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# natural awakenings

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**CLIMATE  
CHANGE**

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**healthy kids**

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## OUR PEOPLE

[LEFT TO RIGHT]: Jeremy Lamb, PA-C, Candace Sturlin, PA-C,  
Amber Tilford, RN, Paul D. Rothwell, MD



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Natural Awakenings is a family of 50+ 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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## letter from publisher



Mark and Shanna Warner

**S**ure, April showers bring May flowers, but they also bring weeds. In the constant battle over our front yard, the dandelions seem to be winning. They thrive in the complete shade of our huge oak tree and in the full sun closer to the driveway. Mark is constantly looking for ways to drive the little yellow puffballs out of our yard permanently.

This has led to a few battles between us. He is looking for that perfect green putting lawn, while I like to grow things wild and unruly. He has even considered, dare I say it, chemicals. Every time our neighbors call up the chemical squadron to douse their lawns, Mark stares wistfully at the trucks and the men in their hazmat suits. Okay, they aren't wearing hazmat suits, but I got a whiff of what they were spraying, and I think maybe they should! Anyway, when I caught Mark furtively taking down a phone number "just in case" I came up with a few suggestions of my own.

First, goats. He laughed. I was quite serious. Years ago, before we married, I had a small property that was infested with poison ivy. So, I rented a herd of goats. They were adorable and ate every bit of the itchy stuff. Actually, they ate everything they could reach. All I had to do was supply water to the herd for two weeks while they munched away. It was glorious. And my property was naturally fertilized.

But, of course, that was a two-acre plot, and maybe a herd of goats would be a bit much for my neighbors to handle in the heart of the city. I can just see headlines after the goat crew escapes and eats some exotic and expensive shrubbery next door.

Okay, on to the second idea. We eat them! What about dandelion greens in salad? Or dandelion wine? My dad told stories about growing up right after the Great Depression and how they had to gather wild foods. He says dandelion has a peppery bite, like some of the fancy lettuces you can get now. Being aware of chemical overspray in the front yard, my doggie's deposits in the backyard, and the possibility of little (although I am sure they would be nice and crunchy) insects, all the dandelion I gather is washed thoroughly.

For now, our lawn is still wild and unruly—just the way I like it—and I'll let you know how the wine turns out. This whole lawn debate has inspired us to consider a new department for the magazine: an herbal remedies section where we discuss all the health benefits of plants, even those we might think of as weeds. It's coming soon.

We have so many other great things planned, and we don't want you to miss out. Connect with us on your favorite social media platforms. Get the digital edition of the magazine when you sign up for the monthly newsletter. Visit [NAOklahoma.com](http://NAOklahoma.com), and look for the big, green button that says "Sign Up Now." While you are there, take a moment and send us an email. We love to hear from our readers. Every time you tell us that you were inspired by an article or story, remember that you are inspiring us, too!

May your spring be filled with happiness, love and joy. And fewer weeds.

Shanna Warner



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### news briefs



#### Virtual 'Spring Bling' Event Empowers Women and Communities

Tulsa nonprofit Women Helping Other Women (WHOW) is hosting its annual "Spring Bling" from 11 a.m. to 1 p.m., April 10. This year the free event will be virtual, with live webinars, breakout rooms, vendor market areas and giveaways.

WHOW focuses on empowering women to reach their full potential through education, career advancement and business opportunities. The goal of the event is to ensure that the community has knowledge and resources to stay prosperous and healthy. Empowering women helps individual families and the greater community take action, leading to improved jobs, self-sufficiency, healthier lives and positive home environments where all can thrive.

The virtual event will provide educational resources for career opportunities, address health issues by providing resources, promote healthy eating habits and healthy lifestyles, provide a positive outlet for local business and empower the community as a whole.

For more information, email [Info@WhowNetwork.org](mailto:Info@WhowNetwork.org) or visit [WhowNetwork.org/Spring-Bling/](http://WhowNetwork.org/Spring-Bling/).



MAY

## Sustainable Fashion

Plus: Top Women's  
Health Concerns

**natural**  
awakenings

# Michelle McElroy

## Tulsa Doctor Provides Tools for Aging Gracefully

**N**atural Awakenings is proud to welcome Dr. Michelle McElroy, of Aging Gracefully, to the magazine. A former OB/Gyn, and now a functional medicine physician, she specializes in hormones and gut health, and her patients come to her looking both to resolve chronic issues and to prevent future “dis-ease.”



McElroy is a graduate of Kirksville College of Osteopathic Medicine, in Kirksville, Missouri, and her internship and OB/Gyn residency were completed at Riverside Osteopathic Hospital, in Michigan. She has been practicing medicine for more than 20 years.

Having wanted to be a doctor since she was a child, she was surprised when achieving her lifelong goal did not always bring her the satisfaction she expected. She recognized that chronically ill patients were not recovering, and she did not want to give people medicine for the rest of their lives. On top of that, the traditional insurance model did not serve her patients well.

When McElroy discovered functional medicine, which stresses treating root causes of disease and emphasizes patient accountability for lifestyle changes, she found the type of medicine she had dreamed of as a child. She sought and completed training with the Institute of Functional Medicine and founded Aging Gracefully more than 15 years ago.


Within her practice, McElroy has the freedom to spend time with patients to discover their true health goals. Every patient is different, and personalization is the key. McElroy explains, “I have patients that are tired of being sick and tired and just want to feel better. I see patients that suffer from autoimmune disease, digestive disorders or weight, memory or hormone issues. I also see patients that don’t feel sick at all. It is so much easier to stay healthy than to become healthy. The earlier you see me, the better health you can have.”

*Location: 7633 E. 63rd Pl., Ste. 300, Tulsa. For more information and to schedule a free Discovery Call with Dr. McElroy, visit [AgingGracefully.co](http://AgingGracefully.co). See ad, page 15.*




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# CranioSacral Therapy



by Leigh Ankrum

**C**ranioSacral Therapy (CST) has been around since the 1890s. It was developed by an osteopathic student named William Garner Sutherland and remained part of the osteopathic tradition for about 75 years. In the 1970s, an osteopathic physician, Dr. Upledger, brought CST to the forefront and began to teach it, first to physical therapists and then to the general public.

The cranial system comprises the bones of the head, the three layers of membranes

around the brain and spinal cord, the cerebrospinal fluid (CSF) that circulates between the two inner layers of membrane and the sacrum at the bottom of the spine. When we experience significant trauma, cranial system tightens. This slows down the circulation of CSF, and because the craniosacral system is part of the autonomic nervous system, many other body systems are affected.

What makes CST different and unique is that it works on many levels. It addresses

stress and anxiety in the nervous system, helps with constipation in the digestive system, helps with sleep, reduces pain, elevates the immune system, takes tension out of muscles and much more. Eliminating pain and relieving tension can promote a feeling of well-being, while boosting health and immunity.

CST is not easy to learn. It is a subtle, slow, gentle, hands-on technique. The goal is to use a light touch to examine the body and fluid movements around the central nervous system. Unlike most bodywork, it does not try to force a change, but instead works with the body. It is a partnership—a dance between healer and patient, teacher and student.

yanic/DepositPhotos.com



*Leigh Ankrum is founder of Ankrum Institute, 3331-A E. 31 St., Tulsa, which teaches body work to students and focuses on*

*core issues by utilizing the body's natural intelligence and health. The institute teaches CranioSacral Therapy as part of the curriculum. Each of the teaching modules has cranial teachings, starting at the very beginning with how to touch gently and unlock the blocks and patterns that exist. From there, students learn how the cranial system works, interrelationships between body systems, anatomy and then deeper into the movement within this system. For more information, call 918-212-4206 or visit [AnkrumInstitute.com](http://AnkrumInstitute.com). See ad, page 22.*

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have in common.  
~Wendell Berry**



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# World Tai Chi and QiGong Day

by Shifu Thomas

**O**n the last Saturday of April each year, at 10 a.m. local time world-wide, hundreds of cities, in over 80 nations, participate in World Tai Chi and QiGong Day. All ages and fitness levels are welcome. This world event is about people gathering in celebration and appreciation of tai chi and qigong—the ultimate in healing arts. Tai chi is known for its many health benefits and for being the highest level of kung fu. Qigong is known for its special forms of meditation. Qigong and tai chi are integral in their relationship to one another. Both of these disciplines go back thousands of years in the Chinese culture.

World Tai Chi and QiGong Day is about providing health-related education and awareness to our communities. A major premise associated with the discipline of tai chi is the concept of balance. We live in a world culture that does not teach or encourage the concept of balance. As a result, we often live our lives in an endless cycle of either doing too much or doing too little. The

consequences are all too evident. Where balance can be experienced, harmony is sure to follow.

Dealing with stress can be a health-diminishing, demoralizing challenge. It is not stress by itself that causes so much harm; unmanaged stress is the problem, and tai chi and qigong can help people learn how to manage stress. This event is intended to provide an experience that will enrich us individually, provide healing for our community and reveal some of the many facets and benefits of practicing tai chi and qigong. Personal discovery of tai chi and qigong has commonly been compared to finding “a boundless treasure.”

Accidental injuries from falls make up the largest category of people having to go to hospital emergency rooms. Researchers have found that tai chi is the only exercise that reduces the chance of falling by nearly 50 percent. Qigong is famously credited with increasing the body’s immune T cell count. Tai chi and qigong can improve

mood, increase energy and stamina, aid against depression, improve flexibility and strength, improve aerobic capacity, pain management and so much more.

Children love to learn tai chi, and for our aging population, it is often referred to as the “fountain of youth.” It has been stated that for the tai chi and qigong practitioner, “Life begins at 70.” Tai chi and qigong can benefit everyone, no matter what age. There is no end to the experiences that these two disciplines can provide. They are an unlimited treasure chest of health and joy.

What can participants expect when attending World Tai Chi and QiGong Day Celebration? They will learn while having plenty of fun. They will meet others that gravitate toward finding a quality level of existence, rather than merely being satisfied with existing. They will most likely find others that value life and nature. Historically speaking, tai chi and qigong are believed to have been developed from the observation and meditation of nature, where one may learn that peace and calm can be readily found in any given moment. When performing these beautiful art forms as a group, participants may also discover having a greater sense of belongingness.

Tai chi and qigong teach us the value of humility, change and adaptability. Whether a beginner or an advanced practitioner, one will come away from the World Tai Chi and QiGong Celebration a much richer person. For certain, World Tai Chi and QiGong Day is a celebration of life.

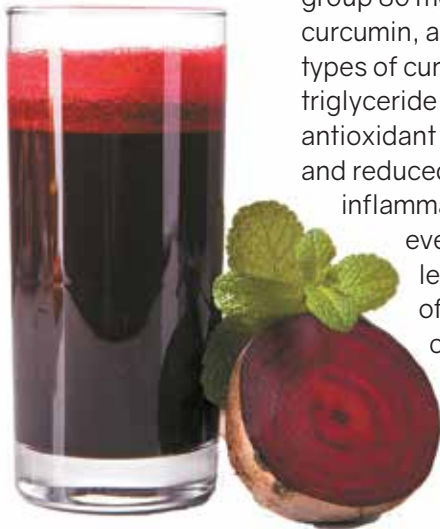


*Shifu Thomas, founder of Thomas Academy Tai Chi Kung Fu, in Tulsa, has competed in national and international martial arts tournaments and has won numerous championships and awards, as have many of his students. Shifu Thomas studied at Columbia University, graduated magna cum laude and holds degrees in both psychology and social work. For more information on World Tai Chi and QiGong Day, call Shifu Thomas at 918-664-9191 or visit [ThomasAcademy.com](http://ThomasAcademy.com). See ad, Body Works page 17.*



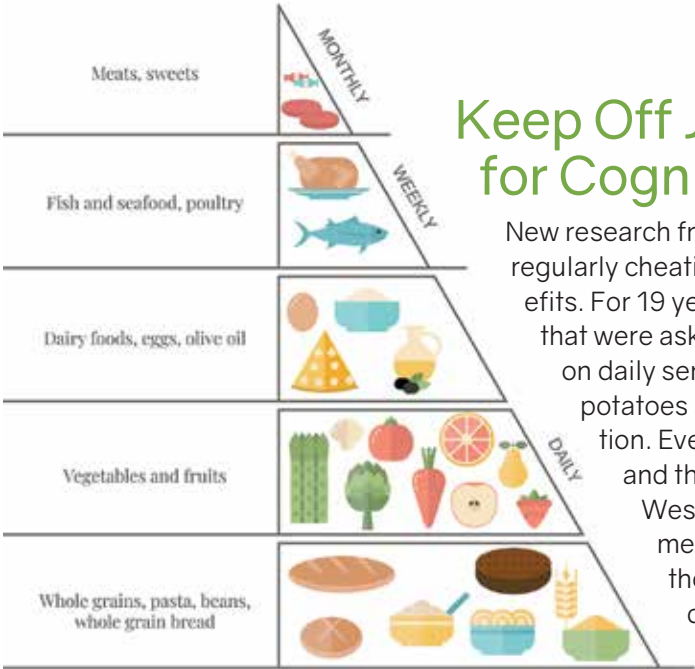
# Drink Beet Juice to Lower Blood Pressure

Hypertension is a global disease that particularly affects people in low-income communities, but a new study by the UK University of Nottingham suggests that beetroot juice may be a practical solution for people with high blood pressure that have little access to diagnostic help or money for medication. Researchers divided 47 people between 50 and 70 years of age in Tanzania into three groups. For 60 days, one group drank nitrate-rich beetroot juice and folic acid; another was given nitrate-rich beetroot juice and a placebo; and the third drank nitrate-depleted beetroot juice. The researchers found that systolic blood pressure dropped by 10.8 millimeters (mm) Hg (mercury) in the nitrate-rich plus folic acid group and 6.1 mm Hg in the nitrate-rich and placebo group. Studies have shown that the high level of nitrates in beets is converted by the digestive system into nitric oxide, which relaxes and widens blood vessels.



# Consider Curcumin and Nano-Curcumin for Heart Health

Iranian researchers tested 90 patients undergoing elective heart angioplasty, giving one group 500 milligrams (mg) curcumin, the second group 80 mg nano-curcumin, and the third a placebo. After eight weeks, both types of curcumin significantly improved cholesterol, triglyceride and LDL-C levels. They also boosted antioxidant levels, superoxide dismutase and glutathione, and reduced C-reactive protein levels, indicating less inflammation. The nano-curcumin, however, produced even better results in five of those indexes, leading the authors to conclude that the effects of curcumin on the nano formula may be more conducive for cardiac patients due to its high bioavailability. Nano-curcumin is made through a process that encapsulates the herb, allowing it to be metabolized better.



# Keep Off Junk Foods for Cognitive Wellness

New research from Rush Medical College, in Chicago, shows that regularly cheating on a healthy diet undermines its cognitive benefits. For 19 years, researchers followed 5,001 adults over age 65 that were asked to eat the Mediterranean diet, with its emphasis on daily servings of fruit, vegetables, legumes, olive oil, fish, potatoes and unrefined cereals, plus moderate wine consumption. Every three years, their cognitive abilities were tested and their diets reviewed, including how often they ate a Western diet of fried foods, sweets, refined grains, red meat and processed meats. After almost two decades, those that adhered most faithfully to the Mediterranean diet were cognitively 5.8 years younger than those that followed it the least.

Mediterranean Diet



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**JESSICA MENZEL**

Naturopathic Practitioner  
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Jessica is Dr. Menzel's daughter and has been immersed in health and wellness for most of her life! Jessica is the primary Naturopathic Practitioner at Energetic Wellness. She is extremely knowledgeable in her field and serves our clients with vision and grace!

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## Group Hug

Nations Band Together to  
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While human activity has transformed 75 percent of the Earth's surface and 66 percent of ocean ecosystems, the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services determined in a 2019 assessment that approximately 1 million plant and animal species are threatened with extinction, some in mere decades. In response to the crisis, more than 50 countries representing 30 percent of the world's land-based biodiversity, 25 percent of its land-based carbon sinks, 28 percent of important areas of marine biodiversity and more than 30 percent of ocean carbon sinks have united as the High Ambition Coalition for Nature and People (HAC 30x30), avowing to preserve 30 percent of the planet's land and oceans by 2030.

The group announced its goal at the One Planet Summit for Biodiversity in January, hosted by French President Emmanuel Macron, along with the World Bank and the United Nations. "We call on all nations to join us," Macron said in the video launching of the plan. Biologist E.O. Wilson has called for the "conservation moonshot" of protecting half of the land and the sea. Goals include preventing biodiversity loss, solving the climate crisis and preventing pandemics.

## World Watchers

Deforestation Alert System  
Mitigates Climate Change

Deforestation, which contributes to warming the planet, is a key factor behind the 40 percent increase in atmospheric carbon dioxide since the beginning of the industrial age. According to the National Oceanic and Atmospheric Administration, the global average atmospheric carbon dioxide concentration in 2018 was 407.4 parts per million, higher than it's been in almost 1 million years. Avoiding deforestation is much better than conducting reforestation efforts after the fact, and should be a key global climate change mitigation strategy, says Jennifer Alix-Garcia, a researcher at Oregon State University.

The Global Land Analysis and Discovery System (GLAD), founded in 2016 by the University of Maryland's Department of Geographical Sciences, is based on high-resolution satellite imaging from the NASA Landsat Science program. Subscribers can access data via a free interactive web application, Global Forest Watch. So far, forest loss has declined 18 percent in African nations where GLAD provided alerts when detecting deforestation activities. Previously, government agencies and other groups had to use reports from volunteers or forest rangers.



## Freedom of Information

Access Expanded for Scientific Papers

A two-year, open-access project organized by more than 20 organizations, including Wellcome, in London, the Bill & Melinda Gates Foundation, in Seattle, and Dutch NOW—some of the world's largest research funders—began requiring in January that scholarly papers published from the work they fund be made immediately available for public reading at no charge. The initiative, Plan S, may usher in the end of journal subscriptions and allow anyone to read scientific literature. Plan S has already prompted several titles, including *Nature*, to offer open-access publishing for the first time.





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## Silver Lining

### Discarded Safety Gear Used to Build Highways

With the plethora of used, disposable face masks accumulating worldwide due to the COVID-19 pandemic, avenues of incorporating them into the recycling stream are underway. An estimated 6.8 billion disposable masks are used around the world each day. Researchers at RMIT University, in Melbourne, Australia, have formulated a new road-making material comprised of a mix of shredded single-use face masks and processed building rubble designed to meet civil engineering safety standards.

Their study in the journal *Science of the Total Environment* shows that using the recycled face mask material to make one kilometer of a two-lane road would use up about 3 million masks, preventing 93 tons of waste from going to landfills. Roads are made of four layers—a subgrade, base, sub-base and asphalt on top. All the layers must be both strong and flexible to withstand the pressures of heavy vehicles and prevent cracking. Processed building rubble, or recycled concrete aggregate (RCA), can be used on its own for the three base layers, and adding shredded face masks to RCA enhances the material while addressing environmental challenges.

## The Benefits of Planting Trees

### More Foliage Means Lower Temperatures

Planting more trees can slow down climate change. *Science* magazine reports, “The restoration of trees remains among the most effective strategies for climate change mitigation.” The Arbor Day celebrations this month make it an apt time for taking actions that benefit both urban areas and open spaces.

More than 166,000 square miles of forest habitat—approximately the size of California—in the tropics and subtropics have been decimated in the last 13 years, and about 2.7 million square miles of forest worldwide remain threatened, according to a recent study by the World Wildlife Fund (WWF). Some major ways to take action include:

**Avoid buying products** linked to deforestation.

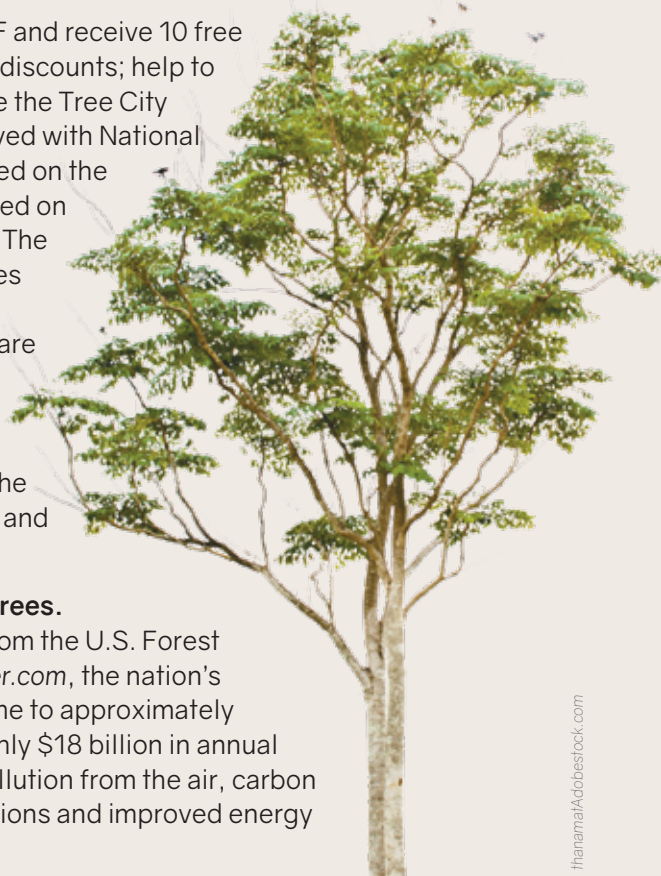
**Pressure lawmakers** to make supply chains sustainable while balancing the need for regulation with the concerns of farmers and businesses. Urge policymakers to enact zero-deforestation policies and bolster the rights and control of forests for local communities and indigenous people, says the WWF.

**Donate spare change.** By joining Plant Your Change for All (*PlantYourChange.com*), all debit or credit card purchases are automatically rounded up to the nearest dollar and the balance applied toward planting trees. Working together with the nonprofit Arbor Day Foundation (ADF) (*ArborDay.org*) and Eden Reforestation Projects, the initiative has already planted more than 3 million trees, offsetting 5 million miles of vehicle carbon emissions.

**Become a member** of the ADF and receive 10 free trees, along with tree nursery discounts; help to qualify a community to receive the Tree City USA designation; or get involved with National Arbor Day, generally celebrated on the last Friday in April, but observed on different days in some states. The organization’s website includes ideas for conducting virtual celebrations if local chapters are not holding public events due to the pandemic. Also consider participating in other ADF programs such as the Alliance for Community Trees and NeighborWoods Month.

### Support the planting of city trees.

According to a recent study from the U.S. Forest Service reported in *Treehugger.com*, the nation’s urban canopies, currently home to approximately 5.5 billion trees, provide roughly \$18 billion in annual benefits via the removal of pollution from the air, carbon sequestration, reduced emissions and improved energy efficiency in buildings.



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# CLIMATE CHANGE AND OUR HEALTH

## The Human Costs of a Warming Planet

by Sandra Yeyati

**G**lobal warming is not just threatening polar bears far away in the Arctic, and its effects are not somewhere in the distant future. With every new wildfire, hurricane and flash flood, people are understanding that the warming of the planet poses dire consequences for human health right here, right now. It's personal, and while some sectors of the population are unfairly and disproportionately impacted, we are all in harm's way.



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This is no time to panic, say climate and public health advocates, but rather a moment for preparation, adaptation and mobilization. Prospects are hopeful as we tackle new realities together and evolve our conversations about climate change so we can build resilient, thriving communities. The good news is that many of the individual and policy changes we need to make are exciting opportunities for positive transformation and justice.

### Health Threats in Our Midst

The warming of the planet is becoming more noticeable. “That historic two weeks anywhere in the United States where it’s the heat wave of high summer is now six weeks to two months,” says Jay Lemery, M.D., professor of emergency medicine at the University of Colorado and co-author of *Enviromedics: The Impact of Climate Change on Human Health*. “There are parts of the Middle East now where you can’t be outside and meaningfully cool your body during certain parts of the day.”

“With warming, we’re seeing drought, wildfires, hurricanes, extreme precipitation, flooding and sea level rise, all of which have health consequences,” says Surili Patel, director of the Center for Climate, Health and Equity at the American Public Health Association. “With rising temperature and heat waves, we’re seeing heat stroke, dehydration, diarrheal disease, cardiovascular distress and respiratory illnesses. Extreme weather like wildfires, hurricanes and flooding cause direct injuries, as well as vector-borne illnesses (Lyme

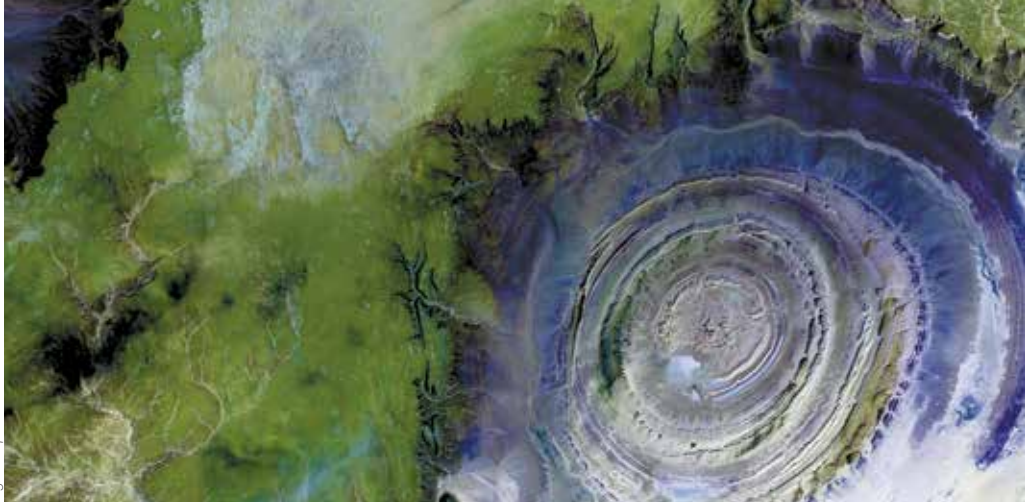
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disease carried by ticks or dengue fever and malaria by mosquitoes), mold and harmful algal blooms that happen when it's really hot, but also show up in places that otherwise wouldn't have because of the combination of heat and flooding."

Lemery notes that incidences of mosquito- and tick-borne diseases are moving higher in altitude and latitude, affecting historically naive populations that have not had levels of disease immunity, the infrastructure or cultural habits to protect them. "These are huge killers worldwide, and we're seeing more and more of that," he says.

"When you have a warmer winter, spring starts earlier, trees bloom early and pollen season starts early too, and longer exposure to pollen increases your risk of having an asthma attack," says Professor Amir Sapkota at the University of Maryland School of Public Health, adding that the Northeast is heavily impacted by this phenomenon.

"Here in Colorado, in the summer heat, we have these huge swaths of wildfire smoke hanging over Denver, and people come in to the emergency department.



Their inhalers aren't working anymore, and they're having chest pain and shortness of breath when they're on oxygen at baseline," says Lemery. "These are people normally able to walk across a parking lot with their walker and their oxygen, but now they can't. We see this all summer long, and we admit them for asthma exacerbation, shortness of breath and COPD (i.e., emphysema), but what we don't write down is that the air quality is the worst it's been all year, or that it's the hottest day of the year."

"Air pollution contributes to climate change, but it also gets into your lungs

and irritates them, exacerbating chronic respiratory illnesses, and can even lead to a heart attack," says Jennifer Roberts, director of the Path of Positive Communities program at EcoAmerica, noting that the biggest culprits are carbon emissions from coal-burning power plants, diesel fuels and ground-level ozone, which is created when pollution reacts to heat and sunlight.

"With sea level rise, things are flooding more often and we get septic tanks overflowing, sending fecal matter into our drinking water supplies and exposing us to diarrheal diseases. We also see



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offices and industrial sites getting flooded and, whether it's paint, fertilizers or other toxins, those get into our water and it's very unhealthy," Roberts says.

## The Most Vulnerable Among Us

Certain segments of the population are more at risk. "Lower socioeconomic groups are suffering more from extreme heat events. The urban heat island effect, which unfortunately correlates very well with poorer neighborhoods, means that they'll have heat waves seven to 10 degrees hotter in their neighborhoods than surrounding places with more green space," Lemery says. "You see the public health infrastructure less robust to be able to attend to communities of color—like you saw with COVID. There are also physiologic vulnerabilities. Climate change affects the very young, the very old and the very sick much more because of their preexisting vulnerabilities, and then we have geographic vulnerabilities—people who live on the coast without sea walls or in flood plains. As sea level rise proliferates, and that data is really straightforward, they're going to be going under increased storm surge stress and flat-out flooding."

## Achievable Public Health Solutions

The experts agree that it's important to frame climate change as a public health issue because it brings a sense of urgency to act. "If it isn't a crisis, if it isn't something we're seeing every day on the front page, then you forget about it. And when you forget about it, the funding doesn't come," says Patel, whose work focuses on underprivileged communities that need special attention and funding.

Sapkota advocates for the development of early warning systems so that local health departments can anticipate and adapt to impending extreme weather events, directing resources to the most impacted and vulnerable communities. In some cases, moving people out of flood plains and vulnerable coastal areas through eminent domain might be needed.

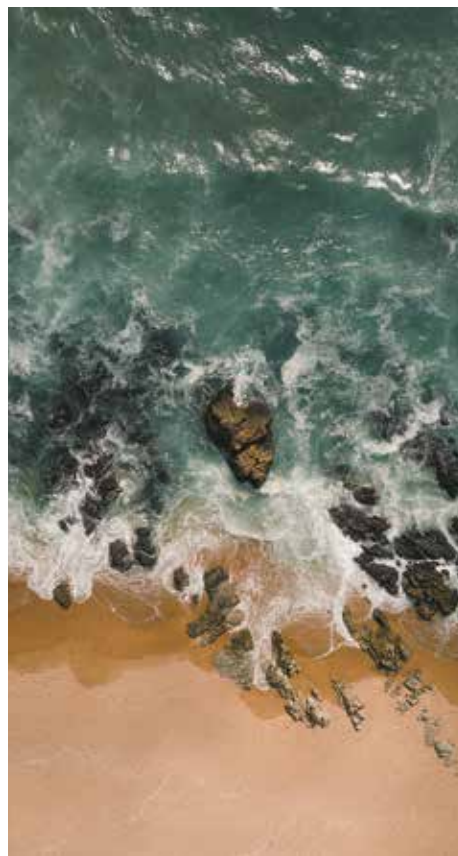
Lemery believes that doctors are in a prime position to counsel their patients on preventive measures against climate hazards with "credible messaging repeated

over and over again with clarity and no hedging: Wear a mask. Stay indoors during high-heat events. Don't let children play outdoors when the air quality index is at a dangerous level."

There are many ways to mitigate threats. As experts point out, we know what to do, and it's just a matter of putting our attention and resources on their implementation. "One of the biggest ways is let's remove the sources of harmful spewing pollution—move away from coal, oil and gas—and invest in clean sources of energy, which will also create jobs in these new industries," says Patel.

Another big step would be to promote mass transit and active transportation—walking and biking—over individual, gas-guzzling vehicles. Patel advocates for local investments in bike lanes and sidewalks that encourage the switch. Both Lemery and Roberts express excitement about clean-running electric cars as potential game-changers in transportation.

Planting trees and vegetable gardens are easy, community-building solutions. "Trees are very beneficial to everything from shade to water filtration to producing oxygen and taking up carbon," says Roberts,



who adds that much can be done to restore and protect streams, ponds and lakes from the ill effects of pollution and development. "You get volunteers to clean up the gunk and increase regulations for developers to keep stuff out of the waterways."

## Eco-Anxiety and Making Positive Change

Jessica Schiff, a second-year master of science student at the Harvard University T.H. Chan School of Public Health, struggles with eco-anxiety—the depression, anxiety or dread associated with climate change. She says, "It impacts the decisions I make for my life and the future, just trying to think about overall impacts. Where is my food coming from? Do I want to have kids or adopt? Should I live in the suburbs or the city because of transportation and fossil fuel consumption? This all adds a layer of unease or uncertainty about the future. Sometimes I look at Greta [Thunberg] and how far she's taken things, and feel guilty about not taking things to such an extreme. Is it hypocritical for me to care about climate change but still eat meat occasionally or take a plane to explore the world?"

Schiff deals with eco-anxiety by taking action. "We're not going to reverse climate change at this point, but that doesn't mean that we shouldn't take steps to slow it down or reduce emissions. There are many small things we can each do, like biking or walking instead of taking a car or bus and reducing our use of plastic. It's a process. You can't do it overnight, but if you make a lot of small changes, and if everybody makes small changes, that has a bigger effect."

Roberts acknowledges the power of small, individual actions, but stresses that we should not let the big polluters off the hook. "We need to continue to press for policy changes, holding polluters accountable, passing regulations based on protecting human health and climate, requiring cleaner cars and buildings, and more. That's the only way we will get to the scale of change needed to truly bring global warming to a halt."

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



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# Healthy Home

## How to Detoxify a Living Space

by Yvette Hammett



As the world moves into its second year of a viral pandemic, many of us are still spending most of our time at home—working, exercising, hanging out with family and as with any other year, cooking and cleaning. There's no better time to take stock of these surroundings and purge them of any toxins—gases, inhalants or fumes—that may be contributing to a harmful environment.

**Start with the air.** Research shows that indoor air is two to five times more toxic than the air outside, due to inadequate ventilation. This condition, coupled with fumes from synthetic fibers, makeup, paints, cleansers or even a baby's plastic toys, can contribute to health issues and a less environmentally beneficial abode. A straightforward solution—in addition to getting rid of the pollution-causing objects—is to open the windows and use fans to recirculate the air. A high-efficiency particulate air (HEPA) filter can safely remove many contaminants, but don't spritz a commercial air freshener: A University of Washington study found that eight widely used air fresheners released an average of 18 chemicals into the air, some of them hazardous, including the likely human carcinogen acetaldehyde.

**Purge plastics.** Perfluorinated compounds PFAS and PFOS, known as “forever chemicals”, are found in nonstick cookware, water-repellent clothing, stain-resistant fabrics and carpets, some cosmetics, and products that resist grease, water and oil. They have been found to cause a wide range of health problems from kidney and testicular cancers to endocrine disruptions. Consider doing a clean sweep of the house to determine which of these can be replaced, paying special attention to plastics. “If you really limit plastics to a few things, you are fine,” says Heather Patisaul, Ph.D., a neuroscience and toxicology expert at North Carolina State University.

**Reconsider kitchenware.** Eliminate all nonstick cookware, Patisaul advises. “Use ceramic and other materials that do not have perfluorinated chemicals.”

Debbie Steinbock, a nutrition counselor at Mindful Family Medical, in Boulder, Colorado, suggests replacing plastic storage containers, which can leach chemicals when heated. “Use a cast iron skillet and use glass jars and mason jars for food storage.”

**Chuck out toxic cleaners.** Many commercial kitchen, bathroom and other cleaning products are loaded with chemicals linked to asthma, cancer, reproductive disorders, hormone disruption

istiana/pexels.com

and neurotoxicity. They can be particularly toxic for children: A recent Canadian study found that repeated use of a disinfectant reduced beneficial gut bacteria in toddlers, probably contributing to obesity. A good place to start in cleaning out the cleaners is at the Environmental Working Group (EWG) website [ewg.org](http://ewg.org); its *Healthy Living Home Guide* evaluates the health risks of 2,500 cleaning products. It also advises a simple strategy of using vinegar and water or baking soda.

**Get the lead out.** Andrew Rooney, deputy director at the National Toxicology Program of the National Institute of Environmental Health Sciences, sees lead, which causes brain damage and other serious defects, as a major risk present in water supplies and the paint of older homes. "The thing I want to emphasize is there is no safe level of lead exposure, so eliminating exposure sources is the best protection for your health," he says.

Drinking water contamination comes from the distribution lines and plumbing fixtures, with lead leaching out from repairs or adjustments. "Having your household water tested by a certified lab is the best option to determine if you have water issues," he says. Consult state and local health agencies for guidance on lead paint or lead in the water lines and how to remove it. Also consider a water filter: *ConsumerReports.com* has a comprehensive rating of models from pitchers to under-sink setups.

**Take it a step further.** The new EWG downloadable Healthy Living app makes it easy to use a smartphone to check out 120,000 products for toxic ingredients, including cosmetics and foods. "It has a barcode scanner to scan your favorite lipstick or shampoo, and it will pop up an ingredient list and give it a score," says Patisaul. The database includes ingredients not found on packaging and scores products on a zero to 10 scale. "It pretty much has to be water to get a zero," she says.

*Yvette Hammett is an environmental writer based in Valrico, Florida. She can be contacted at [YvetteHammettHull49@gmail.com](mailto:YvetteHammettHull49@gmail.com).*

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# Spring Cleaning the Body

## Simple Ways to Detox Naturally

by April Thompson

**A**s we shake off the sluggishness of winter, many of us feel an urge to “spring clean” our bodies with a detox or cleanse. Yet health experts say such programs should help jumpstart new healthy habits and not necessarily be seen as a short-term fix.

“The air we breathe, the water we drink, the cosmetics we use, the materials we build with and most notably, the food that we eat, are loaded with chemicals that are toxic to our metabolism,” says Alejandro Junger, a Los Angeles cardiologist, author and founder of *CleanProgram.com*. “The systems in the body designed to clear toxicity are overwhelmed, and this leads to the imbalances and damage that is at the root of most diseases today.”

Detoxification functions are performed by many different organs and tissues, including intestinal flora, the immune system, the nervous system and the liver, so its imbalances can manifest in diverse ways, according to Junger. “Symptoms of detox imbalance include sleep and mood disorders, anxiety, rashes, lack of energy and libido, autoimmune disorders, inflammation and cancer.”

While some health professionals say that detoxes are unnecessary because the body is capable of cleansing itself, others make a compelling case for the need to help it along, given our heightened exposure to manmade toxic elements. Information of varying repute swirls around the internet, offering approaches ranging from juice cleanses to total fasts.

### Everyday Toxin Cleaners

Simple dietary strategies can help sweep out toxins, explains Robin Foroutan, an integrative dietitian and nutritionist in New York City. She points to cruciferous vegetables like cabbage, broccoli, collards and kale, which promote cytochromes P450, a family of enzymes critical in helping toxins clear the body. She also recommends foods high in fiber that can bind to toxins and bile, and transport them out of the body through the stool. Berries, green tea and turmeric are also helpful for their antioxidant and anti-inflammatory properties; even water facilitates the excretion process, supports the lymphatic system and replenishes fluids lost through sweat. Using a water filter and eating organic foods when possible also reduces incoming toxins, she says.

Healthy smoothies are a great way to get water, fiber and easily digestible nutrients into our body at the same time, according



to Junger. “When using a good, clean, protein powder in addition to fruits and leafy greens, healthy fats such as nuts, and coconut or cashew milk, a smoothie can provide us the nutrients needed to support our energy for hours,” he says. Adding herbs like mint or holy basil (tulsi) and spices like turmeric and cinnamon elevate both flavor and healing. Liquids such as celery juice provide highly concentrated nutrients and hydration, but lack the fiber of a blended drink. Both juices and smoothies give overtaxed digestive systems a needed break.

## Deep Detox

Fasting (occasionally for a prolonged period, such as three days without food) and intermittent fasting (abstaining from food for a shorter period, such as 16 hours per day on a regular basis) are great tools for deeper detoxification, says Junger. “Digestion takes energy and resources from the detox functions, so eating less, eating less often and allowing time for digestion to stop so that detox can intensify is crucial.”

For a comprehensive detox, experts recommend working with a health practitioner to assess toxic burdens and develop a personalized plan. Russell Jaffe, a physician in Ashburn, Virginia, crafts a detox program based on four self-assessments, including digestive transit time, urine pH, hydration levels and vitamin C levels.

Jaffe claims our bodies are burdened by excess acid, rendering them less resilient to stress and resulting in fatigue, illness and infection risks. “When we enjoy a diet rich in greens, fruits, vegetables, minerals and antioxidants, our cells become more alkaline and more resistant to everyday stress,” he states.

Experts emphasize that a short-term program must be part of a longer-lasting lifestyle and diet shift. “It is not enough to do periodic detoxes if you go back to old habits. I offer these programs as a jumpstart in hopes that participants feel so much better that they never want to go back to what they were doing and eating before,” says Junger.

*Connect with Washington, D.C., freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).*

# Detox Delights

## Sweet Mango Smoothie

Sweet fruit paired with spinach for an extra dose of fiber, vitamins and super-green-detoxifying antioxidants won't change the taste of this beloved fruit smoothie.

*1 cup fresh or frozen mango  
1 to 3 cups spinach  
¼ cup packed mint  
½ cup coconut water  
½ cup coconut milk  
1 Tbsp chia seeds  
1 serving dairy-free protein powder  
Handful of ice*

Skin and chop mango. Wash spinach. Remove mint leaves from their stems and rinse them with water. Place all ingredients in a blender. Blend on high until smooth (30-60 seconds). Pour and serve immediately. Sprinkle chia seeds on top if desired.

*Recipe by Kaitlyn Noble of the Clean Program.*



photo by kaitlyn noble

## Vegetable Yum Soup

Soups help provide the body with nutrient- and fiber-rich vegetables in an easy-to-digest format, while soup broths help supply water for detoxification and a sense of satiety.

**YIELD: 4 TO 6 SERVINGS**

*1 Tbsp vegetable oil  
1 garlic clove, minced  
2 Tbsp fresh ginger, grated  
1 stalk lemongrass, minced  
½ tsp crushed red pepper  
¾ cup shiitake mushrooms, sliced  
2 cups sweet potatoes, peeled and chopped  
½ cup green bell pepper, chopped  
5 to 6 cups vegetable stock  
1 (14-oz) can coconut milk  
2 Tbsp low-sodium soy sauce  
3 Tbsp cilantro or parsley, chopped*

Heat the oil in a large pot and sauté garlic, ginger, lemongrass and crushed red pepper. Stir in the mushrooms, sweet potatoes and bell pepper, and cook for 1-2 minutes. Add the stock, bring to boil and then reduce heat. Simmer for 10 minutes until the vegetables are tender. Add the coconut milk and soy sauce, and stir. Serve sprinkled with cilantro or parsley (optional).

*Source: Russell Jaffe, The Joy in Living: The Alkaline Way.*



photo by kaitlyn noble



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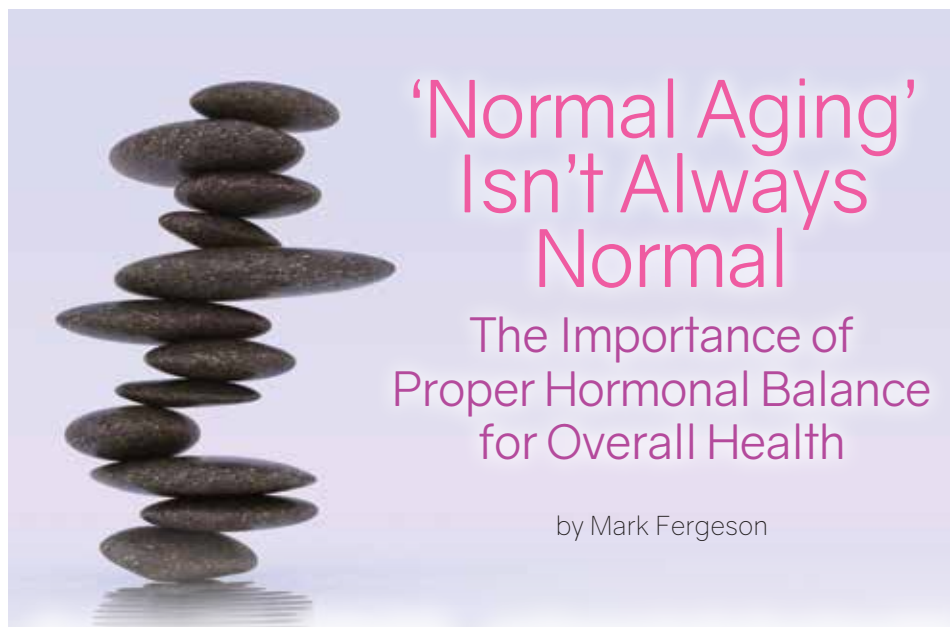
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# 'Normal Aging' Isn't Always Normal

## The Importance of Proper Hormonal Balance for Overall Health

by Mark Fergusson

A recent article from the *New York Post* stated that nearly half of women have been affected by a hormone imbalance. A research study in *Urology Times* shows a steady decrease in testosterone among men in the U.S. over the past 30 years. From birth until death, for better or worse, our health is affected by our hormones.

Because there are many different causes for hormone imbalance, symptoms can vary greatly between individuals. Some of the more common symptoms include mood swings, anxiety, depression, heavy or painful periods, low libido, trouble sleeping, weight gain, hair loss, headaches and fatigue. In order to effectively treat the imbalance, it is important to identify the underlying cause. This is achieved by a frank discussion between you and a healthcare provider. During this conversation, your symptoms, risks/benefits of treatment and personal health goals should be discussed. Blood work will be taken to assess your current health and hormone levels to best identify treatment options to meet your needs.

Several things can cause our hormones to get out of balance—some come from our environment, some from inside our bodies and some are situational. We are exposed every day to multiple chemicals and toxins that can alter hormone production, from shampoo to the foods we eat, and from

smoking or vaping. Insulin resistance, high blood pressure and autoimmune diseases are just a few of the various medical conditions that can disrupt hormone balance. Prolonged periods of increased stress, such as a divorce or issues at work, often cause hormonal imbalance, too. Even if we could eliminate all the external and underlying issues that contribute, we wouldn't be able to stop aging, which is the leading cause of hormonal imbalance.

Our hormones reach their optimal levels when we are in our twenties. It is no coincidence that is also when the majority of us feel our best and healthiest. As we progress into our thirties, hormone production begins to slow. Men lose about 1 percent of total testosterone production every year starting in their late 20s. By age 40, most of us are showing some signs and symptoms of falling hormone levels. Most women

start having symptoms of low progesterone (perimenopause) in their early to mid-40s. Some of these symptoms are hot flashes and night sweats, irregular or heavier periods, and difficulty sleeping.

Once into our 50s, we start feeling the effects of multiple hormone deficiencies, menopause and andropause (male menopause). As we enter our 60s and beyond, these deficiencies add up, causing a laundry list of related complaints. Many people have been told that it is just a normal part of getting older and that they need to learn how to deal with their aging bodies.

A growing amount of research shows that restoring hormonal balance improves a person's quality of life, decreasing, or even resolving many of these "normal aging"-related symptoms. An article from *Medical News Today* reports that most doctors now agree it is safe to take hormone therapy. That being said, not all hormone treatments are right for everyone. It's important to customize treatments after a careful evaluation of risks, benefits, overall health and the individual's goals. Proper hormone replacement therapy will not make us younger, but it certainly can make us feel younger.



*Family Nurse Practitioner Mark Fergusson is the director of operations and primary medical provider at Fulcrum Hormone and Wellness Center, 1601 SW*

*89 St., Ste. D-100, OKC. For more information or to make an appointment, call 405-546-7888 or visit Fulcrum-Clinic.com. See ad, page 25.*



# Sheryl DeVore on Appreciating Nature and Wildlife

by Randy Kambic

As we spend more time outside for pandemic safety to exercise and reduce stress, Sheryl DeVore suggests maximizing these experiences by being more aware of the wonders we see and the need to preserve them. The award-winning author of five books on science, health and nature also writes for the *Birds & Blooms* national magazine, the *Chicago Tribune* and *Natural Awakenings* Chicago. With degrees in writing and education from Northwestern University and Northern Illinois University, respectively, plus extensive studies in biology and botany, she assists the Illinois Audubon Society, including writing for and editing a 2019 book on the state's endangered species.



are attracted to the insects. Once the leaves emerge, chemicals in the oaks deter the insects and there isn't any food for the warblers. Climate change can cause the oaks to leaf out early, so if warblers arrive on their normal schedule, they'll find less food and therefore have less energy to make it to their nesting grounds. Plants and animals are trying to adapt in different ways, and this can be a huge issue if climate change continues.

## *Are there any new trends you've noticed in people growing vegetables at home?*

Especially during the pandemic, people that have limited space are learning that they can grow their own food at home—growing vegetables and herbs in containers, both indoors and outdoors. Online classes can be helpful in teaching them to grow vegetables such as carrots, lettuce, spinach and peppers, which are great sources for antioxidants and vitamins. This trend coincides with the movement to eat healthier.

## *Have you seen any changes in how people observe nature during the pandemic?*

When I go to forest preserves, parks and nature centers, even in my neighborhood, I have noticed more people, including families with their children, outdoors. Parents can inspire their children anywhere to learn

to appreciate nature. Ask a child what kind of tree is in the yard. Maybe they can take a photo or draw a picture of it to create a memory and inspire them to want to learn more. Ask them, "What's that bug on that plant?" or, "What is the bird that's singing?" There's so much for them to enjoy.

## *What can we do to try to protect and preserve the environment?*

Sometimes people think they can't make a difference as individuals. Small things can make a difference—have a ripple effect. People volunteer to return native habitats to their past, remove non-native species, plant new ones. Volunteers are planting and restoring prairies, woodlands. In your own backyard, you can plant native species or create a butterfly garden or capture rainwater in a rain barrel to water your plants, which will conserve resources. There are so many things you can do with the family.

## *Why should we care about endangered species?*

Endangered species serve as canaries in a coal mine. When their numbers decline, that can be a signal that something is going wrong with the environment. When DDT was widely used in the U.S., the bald eagle and other species began to decline. The DDT thinned their egg shells so they weren't able to raise their young. They showed us that DDT pollutes and harms the environment, and in turn, humans. By discovering that, by saving eagles, we helped save ourselves.

By protecting endangered species, we truly are saving ourselves. We don't know what unknown species are out there that might be useful in helping to treat diseases. Anyone who sees an endangered species knows how satisfying an experience this is, and to me, it also translates to a healthier mind and body.

For more information, visit [SherylDeVore.wordpress.com](http://SherylDeVore.wordpress.com).

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# Nature to the Rescue

## Kids Come Alive Outdoors

by Ronica O'Hara



As Angela Hanscom of Barrington, New Hampshire, watched her preschool daughters at play, she realized that a surprising number of their friends had problems with balance, coordination and muscle weakness, conditions she was attuned to as a pediatric occupational therapist. Teachers told her that compared to past years, young children were falling out of chairs and bumping into each other and walls more often—all evidence of poor proprioceptive skills, the “sixth sense” ability to feel and position the body in space.

Hanscom also realized that almost none of the children played outdoors, which “fascinated and scared” her. Nationwide, even before the lockdowns and online schooling

brought on by the pandemic, the average child spent seven hours per day looking at screens and only seven minutes per day playing freely outdoors. Recent studies show that today’s children have poorer hand grip strength, slower running speeds and lower cardiovascular fitness levels than previous generations. Meanwhile, a growing body of research finds that spending time in nature makes kids happier, healthier and more functional.

Hanscom’s solution was to establish TimberNook, camps in which children from 18 months to 14 years of age are encouraged to explore natural settings in imaginative, largely unstructured, minimally supervised play. Now in its eighth year, 38 TimberNook-affiliated camps are located in the U.S., Canada, the UK and Australia. Hanscom’s book, *Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children*, has garnered more than 300 five-star reviews on *Amazon.com*.

“Children thrive physically, mentally and emotionally when they are given frequent outdoor play experiences, especially with other children. When children do not get enough of these opportunities, it comes at a great cost to their development,” she says.

Journalist Richard Louv, author of the seminal *Last Child in the Woods*, agrees. “The scientists who study the human senses no longer talk about five senses, they list conservatively nine or 10, and some believe that humans have as many as 30 senses,” he says. “Yet today, children and adults who work and learn in a dominating digital environment expend enormous energy blocking out many of the human senses—including ones we don’t even know we have—to focus narrowly on the screen in front of the eyes. That’s the very definition of being less alive. What parent wants his or her child to be less alive? Who among us wants to be less alive?”

That dawning realization is motivating parents and teachers to find ways to get their children actively involved with nature in ways that open their senses while also moving their bodies. This often means hitting the local trails and nature preserves, sometimes with binoculars,

bug jars, bird and plant guides and a scavenger list in hand. “Hiking’ can be a bit of a drag to young children, but ‘exploring’ (while still hiking) helps open their minds to the beauty and wonder of the outdoors,” says Tanya Gray of Woodstock, Georgia, a homeschooling blogger at *TwoPineAdventure.com*.

To improve kids’ hearing, Lilach Saperstein, an Israeli audiologist who hosts the podcast *All About Audiology*, asks children to close their eyes and describe only what they hear. “The wind, the rustle of leaves, a running water stream, crickets, birds, their own breathing, the swish of their sleeve or pant—this is a great way to introduce mindfulness, as well.”

To awaken sight, sound and smell, Boston plein air artist Diana Stelin hands kids paper and art supplies out in nature. “Allowing kids to sit with sounds around them and with smells of various seasons makes them truly feel part of our grand universe. It also allows their minds to quiet down and reset, making them pay more attention to detail, to their inner landscapes and to people around them.”

To engage the sense of taste, Malorie Thompson, editor of *TheVeganInsider.com*, takes her children foraging for edible plants on treasure hunts on a trail or around their Northern California neighborhood. She says, “Bonus activity: use the foraged food to make a meal afterward!”

Most of all, nature should be both physical and fun. “Point excitedly at the full moon, shout at it and say hello. Pick up leaves and chestnuts and rocks and create beautiful art together. Stop to smell the twigs and flowers and roll on the grass—who can make it faster down the hill? Make sandcastles and animals. Tie colorful ribbons on tree branches. Look for the shapes of animals in the clouds,” says Milana Perepyolkina, of Salt Lake City, who wrote about forest bathing in *Gypsy Energy Secrets*.

“The only way to get your children to be excited about nature is for you to be excited about nature first,” she notes.

Health writer Ronica O’Hara can be reached at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

## Family Time in the Woods

Richard Louv, a prominent nature writer and a co-founder of The Children & Nature Network (C&NN), offers 500 ways for families and communities to connect to the natural world in his book *Vitamin N: The Essential Guide to a Nature-Rich Life*. Here are more wise words.

**Be a hummingbird parent.** One parent says, “In the range from helicopter to neglect—I probably fall a bit more toward helicopter. In fact, I call myself a hummingbird parent. I tend to stay physically distant to let them explore and problem-solve, but zoom in at moments when safety is an issue (which isn’t very often).” Notice that she isn’t hovering over her kids with nature flash cards. She stands back and makes space for independent nature play—albeit not as free as she experienced as a child; this play is important, nonetheless.

**Create or join a family nature club.** Nature clubs for families are beginning to catch on across the country; some have membership lists of 400-plus families. The idea is that multiple families meet to go for a hike, garden together or even do stream reclamation. We hear from family nature club leaders that when families get together, the kids tend to play more creatively—with other kids or independently—than during single-family outings. C&NN’s Nature Clubs for Families offers a free downloadable guide on how to start your own.

**Get the safety information you need.** Become familiar with good resources for safety tips in the outdoors, including those with information on how to guard against ticks. Check out the Centers for Disease Control and Prevention’s [cdc.gov](http://cdc.gov). [AudubonPortland.org](http://AudubonPortland.org) offers tips on living with a variety of urban wildlife.

A single act of kindness throws out roots in all directions,  
and the roots spring up and make new trees.

~Amelia Earhart



# Breathe Easy

## Natural Remedies for Allergy Woes

by Ronica O'Hara

**A**s the one in five Americans suffering from allergic rhinitis can miserably testify, the fragrant breezes of spring aren't much fun when they bring on sneezing, coughing, watery eyes and a runny nose. The fifth-most common chronic disease in the country, allergic rhinitis—also known as hay fever—is aggravated in spring by rising pollen levels, but can occur year-round from exposure to mold, household dust mites, pet dander and vehicular air pollution.



Common remedies like over-the-counter antihistamines and decongestants bring their own share of afflictions, including drowsiness, dry mouth, blurred vision and dizziness. “By undertaking natural therapy for allergies, however, one can avoid and mitigate the unpleasant symptoms of allergies with no need for medication,” says Carrie Lam, M.D., an integrative and functional medicine doctor in Tustin, California. “Instead of loading up on drugs, you can take care of yourself in a more natural way and avoid nasty side effects.” Here are some non-pharmaceutical approaches.

**Probiotics:** In a 173-person, double-blind study, a probiotic blend of *Lactobacillus gasseri* KS-13, *Bifidobacterium bifidum* G9-1 and *Bifidobacterium longum* MM-2 lowered hay fever symptoms and improved participants’ quality of life during allergy season, report University of Florida researchers in the *American Journal of Clinical Nutrition*. (Read labels to locate these strains in yogurts, kefirs and supplements.)

**Sublingual Immunotherapy:** To desensitize the body, small amounts of specific allergens in the form of tablets or liquid drops are placed under the tongue, making it a gentler and safer process than allergy shots. Numerous studies have shown it to be safe and efficient in the treatment of respiratory tract allergies, reports JoAnn Yanez, ND, executive director of the Association of Accredited Naturopathic Medical Colleges (AANMC). After getting a diagnosis and a first dose from a health practitioner, the tablets or drops can be taken at home.

**Quercetin:** Found naturally in apples, berries, red grapes, red onions, red wine and black tea, this antioxidant inhibits the release of histamine and hampers the IgE antibodies formed during allergic reactions. As a 400-milligram (mg) supplement, it takes about a month to kick in.

**Stinging Nettle (*Urtica dioica*):** When freeze-dried as an extract or used as a tea, this prickly roadside weed is a nontoxic

laura.negrato/AdobeStock.com

natural antihistamine. In one study, 58 percent of participants found that 300 mg per day relieved their symptoms.

**Omega-3s:** Anti-inflammatory fatty acids found in such foods as tuna, salmon, walnuts and flaxseed oil can help reduce symptoms, research suggests. In a Japanese study, eating fish lowered respiratory symptoms for women, while fast food and sugary drinks worsened respiratory stress.

**Nasal Rinse:** Using a neti pot with saline solution to rinse allergens out of nasal passages provides quick relief for stuffy, runny, irritated noses. In one study, people using them reported a 64 percent improvement in chronic sinus symptoms and a better quality of life. An ancient Ayurveda technique popularized by Oprah Winfrey and Dr. Oz, the pots cost about \$20 in pharmacies. Nasal sprays, although easier to use initially, aren't as effective, studies show.

**Unpasteurized Honey:** "Local honey contains tiny amounts of pollen from nearby flowers, which can make you less sensitive when you're exposed to them outdoors," says chiropractor and nutritionist Josh Axe, Nashville-based author of *Ancient Remedies*. A Malaysian study of 40 hay fever sufferers found that high doses of local honey, taken along with an antihistamine, reduced sneezing and nasal decongestion more effectively than the antihistamine alone.

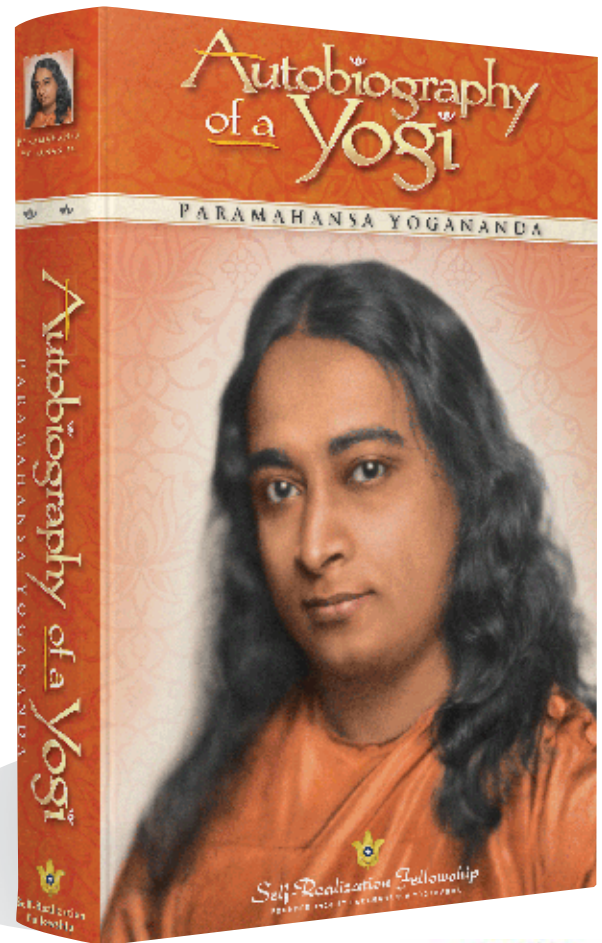
**Acupuncture:** Based on established research, the American Academy of Otolaryngology-Head and Neck Surgery Foundation recommends acupuncture for hay fever patients that want to avoid pharmaceuticals.

**Homeopathy:** To stimulate the body's natural healing process, homeopathy uses highly diluted doses of herbs and other substances. Although it's best to work with a homeopath, two helpful remedies commonly found in health food stores are *Allium cepa* 30C, for watery eyes, sneezing and a runny or irritated nose; and *Kali bichromicum* 30C, for persistent sinus congestion with thick nasal discharge.

**Anti-Allergen Cleaning:** Simple steps recommended by AANMC to lower airborne allergens include using a high-efficiency particulate air (HEPA) filter in the vacuum cleaner; replacing AC filters frequently; changing out of clothes and showering when coming in from the outdoors to rinse off pollen; leaving shoes outside; changing the air filter in the car; and avoiding toxic inhalants with synthetic ingredients like perfumes, body sprays, scented candles, room sprays, air fresheners and dryer sheets.

Ronica O'Hara, a natural health writer, can be reached at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

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Some events are being postponed or cancelled due to COVID-19. If you plan to visit an attraction or event in Tulsa, Oklahoma City or the surrounding areas over the coming days and weeks, please contact that organization directly prior to visiting to get the latest details.



#### FRIDAY, APRIL 9

**Springfest To-Go Tulsa** – Apr 9, 9am-4pm; Apr 10, 9am-3pm. Shop dozens of vendors selling a wide variety of plants, garden art and more, and talk with expert horticulturalists to solve all your gardening questions. Free. Close parking costs \$5. Front lawn of the Tulsa Garden Center mansion, 2435 S Peoria Ave, Tulsa. 918-576-5160. [TulsaGardenCenter.org/Springfest](http://TulsaGardenCenter.org/Springfest).

#### FRIDAY, APRIL 16

**Night Market at Scissortail Park OKC** – 5:30-9:30pm. The central walkway through Scissortail Park, which is adorned with café lights, colorful decorative light fixtures, makes for a beautiful setting to stroll through the 50 local vendors selling art, home decor, jewelry, candles, antiques and more unique treasures. Free. Scissortail Park, 300 SW 7th St, OKC. 405-445-7080. [ScissortailPark.org/NightMarket](http://ScissortailPark.org/NightMarket).

#### SATURDAY, APRIL 17

**32nd Annual Sand Springs Herbal Affair** – 8am-4pm. Shop the many vendors on hand who will be offering herbs, perennials, natives and heirloom plants and more. Also find unique arts and crafts, herbal products, gardening supplies and décor while enjoying live music and great food. Free. Free shuttle parking at Charles Page High School, 500 N Adams Rd. Downtown Sand Springs near Broadway and Main. [SandSpringsOk.org/118/Herbal-Affair-Festival](http://SandSpringsOk.org/118/Herbal-Affair-Festival).

**Native Indian Taco and Arts & Crafts Sale (drive-thru only) OKC** – 10am-6pm. Pull up to the Indian Taco & Native American Arts and Crafts Sale in Oklahoma City. This modified drive-thru event invites guests to feast on delicious Indian tacos stuffed with meat, lettuce, cheese, tomatoes, onion and sour cream, or enjoy juicy Pow Wow burgers. Church of the Open Arms UCC, 3131 N Pennsylvania Ave, OKC. 405-213-9862. Facebook. [com/OklahomaCityPowWowClub](http://com/OklahomaCityPowWowClub).

#### MONDAY, APRIL 19

**25th Anniversary Remembrance Ceremony OKC** – 9-10am. The Memorial is producing an hour-long ceremony that includes the 168 seconds of silence and the reading of the names of the people killed and remembering the survivors whose lives were changed forever. This event will air on television stations in Oklahoma City and Tulsa and our website and Facebook page. Free. Oklahoma City National Memorial & Museum, 620 N Harvey Ave, OKC. [MemorialMuseum.com](http://MemorialMuseum.com).

#### FRIDAY, APRIL 23

### savethedate

#### FRI-SUN, APRIL 23-25

**Spring Home & Outdoor Living Expo Tulsa** – Apr 23, Noon-7pm; Apr 24, 9am-7pm; Apr 25, 11am-5pm. Come see 100s of local experts in home improvement. Enjoy family-friendly attractions and check out the shoppers' market for gourmet food and household and personal items. Free. River Spirit Expo at Expo Square, 4145 E 21st St, Tulsa. 918-605-5480. [SpringHomeExpo.com](http://SpringHomeExpo.com).

#### SATURDAY, APRIL 24

**Jenks Herb and Plant Festival** – 8am-4pm. The festival will feature more than 100 booths filled with a variety of locally grown herbs and plants, garden decorations and much more. Shop for annuals, perennials, hanging baskets, herbs, tomato plants, fresh vegetables and heirloom plants. Vendors will also be there with Oklahoma wine, garden and home decor, jewelry, arts and crafts, birdhouses, bath and body products, and more. Free. Downtown Jenks. 918-688-7313. [JenksGardenClub.com](http://JenksGardenClub.com).

### classifieds

\$30 for up to 30 words, then \$1 extra per word. Email content to [Publisher@NAOklahoma.com](mailto:Publisher@NAOklahoma.com). Deadline is the 10th.

#### INFORMATION

**FREE, EXCLUSIVE, PLANT-BASED SUPPLEMENTS** – Try Terra Power Greens for free! Just pay shipping. [TerraLifeStore.com](http://TerraLifeStore.com), click free sample set or Amazon. 954-459-1134.

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**AREAL WORK-FROM-HOME BUSINESS** – Position with a private manufacturing company. Non-MLM. Must be green-minded, with a focus on environmentally responsible products. Must love helping people and have access to a computer. Please mention this ad when you call or text. Tammy Bursack, 507-476-0795. More information at [WorkFromHomeAndLoveIt.com](http://WorkFromHomeAndLoveIt.com).

**NOW HIRING VETERINARIANS AND ANIMAL ASSISTANTS** – Business is good, thanks to our ad in Natural Awakenings magazine. Holistic Pet Care, 3001 Tinker Diagonal St, OKC, and Best Friends Animal Clinic, 1313 N Harrison Ave, Shawnee, are looking to hire veterinarians and animal assistants. Call 405-605-6675 or 405-275-9355.

**STYLIST NEEDED** – Busy OKC salon looking for full-time booth rental hair stylist. Sustain Salon is dedicated to Earth-conscious practices, recycling 95% of their waste while providing high-end hair services. Located in the Metro Park neighborhood. Call or text 405-569-9432.

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## ongoing events

Submit your listing online at [NAOklahoma.com](http://NAOklahoma.com) by the 5th of the month, one month prior to publication. Please email [Publisher@NAOklahoma.com](mailto:Publisher@NAOklahoma.com) with questions.

### various

**Momentum Tulsa** – Apr 2-23, Tue-Fri, Noon-4pm. Momentum is an interactive, multimedia arts exhibition featuring Oklahoma artists ages 30 and under. Celebrate emerging artistic talent in Oklahoma. Visual artists will be presenting creative works alongside local musicians, performers, poets and more. Free. Living Arts of Tulsa, 307 E Reconciliation Way, Tulsa. 405-879-2400. [Ovac-Ok.org/Momentum](http://Ovac-Ok.org/Momentum).

**NAMI Family Support Groups Statewide** – Many day choices. Free, virtual, confidential and safe group meetings for families helping other families who live with mental health challenges. Family members can achieve a renewed sense of hope for their loved one who has mental illness, ranging from ADHD to schizophrenia. Free. [NamiOklahoma.org/local-affiliates](http://NamiOklahoma.org/local-affiliates).

### sunday

**Yoga for Beginners with Singing Bowls Warr Acres** – Noon-12:45pm. Kundalini YOGA for PEACE – 1-2pm. Azalea House of Healing, 5601 NW 72nd St, Ste 106, Warr Acres. [Yoga-For-Peace.com](http://Yoga-For-Peace.com).

### wednesday

**Dog Play Wednesday Tulsa** – 9am-8pm. Bark your calendars; Dog Play Wednesday is back! Keep checking the events schedule to see pup-coming activities that are not to miss. Tails are wagging just thinking about it. Free. The Patio at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. [GatheringPlace.org](http://GatheringPlace.org).

**Dope Poetry Night OKC** – 7:30-9:30pm. All levels are open to the mic and it is uncensored. Sign-ups begin at 7pm and the show begins at 7:30pm-ish. Free. Ice Event Center Sports Bar and Grill, 1148 NE 36th St, OKC. 323-346-8683. [Facebook.com/events/209553842825723](https://facebook.com/events/209553842825723).

### thursday

**1st Thursday Tulsa** – Noon-1pm. 1st Thur. Sustainable Tulsa's monthly open-to-the-public meeting offers individuals an opportunity to network, enjoy lunch and hear presentations from local, regional and national sustainability leaders. Free. Tulsa Community College's (TCC) McKeon Center for Creativity, 910 S Boston Ave, Tulsa. Sustainable TulsaInc.org/1st-thursday.

**Vibes Edmond** – 5-9pm. 1st Thur. Participating downtown businesses, artists and performers invite you to celebrate creativity. Get ready to be inspired by visual arts and captivated by the sounds and sights of performers as you stroll the streets of Downtown Edmond. 405-340-4481. [EdmondVibes.org](http://EdmondVibes.org).



### friday

**First Friday Art Crawl Tulsa** – 6-9pm. 1st Fri. Visitors can explore artwork inside galleries, studios and museums and catch a few live music performances or even an exciting fireworks display. As an added bonus, art crawlers can take advantage of free museum and gallery admission while shopping later than normal business hours would allow. Free. Northern section of downtown. 918-492-7477. [TheTulsaArtsDistrict.org](http://TheTulsaArtsDistrict.org).

**First Fridays on the Paseo OKC** – 6-9pm. 1st Fri. Over 80 artists in more than 25 businesses and galleries participate, all within walking distance. Some galleries offer refreshments, and food trucks will be available. Free. Paseo Art District: between NW 30th & Dewey and NW 28th & Walker, OKC. 405-525-2688. [ThePaseo.org](http://ThePaseo.org).

**Norman Art Walk 2nd Friday is now VIRTUAL** – 6-9pm. 2nd Fri. In lieu of physical art walk events, Norman Art Walk is presently broadcasting digital arts content through their Facebook page. Free. [Facebook.com/2ndFridayNorman](https://facebook.com/2ndFridayNorman). 405-360-1162. [2ndFridayNorman.com](http://2ndFridayNorman.com).

**LIVE! on the Plaza 2nd Friday OKC** – 6-10pm. 2nd Fri. Plaza District's free, monthly artwalk, featuring art shows, live entertainment, great food and local shopping. Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. [PlazaDistrict.org](http://PlazaDistrict.org).

### saturday

**Tulsa Farmers' Market Tulsa** – 7-11am. More than 75 Oklahoma Grown-certified vendors from across Eastern Oklahoma. Free. Kendall Whittier neighborhood. Admiral & Lewis, Tulsa. 918-633-1934. [TulsaFarmersMarket.org](http://TulsaFarmersMarket.org).

**Adult Birding Walk OKC** – 8-9:30am. 2nd Sat. These walks in Martin Park offer adults the opportunity to go birding and socialize with other birders in the quiet hours of the morning. No binoculars

needed. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center. 5000 W Memorial Rd, OKC. 405-297-1429. [Okc.gov](http://Okc.gov).

**Saturday Morning Birding Tulsa** – 8-9:45am. 1st Sat. Birding at Oxley. All skill levels are welcome. Binoculars are recommended. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. [OxleyNatureCenter.org](http://OxleyNatureCenter.org).

**OSU-OKC Farmers' Market at Scissortail Park OKC** – 9am-1pm. Shop Oklahoma-made and -grown produce and products. Enjoy live entertainment, scheduled cooking demonstrations, food trucks and more. Free. North Plaza at Love's Travel Stops More & Great Lawn. Scissortail Park. 415 S Robinson Ave, OKC. 405-445-6277. [ScissorTailPark.org](http://ScissorTailPark.org).

**Gardens Monthly Walking Tour OKC** – 10am. Last Sat. Learn about Oklahoma plants and find gardening inspiration with educational walking tours. Each month will feature different plants from the outdoor collection. Spots fill up fast, so register early. Free. Myriad Botanical Gardens, South Lobby, 301 W Reno, OKC. 405-445-7080. [OklahomaCityBotanicalGardens.com](http://OklahomaCityBotanicalGardens.com).

**Story time at Full Circle Bookstore OKC** – 10:15am. Weekly morning story time with occasional special guests. For ages 10 & under. Space is limited so guests can maintain social distancing. Come visit our friends at Full Circle Bookstore. 1900 NW Expressway, OKC. 405-842-2900. [FullCircleBooks.com](http://FullCircleBooks.com).

**Second Saturday at Oklahoma Contemporary OKC** – Noon-3pm. 2nd Sat. In celebration of National Poetry Month, this event will recognize poets and their importance in contemporary art. DJing, signing and poetry performances by THE local Poetry and Chill, as well as word-inspired art projects and activities. Free timed tickets required to attend this event. Oklahoma Contemporary Arts Center, 11 NW 11 St, OKC. 405-951-0000. [OklahomaContemporary.org](http://OklahomaContemporary.org).

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## community resource guide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email [Publisher@NAOklahoma.com](mailto:Publisher@NAOklahoma.com) to request our media kit.

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In the U.S. more than 300 children are treated and two die every day as a result of poisoning, according to the National Safety Council. For affordable, effective, eco-friendly, plant-based cleaners that are safe for use around children – visit [ChildSafeCleaners.com](http://ChildSafeCleaners.com). *See ad, page 27.*

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Discover a natural approach to your health. Aging Gracefully was founded more than 15 years ago by Dr. Michelle McElroy, an OB/GYN and functional medicine physician with more than 20 years of medical experience. *See ad, page 15.*

### MASSAGE

#### BRITTANY BASCUE, NMT, OMT, LMT, RP

Neuromuscular Massage Therapist  
918-401-0377  
[Brittany@TulsaHealing.com](mailto:Brittany@TulsaHealing.com)



Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. *See ad, Body Works page 17.*

### MASSAGE - CLINIC/SCHOOL

#### LIKEMINDED THERAPIES

5929 N May Ave, Ste 408, OKC  
405-664-2473  
[LikemindedTherapies.com](http://LikemindedTherapies.com)  
[Info@LikemindedTherapies.com](mailto:Info@LikemindedTherapies.com)



Holistic massage clinic and school. Offering classes and massage therapy, corrective bodywork, yoga, meditation, sound/light therapy, GNM consultations, aromatherapy and energy healing. Call to schedule treatments with student practitioners and licensed professionals. *See ad, Body Works page 17.*

## NATUROPATHY

### ENERGETIC WELLNESS

Michele Menzel, ND  
2851 W Edmond Rd, Edmond  
405-359-1245, 405-513-5419  
EnergeticWellnessOk.com



Board-certified naturopathic doctor specializing in lifestyle changes that align with the body's natural ability to heal. The Energetic Wellness Center is dedicated to bringing to life the Seven Laws of Wellness that create health and happiness as we were each designed to have it. Choose to make well-being a priority in your life. *See ad, page 11.*

## OZONE / SAUNA THERAPY

### BALANCE 1 SELF

Marla Koelsch  
1100 N Mustang Rd, Mustang  
405-642-9135



Offering ozone sauna therapy, benefiting stress, weight management, relaxation, energy and mobility. Packages available—buy five and get sixth free. Focusing on improving digestion and supporting the immune system. Offering plant oils, colloidal silver and organic botanical products.

## QIGONG

### QIGONG OF TULSA

Tom Bowman, CQI, CQP  
5800 S Lewis Ave, Suite 139, Tulsa  
918-855-4222 • QigongOfTulsa.com



Qigong of Tulsa is a wellness center specializing in Clinical Qigong treatments and Qigong exercise training. Certified by the National Qigong Association as a Clinical Qigong Practitioner

and an Advanced Qigong Instructor with over 20 years of experience. Training includes exercises, meditation and self-treatment techniques. Clinical practice includes energy work, cupping, acupressure and more. Email Tom@QigongOfTulsa.com.

## REAL ESTATE

### EDWARD OLIVER

Keller Williams Elite Realtor  
405-234-6110  
EdOliver6110@gmail.com



Let me help you buy, sell or invest in a beautiful home for yourself and your family. Each office is independently owned and operated. *See ad, page 7.*



## REIKI

### CARI REIF, LAP, RMT, CHHC

918-401-0377  
TulsaHealing.com



physical, emotional, mental or spiritual nature. *See ad, Body Works page 17.*

Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a

## SALON

### SUSTAIN SALON

Mazey Denman  
1624 Linwood Blvd, OKC  
405-208-8068  
SustainSalon.com



tested products that are found only in premium, professional salons.

An earth-conscious salon where high-quality hair and skin services are offered in a comfortable environment. Sustain uses only sulfate-free, paraben-free, sodium chloride-free, non-animal

## TAI CHI

### THOMAS ACADEMY

Shifu Thomas  
4775 S Harvard Ave, Ste C, Tulsa  
918-664-9191  
ThomasAcademy.com



shown to improve balance and have a positive effect on cardiovascular health, blood pressure, stress management, chronic pain and arthritis. Seminars, workshops and private lessons are also available. *See ad, Body Works page 17.*

Thomas Academy Tai Chi Kung Fu teaches only the highest quality traditional Tai Chi Chuan, Kung Fu, and other Chinese martial arts and weapons to all ages: kids and adults alike! Tai Chi has been

## VETERINARIAN - HOLISTIC

### HEALING HANDS VET

Kimberley Weiss, DVM  
1916 NW 39th St, OKC  
405-525-2255  
HealingHandsVetCenter.com



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. *See ad, page 7.*

## THE NATURAL VET

Brad Roach, DVM, CVA  
Serving OKC, Del City & Shawnee  
405-456-9508, 405-275-9355  
BradRoachDVM.com  
BestFriendsAnimalClinic.net



herbal medicine and electro-medicine. Decades of experience with integrative and conventional methods. Complementary care does not invalidate any current treatment plans. *See ad on back cover.*

Integrative pet care includes: vitamin therapy, homeopathy, acupuncture,

## WELLNESS CENTER

### FULCRUM HORMONE AND WELLNESS CENTER

Mark G Fergeson, APRN, CNP, FNP  
1605 SW 89 St, Ste D-100, OKC  
405-546-7888 • Fulcrum-Clinic.com



care, IV infusion and more. *See ad, page 25.*

Fulcrum embraces a holistic approach to health and wellness. They offer culturally sensitive, safe and affordable services to all individuals. Family practice, hormone therapy, women's health, PCOS care, LGBT health

## WELLNESS AND LONGEVITY

Total Healthcare Partners  
4400 Grant Blvd, Yukon  
405-470-8200 • WellnessOk.com



with cutting edge testing, dietary and fitness counseling, bio-identical hormone replacement and intravenous therapies. *See ad, inside front cover.*

Integrative Medicine embraces personalized care. It combines the best of traditional western medicine with evidence-based natural medicine. Offering advanced anti-aging and regenerative medicine, along

## WELLNESS PRACTITIONER

### MOVE EASY, FEEL YOUNGER

Lauren Ledford at Likeminded Therapies  
5929 N May Ave, Ste 408, OKC  
405-664-2473 • LikeMindedTherapies.com



How well we move relates to how we move through life. The Feldenkrais Method of somatic education informs our systems to facilitate greater potential, increased ease and freedom of breath. Holistically, let's learn together.



## YOGA

### FREE SPIRIT YOGA AND MEDITATION SANCTUARY

Dee Mathis  
405-412-3582 • YogaInOKC.com



Embrace the spirit of yoga, learn the bodies energetic fields, experience pranayama breathwork, and feel profound healing yoga. Stay safe as you join Live Streaming Zoom Classes with Dee's special classes. Text or call Dee Mathis at 405-412-3582.

Beginners welcome. All body types welcome. First class free. *See ad, Body Works page 17.*

### I AM YOGA STUDIO

Melissa Cameron Fullerton  
2633 E 15 St, Ste D, Tulsa  
918-640-5180 • IAmYogaTulsa.com



Offering a variety of yoga classes seven days a week, including beginners, gentle, vinyasa and power yoga. Also offering private classes, special events and teen classes. They provide both in-studio and online classes

with almost 20 classes to choose from each week. *See ad, Body Works page 17.*

### YOGAQUEST

Dee Day  
3325 E 31st St, Tulsa  
918-622-5454  
TulsaYogaQuest.com



Add yoga to your fitness routine now. Reach your performance potential. Increase your flexibility so you bend, not break. Improve your lung capacity and elasticity to increase energy. Recover quicker. Get a free body assessment and a free class. *See ad, Body Works page 17.*

### YOU POWER YOGA

Denise Shaw  
1904 E 2 St, Edmond  
405-348-9979 • YouPowerYoga.com



Free yoga class for first-time clients. They offer both in-studio and live-streaming classes. In-studio classes limited to

15 students. For either option, book online or via their free You Power Yoga app or the online schedule. Teacher training available. *See ad, Body Works page 17.*

In the spring,  
at the end of the day,  
you should smell like dirt.

~Margaret Atwood

Follow us on Facebook  
for my vlog updates

@NAOklahoma

"See" you there!

natural  
awakenings

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I love Best Friend's Animal Clinic! I definitely trust them with the care of my fur babies! They are honest, dependable, and great communicators! Catherine F.

Amazing doctor! He believes in the natural approach and has been great to our family pets! Totally recommend! Bobby S.

Dr. Roach is knowledgeable, kind and very patient. He's there to get to the bottom of your pet's issues and not push certain drugs. He believes in a whole dog approach, not just symptoms. Shayla G.

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