract should be reserved for situations in which only a few dabs are needed (i.e., don't use it as a rinse). Better yet, look for witch hazel extract made with ethanol (grain alcohol) or vegetable glycerin, an edible palm oil derivative used in natural soaps and cosmetics for its emollient, skin-soothing qualities.

■ **Aloe vera.** With its antibacterial properties, aloe vera gel works especially well when spot-applied directly to hot spots or insect bites. However, unless combined with an emollient, the drying and tightening properties of aloe vera could further exacerbate discomfort caused by dry, chapped skin.

■ **Calendula.** *Calendula officinalis*, small marigold, is easy to grow or purchase in dry bulk form at natural product retailers. Cooled calendula tea, liberally applied to an animal's skin and coat, can bring fast relief to inflamed skin and accelerate the healing of open sores. To make a soothing skin rinse, simply infuse two to four tablespoons of dried calendula flowers into a quart of near-boiling water. Allow the tea to cool completely, drench the pet with the tea and allow it to drip dry.

■ **Tea.** Peppermint, chamomile and green teas are great for relieving itchy skin. Infuse four to six tea bags of any (or all) of these herbs into one quart of boiling water. Cool thoroughly and rinse the animal. Not only will it feel better, it will smell great, too.




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Body Gratitude

Being Thankful Empowers Our Workouts

by Marlaina Donato

Exercise is crucial to preventing and managing cardiovascular disease, diabetes, depression and many other health conditions, but staying motivated to maintain a routine can sometimes be challenging, even for fitness devotees. Cultivating an appreciation for the way our bodies carry us through life can turn what may have seemed like a humdrum workout into something special. Research shows that a gratitude practice fosters patience, encourages self-care and nourishes self-discipline, especially when there is temptation to reach for another slice of pie.

Appreciation in Motion

“When we’re appreciating ourselves, we open the floodgates to joyful movement and freedom,” says personal trainer Katie Hunt, in Milwaukee. “What if today were the last day I got to run? This question forces me to appreciate every little thing my body can do and minimizes the focus on what I dislike doing. Suddenly, running feels like a gift instead of a task”

During pandemic restrictions, a socially distant power walk with a friend can get the blood moving and shift perspective. “Something about feeling my heart pounding, a cool breeze after I first break a sweat and the ability to share authentically with a close friend at the same time reminds me of both my powerful mind and miraculous body. How can I not be grateful?” asks Andrea Stern, owner of the Satori Yoga Studio, in San Francisco. Her thankful intention is carried into each yoga session. “I encourage students to bring a sense of gratitude to the mat with them. Before the class begins, I ask folks to connect with the present moment and to check in with themselves.”

Motivation Through Affirmation

Using daily affirmations—simple sentences written or spoken aloud—is a wonderful way to infuse exercise time with positivity. Leaning into a challenging asana or doing one more lap in the pool with self-affirming intention can snuff out self-criticism. “Moving your body is not a competition. You don’t have to prove yourself or your ability to anyone. Practice feeling grateful for how your body can move, starting with your heartbeat and breath,” says Sofia Angelina Marcus-Myers, an intuitive energy worker and portrait photographer in Portland, Oregon. Healing self-portraiture and dedication to daily affirmations propel Marcus-Myers through chronic pain and help her to see the body as a sacred vehicle. “Affirming your body is a practice, and sometimes it will feel awkward, absurd or tedious. Do it

jacob.lund/AdobeStock.com

until you feel more comfortable affirming yourself, and then keep doing it.”

Calling a truce with body imperfections can help us feel more comfortable in our skins, something that can go a long way. For Hunt, shifting perspective inward is key. “What if we all stop and imagine being on a desert island? What would your perfect workout, body and life be like if there were no outside influences?”

Pain and Compassion

Living with discomfort makes exercising challenging, but learning to respect the body’s rhythms and limitations can be beautifully empowering. “I love the quote, ‘Unless your compassion begins with yourself, it is incomplete,’” says Stern. “Taking a class together (even virtually) gives us a sense of being in this together. When we breathe, stretch and grow together through our practice, it helps us to appreciate where we are on any given day.”

For Loolwa Khazzoom, a Seattle-based author and musician, it’s all about surrender. “Don’t fight your pain; dance with it—literally and figuratively. Dance from your bed. Dance in your head. Dance wherever and however it’s comfortable.” As the founder of Dancing with Pain, a wellness company that teaches a natural approach to pain relief through movement, Khazzoom says, “Our consciousness naturally goes to the places in pain and overlooks the places that feel good. Those places are quite literally our pathways to wellness.”

She recommends focusing on pain-free areas of the body with the joy, power, harmony and other sensations that come from moving to enjoyable music, noting, “As we inhabit those places with our entire beings, there is less and less room for the pain, to the point that it may vanish altogether.”

Marcus-Myers brings the message home with, “It isn’t your body’s purpose to be anyone’s ideal. Your body is an incredible living thing, worthy of love and gratitude.”

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

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Mindful Parenting

The Conscious Path to Raising a Child

by Ronica O'Hara

Lo Bannerman, a Tucson nutritionist, was making homemade cookies with her toddler. “Or rather, making a mess while stirring cookies,” she recalls. “Something in me snapped. I wanted to take control, kick her out of the kitchen and do everything the ‘right’ way.”

As Bannerman took a deep breath, a memory arose. “As a child, I was only allowed to count scoops of flour or teaspoons of vanilla. I was never allowed to fully, actively participate in the kitchen. Everything had to be perfect, and I was not ‘good enough’ to make it so. I felt this in my core. Was I passing this on to my daughter?” Bannerman recalls that, after taking a moment to reset, she and her daughter “happily made a mess, a memory and a foundation for a brighter future together.”

Bannerman, who blogs at *NourishingFamilies.org*, was practicing an increasingly popular approach in raising children known as either conscious, mindful, soulful, awake or peaceful

parenting. Instead of focusing on shaping a child’s behavior through rules and discipline, which can bring up contentious issues of fear, ego and control, the focus is on connecting deeply with a child through love, authenticity and acceptance of the child’s innate nature.

“It’s crucial we realize that we aren’t raising a ‘mini-me’, but a spirit, throbbing with its own signature,” says psychologist Shefali Tsabary, Ph.D., author of *The Conscious Parent: Transforming Ourselves, Empowering Our Children*. “Children aren’t ours to possess or own in any way. When we know this in the depths of our soul, we tailor their raising to their needs rather than molding them to fit our needs.”

The transformation starts with—and hinges upon—parents understanding themselves deeply and realizing how their upbringing shapes their parenting actions. It’s not always easy, especially during housebound pandemic months. “Our children have the capacity to trigger us more than anyone else. So, when they exhibit childish behavior—which is, of course, part of their job description—it’s often hard for parents to stay calm,” says Laura Markham, Ph.D., a Brooklyn clinical psychologist and author of *Peaceful Parent, Happy Kids*.

“We see our child’s behavior (He hit her again!), and we draw a conclusion (He’s going to be a psychopath!) which triggers other conclusions (I’ve failed as a mother!). This cascade of thoughts creates a runaway train of emotions—in this case, fear, dismay, guilt. We can’t bear those feelings. The best defense is a good offense, so we lash out at our child in anger. The whole process takes all of two seconds, and later we wonder why we overreacted.”

The answer often lies in our past, Markham says. “Any issue that makes you feel like lashing out has roots in your own early years. We know this because we lose our ability to think clearly at those moments, and we start acting like children ourselves, throwing our own tantrums.”

The more deeply we know ourselves—whether through therapy, reading, journaling, meditation,

mindfulness practices or simply facing head-on the hard knocks of life—the more open we are to forging a deep relationship with our children and the easier it is to calm ourselves in the moment of a trigger, psychologists say.

Correcting a child becomes then a matter of being a guide or coach, rather than a law enforcer. “Disciplining from a place of presence or awakened consciousness means having the willingness to pause, reflect, course-correct as needed in the moment, apologize, take ownership, ask for help and to drop history and reset as needed,” says Renée Peterson Trudeau, the Brevard, North Carolina, author of *Nurturing the Soul of Your Family and The Mother’s Guide to Self-Renewal*. “Most of all, practice self-compassion. You will make mistakes. Forgive yourself and move on; this is beautiful modeling for your kids.”

Jessica Speer, a family-book author in Steamboat Springs, Colorado, lives that process. Raised in a home “where anger wasn’t managed well,” she had no tools to draw on when she got triggered by her toddler’s tantrums. It was, she says, “a wake-up call that I needed help.” Diving deeply into books, mindfulness and meditation helped her to understand herself better. “Fast forward 10 years, and I still meditate regularly,” she says. “Now, when my daughter experiences big emotions, I try to ground myself so I can be there by her side. This has been so healing for both of us.”

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



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calendar of events

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

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

MONDAY, NOVEMBER 2

Guided Rest Yoga Nidra with Soundscape Workshop – 5:30-6:45pm. Combining the healing properties of sound (singing bowls, chimes, voice, etc.) with Yoga Nidra, you enter a state of profound rest and peaceful bliss. Yoga Nidra (yogic sleep) is guided meditation done lying down. Free of resistance, tension, and thought, you tap into the body's innate healing abilities and creative energy. Led by Karen Hedley. 45 minutes of Yoga Nidra is as restorative as 3 hours of sleep. Please bring a yoga mat, blanket, and pillow. \$15. 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, NOVEMBER 4

The Mystical Path of Meditation: Awakening the Kundalini Workshop – 5:30-7pm. The regular practice of meditation opens us up to new dimensions of consciousness. Initiates of ancient meditative traditions were taught that spiritual awakening & rebirth occurred by the raising of Kundalini Energy. Kundalini is Life Force, Primal Energy, or Shakti. Explore this universal teaching, symbols, and where it is found in each philosophy. Includes a Meditation Technique taught in ancient times to help raise this powerful energy. Led by Anthony Profeta. \$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.

THURSDAY, NOVEMBER 5

Sleep 101 – 7-8pm. There are several contributing factors that lead to decreased levels of sleep, or disruptive sleep patterns, and Dr. Brian Walsh will help you understand how these could be affecting you. Learn natural ways to improve and regulate your sleep pattern leading to better health, energy, and productivity. Free but call 321-728-1387 to register. Care Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. 321-728-1387. CareWellnessFL.com.

FRIDAY, NOVEMBER 6

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. Please bring a yoga mat or pillow. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recom-

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

SATURDAY, NOVEMBER 7- SUNDAY, NOVEMBER 8

Weekend Meditation Course – Working the Practices with Others CEU Training - Saturday 10am-6pm. & Sunday 1-7pm. Discussion includes conducting a practice in different types of settings and environments and ethical guidelines and more. Led by Anthony Profeta this training immersion will help you gain a more complete understanding of mindfulness meditation with a thorough an 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, NOVEMBER 9

Past Life Healing with Reiki Meditation and Sound – 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. Journey to timeline to release, heal, forgive life traumas, healing the obstacles in our present time and be present in what matters today. Includes the River of Life healing experience to let go what is no need it any longer and receive the give of Empowerment. Led by Maria Banas. Bring: yoga mat, pillow, blanket and water. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, NOVEMBER 11

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-kind meditative experience, immersed in soundwaves, pure frequencies, & vocal tones. \$20. Please bring yoga mat or pillow. Due to current social distancing protocol,

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FRIDAY, NOVEMBER 13

Reiki Vision Board Workshop – 5:30-7:30pm. Have you ever wanted to make a vision board and never gotten around to it? Vision boarding is a powerful tool to manifest your heart's deepest longings, your visions, your dreams. Class will begin with a Reiki Guided Rest Yoga Nidra to call in the Reiki energy. From there, you will create a vision board guided by the Reiki energy. Led by Karen Hedley. \$25 (includes all materials needed to create a vision board to take home). Please bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, NOVEMBER 14 & SUNDAY, NOVEMBER 15

Awaken the Healer Within: Medicine Buddha 2-Day Workshop – Saturday 1-5:30pm & Sunday 1-6:30pm. Learn an ancient healing modality which is believed to be the grandfather of Reiki. Awaken the Healer within by connecting & gaining the blessings of the Medicine Buddhas; Enhance any healing work you already practice Participate in teachings, ceremonies, and meditations to connect to the healing nature of the Pure Mind; Receive your own mala for recitation of the Medicine Buddha Mantra; Be initiated into the Medicine Buddha

Sadhana (Practice) & The Medicine Buddha Mantra [initiation gives you permission, through an unbroken lineage, to connect with the Medicine Buddha & practice the technique.] Learn how to use this method for distance healing. Please bring on piece of fruit on the first day of the workshop. Led by Anthony Profeta. Bring yoga mat or pillow. \$297. 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.

SUNDAY, NOVEMBER 15

New Moon Guided Meditation – 6:30-8pm. During this meditation, you may lie on a mat, sit in a chair, or sit on a cushion. Anthony Profeta takes us on this meditative journey of healing, relaxation, & connection. The Crystal & Himalayan Bowls will be played during the entire meditation. Suggested: Bring yoga mat or pillow. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

MONDAY, NOVEMBER 16

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, dis-

solving negative life patterns and releasing cellular and energetic level traumas facilitating healing with Maria Banas. Bring a yoga mat or pillow. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, NOVEMBER 18


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




THURSDAY, NOVEMBER 19

Fix Your Gut, Save Your Life – 7-8pm. The health of your gut is incredibly important to your overall wellbeing. Its role is to obtain, sort through, and deliver nutrients to the rest of the body. If this does not occur correctly, a wide variety of health complications can take place. Dr. Brian Walsh will share strategies to improve your gut health, immune function, response to stress and more. Free but call

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FRIDAY, NOVEMBER 20

Healing Vibrations: A Sound Bath Concert Experience – 6:30-8pm. Anthony & Maria will use the soothing sounds of crystal, as well as, Himalayan Singing bowls, chimes, and other instruments, to shift your brain waves out of the Beta brainwave state and into the more relaxed Alpha & deeply rejuvenate Theta brainwaves states. This will be a very therapeutic event because the sound waves will also wash over your body helping to realign your energetic body bringing it into a more harmonious state. Please bring a yoga mat or pillow. \$45 pre-paid (or \$50 day of event). Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/AquarianDreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

SATURDAY, NOVEMBER 21

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. Please bring a yoga mat or pillow. 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.

WEDNESDAY, NOVEMBER 25

Guided Rest Yoga Nidra with Soundscape Workshop – 5:30-6:45pm. Combining the healing properties of sound (singing bowls, chimes, voice, etc.) with Yoga Nidra, you enter a state of profound rest and peaceful bliss. Yoga Nidra (yogic sleep) is guided meditation done lying down. Free of resistance, tension, and thought, you tap into the body's innate healing abilities and creative energy. Led by Karen Hedley. 45 minutes of Yoga Nidra is as restorative as 3 hours of sleep. Please bring a yoga mat, blanket, and pillow. \$15. 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.

SUNDAY, NOVEMBER 29

Full Moon Ocean Meditation – 6:30-8pm. 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 pre-register visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is

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MONDAY, NOVEMBER 30

Boost Your Immunity Workshop – 5:30-7pm. Learn breathing, yoga postures and other techniques to boost your immune system, ending with Guided Rest Yoga Nidra. Aromatherapy and Yoga Nidra with Karen Hedley. All levels welcome. \$25. (includes 5ml Therapeutic Grade Essential Oil rollerball and hand-outs). Bring a yoga mat and pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. To preregister visit: AquarianDreams.com. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Thank you!

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TREASURE COAST EVENTS

FRIDAY, NOVEMBER 6

Knowing When to Change Medicare Plans - 11am-Noon. Facebook Live Event. We will have a 20 minute presentation followed by 40 minute Q&A. Contact Corina Savela, Certified Patient Advocate, 321-209-2998. CorinaSavelaLLC.com.

SATURDAY, NOVEMBER 7

Psychic Fair - 11am-4pm. Experience a fun filled day of enlightenment and entertainment. Many different readers will be available on this day. Demo's will be going and of course our store will be open. Demo's Love Donation/ Readings \$25 each. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Open House at Mind Body Therapeutics - 3-7pm. Free personal consultation. Receive your customized treatment plan. Advanced facials, microcurrent, body sculpting. Space is limited, by appointment only. Free. Mind Body Therapeutics, 2630 SE Willoughby Blvd Suite B2, Stuart. 646-824-8447. TonedForever.com.

SUNDAY, NOVEMBER 8

Sound of Soul Event - 11am-Noon. An online event. Please join us to Experience HU, the Sound of Soul Chanting the word HU can bring peace, calm, and expanded awareness. After an inspirational quote, we chant the word HU for twenty minutes followed by a time of silent contemplation then a time for an authentic spiritual discussion. The Zoom link / dial-in information will be sent to those that RSVP to 772-223-1188 or email their RSVP to EckankarTC@gmail.com.

FRIDAY, NOVEMBER 13

What is Not Covered by Medicare - 11am-Noon. Facebook Live Event. We will have a 20-minute presentation followed by 40-minute Q&A. Contact Corina Savela, Certified Patient Advocate, 321-209-2998. CorinaSavelaLLC.com.

Winter Solstice Drum Circle - 6-7pm. Sarah and Trish lead this healing circle that connects you with Spirit and guides you into experiencing the flow of your mind. (Love Offerings appreciated) Unity of Fort Pierce 3414 Sunrise Blvd, Fort Pierce.

SATURDAY, NOVEMBER 14

Serpentine Spine, Grateful Heart Yoga Workshop - 12-2pm. Danielle Vardakas will lead a transformative, heart-centered yoga sequence to generate love, compassion, deep relaxation, and inner peace. Awaken the serpent power coiled at the base of the spine and align to the empowered self. Awaken and speak from your heart and become aware of new possibilities. \$40 preregister, \$50 day of class. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com.

SUNDAY, NOVEMBER 15

"Ancient Wisdom for Today" - 11am-Noon. Participate in an online book discussion via Zoom or teleconferencing. Discussion will include 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 November 14, by calling 772- 223-1188 and leaving a message.

treasure coast save the date

WEDNESDAY DECEMBER 2 - WEDNESDAY JANUARY 6

Spiritual Advent Experience on Zoom - 7-8:15pm. Rev. Janice will lead a 6-week consciousness raising class that dives into the Two stories of the birth of Jesus found in Matthew and Luke. The beautiful stories are symbolic and point us to the truth of our Spiritual Oneness. They are our story awakening to the Christ/Light in us. Discover and deepen your awareness of the Divine spark that lies within the manager of our heart. Email RevJan101@bellsouth.net for registration and payment instructions. Class is offered on suggested love offering of \$10 per class or \$55 for all 6.

SATURDAY, DECEMBER 12

Tradition Neighborhood Market - 9am-2pm. Stock up for the holiday's and find unique holiday gifts. Plan to spend your Saturday mornings at the market where you will find organic produce, food, art, jewelry, food, clothing and much more. New vendors welcome. Conveniently located just off I-95, near Olive Garden and Target. Call 772-828-0188. 10912 SW Village Parkway, Port St. Lucie at Tradition.

FRIDAY, JANUARY 22 - SUNDAY, JANUARY 24

Yoga Teacher Training 200 - Yoga Alliance Certified Teacher Training. For those who want to teach and those who want to learn more about themselves and their yoga practice. This 200-hour training is structured so that students can receive close attention in their journey through both the physical practice and the yogic philosophy. Held over three weekends starting January 22, plus online classes and required reading. Facilitated by Danielle Vardakas E-RYT500, DYT1000 BFA. \$2500/\$600 deposit, payment plans available. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com.

SATURDAY NOVEMBER 14 & SUNDAY NOVEMBER 15

Reiki Level I and II Certifications Weekend 14 CEUs available - 9:30am-4:30pm. Learn the Art of Healing using Japanese techniques and ancient symbols. These techniques enhance the immune system and promote healing. Class includes book, certifies, attunements and plenty of practice. Take one or both levels. \$175 for Level I \$250 for Level II. Must pre-register call 772-257-6499. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. SparkofDivine.com.

FRIDAY, NOVEMBER 20

Medicare & Medicaid - Do You Qualify for Help - 11am-Noon. Facebook Live Event. We will have a 20-minute presentation followed by 40-minute Q&A. Contact Corina Savela, Certified Patient Advocate, 321-209-2998. CorinaSavelaLLC.com.

SATURDAY, NOVEMBER 21

The Simple Science of Breathing - 1-3pm. Learn how to change your emotions and physiology simply by changing the way that you breathe. This pranayama workshop and gong bath is led by Kundalini Yogi Bryan Nevin. \$20 preregistration, \$25 day of Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com.

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

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.

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

Warm Vinyasa Flow - 9:30am. A warm flow with Mike Vidalakis, a truly special teacher incorporating philosophy with breath and movement, to cultivate body and awareness and mindfulness. \$14 drop in or packages on DTE-Yoga.com and ScheduleBliss.com. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444.

Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Intuitive Oracle Card Readings

& Aura photography. Walk-ins Welcome. 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 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 Flow - 7:30am. Physical movement links your breath to the movement. Use breathing techniques to cultivate healing, mindfulness, and physical release of stress and improving your overall well-being. Led by Molly Rabe for all levels. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. DTE-Yoga.com

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

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Reiki Healing Circle— 6-7:30pm. Got Stress? Come experience the benefits of Reiki for yourself. This Japanese technique can help you sleep better, feel calmer, relax, and rejuvenate. Find your bliss. Led by Tina. 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

Chi Yoga & Meditation – 11am-Noon. Led by Leah. \$10 (or yoga membership). To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Yin Yoga – 12:30-1:30pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Cindy Jovanovich. \$10 (or yoga membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Inner Peace - Yoga & Meditation – 4-5pm. Learn various simple techniques to access the breath, quiet the mind and turn into the sublime radiance of our hearts. Gentle movement will calm and relax the body. Led by Cindy Jovanovich. \$10 (or yoga membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Hatha Yoga – 6:30-7:45pm. With Marilyn. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

TREASURE COAST

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

Warm Vinyasa Flow - 4:30pm. Expect a playful journey through this warm practice incorporating breath work and mindful movement. Joanna Chapman has been leading yogis since 2010 and is truly exceptional and impassioned teacher. \$14 drop in or packages and specials at DTE-Yoga.com and ScheduleBliss.com. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444.

Nia – 5:30-6:30pm. Nia is a fun dance class incorporating moves from Jazz, kick boxing and other modalities to create an amazing fitness class for all levels. Led by Patti. \$10 drop in See Patti for a card. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

Reiki Healing Circle – 6:15-7:15pm. Join the powerful healing team for an hour of peace and deep relaxation. Practitioners welcome. Free. Donations accepted. Psychic & The Genie, 313 Colorado Ave, Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

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 WPSLAM 1590 every Thursday morning to learn about holistic health and wellness with Joanne owner of Nutrition World in Ft. Pierce who has 30 plus years of expertise. JoannesNutritionWorld.com.

Pilates Mat Class – 10:30-11:30am. Mat class offered by certified instructor, Barbara Lengen. 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

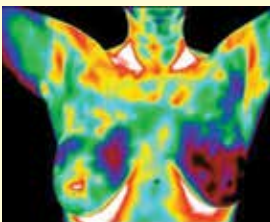
Yoga for Beginners – 11am-12pm. Support and instruction about foundation poses, proper alignment in the poses, breathing techniques and meditation. Class will provide the tools you need to walk into any yoga class and feel comfortable with Cindy Jovanovich. \$10 or Yoga Memberships accepted. To preregister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

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myNaturalAwakenings.com



TREASURE COAST

Healing Sessions and Readings – 11am-3pm. Readings with the Angels are helpful in assisting us with life improvements and personal empowerment. Beth uses different healing techniques including reiki, sound, angel therapy and more. \$40 - \$200 depending on the service. Call to schedule and for additional information. Spark of Divine, LLC Healing and Learning Center with Gift shop, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

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

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

Reiki Circle – 7-8pm. Experience the transmission of Universal energy which activates inner peace and healing. Led by Reiki Master Sarah Gable. Social distancing guidelines are followed. Masks are required. Essential oils available to use on masks. Love offering. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

saturday

TREASURE COAST

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

Tradition Neighborhood Market – 9am-2pm. Come visit Treasure Coast's newest outdoor market. Plan to spend your Saturday mornings with us where you will find organic produce, food, art, jewelry, food, clothing and much more. New vendors welcome. Conveniently located just off I-95, near Olive Garden and Target. Call 772-828-0188. 10912 SW Village Parkway, Port St. Lucie at Tradition.

Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Intuitive Oracle Card Readings & 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.

Free Consultation at Mind Body Therapeutics – 2-3pm. 1st & 3rd Sat. Learn about our holistic skincare and body treatments, advanced facials, microcurrent therapy, body sculpting. Free consultation, reservation required call 646-824-8447. Free. Mind Body Therapeutics Holistic Skincare, 2630 SE Willoughby Blvd, Suite B2, Stuart. TonedForever.com.

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321-773-6458

MELBOURNE

THE YOGA GARDEN
1482 Pineapple Ave
321-345-6197
YogaGardenFL.com



YOGA ART LOUNGE

1301 South Patrick Dr, Ste 60
321-506-9444
Facebook.com/Yoga-Art-Lounge



Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Intuitive Oracle Card Readings & 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.

Free Consultation at Mind Body Therapeutics – 2-3pm. 1st & 3rd Sat. Learn about our holistic skincare and body treatments, advanced facials, microcurrent therapy, body sculpting. Free consultation, reservation required call 646-824-8447. Free. Mind Body Therapeutics Holistic Skincare, 2630 SE Willoughby Blvd, Suite B2, Stuart. TonedForever.com.

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321-345-6197
YogaGardenFL.com



ZEN YOGA
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866-820-YOGA
ZenYoga321.com

MERRITT ISLAND

KULA YOGA STUDIO
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KulaYogaMerrittIsland.com



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the natural directory

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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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HappyColons.com
Candice@HappyColons.com

CHOOSE HEALTH! Colon health management, through irrigation and hydration since 1988, using purified, structured water, in a safe, professional environment. (MA8163)

COUNSELING

LESLIE HAATVEDT, PHD, LMHC
Child and Family Counseling Associates
2400 15 Ave, Vero Beach
LBHPhD@gmail.com, 772-532-8310



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

CRANIOSACRAL THERAPY

GINGER TAYLOR, LMT
Melbourne / Palm Bay
321-480-9986
MassagesWithPurpose.com



CranioSacral Therapy and Somato-Emotional Release Therapy gently releases deeply rooted emotion, trauma, and physical tensions within the soft tissue, calms the nervous system, and regulates the pressure of cerebrospinal fluid that cushions the brain and spinal cord. Relieving pain, dysfunction and improves whole-body health and performance. (MA 75423, MM35261)

DENTISTRY

SMILE DESIGN AND WELLNESS CENTER
Dr. Chris Edwards
Dr. Rob Brown
Dr. Haley Freymiller
Viera, 321-751-7775
SDICFL.com

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 9.

CLAIRE STAGG, DDS, PA
Comprehensive Mercury Free Dental Care for the Whole Family
Indian Harbour Beach, 321-777-2797
SmileProfessionals.com



Whole body connections and anti-aging Dentistry advanced non-surgical TMJ, snoring and sleep breathing disorders therapy, head, neck and facial pain treatment, non-extraction orthodontics, smile makeovers and dentistry for patients with multiple chemical sensitivities. See ad, page 21.

DIABETES: NUTRITION COUNSELING

DIANE KINGSLEY, RD LDN
333 17th St, Ste U
Vero Beach, 772-228-6778
SimpleHealthOptions.com



Diane Kingsley is a Licensed and Registered Dietitian with over 20 years' experience. Her nutritional counseling is an individualized whole-body approach. Telehealth available. Most insurances accepted. See ad, page 27.

EYE & VISION CARE

HEALTH FOR LIFE
1727 N. Atlantic Ave
Cocoa Beach, 321-259-0555
HealthForLifeWellnessCenters.com

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

HAIR SALONS

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



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

HEALTH FOOD

GLORIA'S HEALTH HUT
951 Old Dixie Hwy, A3
Vero Beach, 772-770-2101

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

NUTRITION SMART
464 SW Port St. Lucie Blvd
Port St. Lucie, 772 323-2222
NutritionSmart.com

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

ORGANIC FOOD CENTER
862 N. Miramar Ave
Indialantic, 321-724-2383
OrganicFoodCenter.com

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

PEGGY'S NATURAL FOODS

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

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

SUNSEED FOOD CO-OP

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

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

SUNSHINE HEALTH FOOD STORE

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

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

HERBALISTS

GINA KEARNEY
Flower Essence Therapy
725 N. A1A, D-103
Jupiter, 516-768-9005
HerbsAndOwls.com



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

MAMA JO'S SUNSHINE HERBALS
1300 Pinetree Drive, Ste 3
Indian Harbour Beach, 321-779-4647

Enjoy a cup of complementary tea in the relaxing atmosphere of herbs and handmade herbal delights. Bulk Herbs, Handmade Products, Consultations, Classes, and Supplies. Teas, tinctures, lotions, soaps, facial products, salves, and more. See ads, pages 17 and 31.

HERBALISTS CONT.

THE HERB CORNER

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

Bulk Herbs, Herbal Certification Course and other herbal classes. Essential oils, handmade salves and lotions, customized herbal blends and private consultations. See ads, page 30 and 40.

HYPNOSIS

LORI BURKE HYPNOTHERAPY LLC

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



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

ELIZABETH L CAMPBELL, BCH

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



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

HYPNOTHERAPY BY JENNY

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



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

INTEGRATIVE MEDICINE

MELISSA DEAN, MD

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



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

DEBORAH A. DEMARTA, MD,

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



Anti-Aging, Functional and Regenerative Medicine. Colorectal Surgery and Functional GI, hormone replacement, food allergy and nutritional testing, IV vitamin therapy, heavy metals testing, medical aesthetics, THERMiVa vaginal rejuvenation, ThermoSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, Botox and fillers, skin care, weight loss. See ad, page 11.

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 19.

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. See ad, page 30.

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 31.

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 39.

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, Auto-immune Disease, Athletic Recovery, Viral/Bacterial Infections, and Common Cold/Flu. See ad, page 19.

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

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)

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 35.

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! Free hugs - Open 7 days a week. Monday-Saturday 10am-6pm. Sunday 10am-5pm.

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, Aura Photography available. Open 7 days a week. Monday-Saturday 10am-6pm. Sunday 10am-5pm.

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 ads, pages 30 and 37.

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.

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 39.

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. See ad, page 30.

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 44.

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 20.

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 22.

VETERINARIANS

ANIMAL WELLNESS WORLD

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



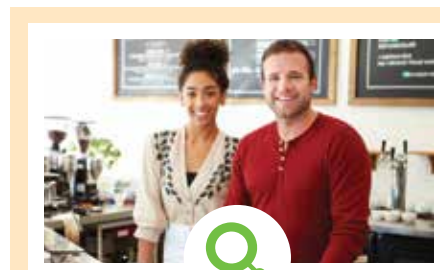
Conventional and alternative medical care for your animal companions. Offering boarding, grooming, pool therapy, acupuncture, laser therapy, i-therm and more. See ad, page 33.

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 45.



DIRECTORY

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mynaturalawakenings.com/businesses



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WebMD, meets Match.com, HomeAdvisor, LinkedIn, Facebook, and Indeed for
Regenerative Whole Health, all in one place for the benefit of everyone.”

Joe Dunne, Natural Awakenings Publishing Corp., COO

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ENTER CODE: NAPUB300
(a \$300 value)

A Top 50 Healthcare Company 2019



The KnoWEwell Collaborative with benefits for all in the RWH and well-being 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

No matter what's
going on in your life,
there's always something
to be *thankful* for

