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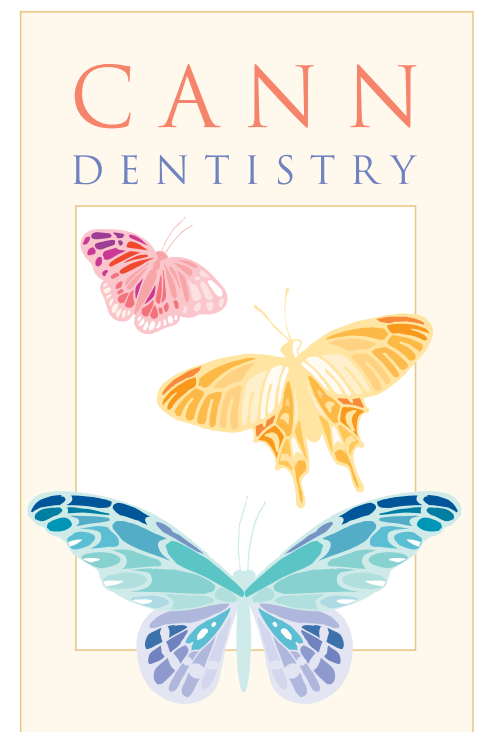
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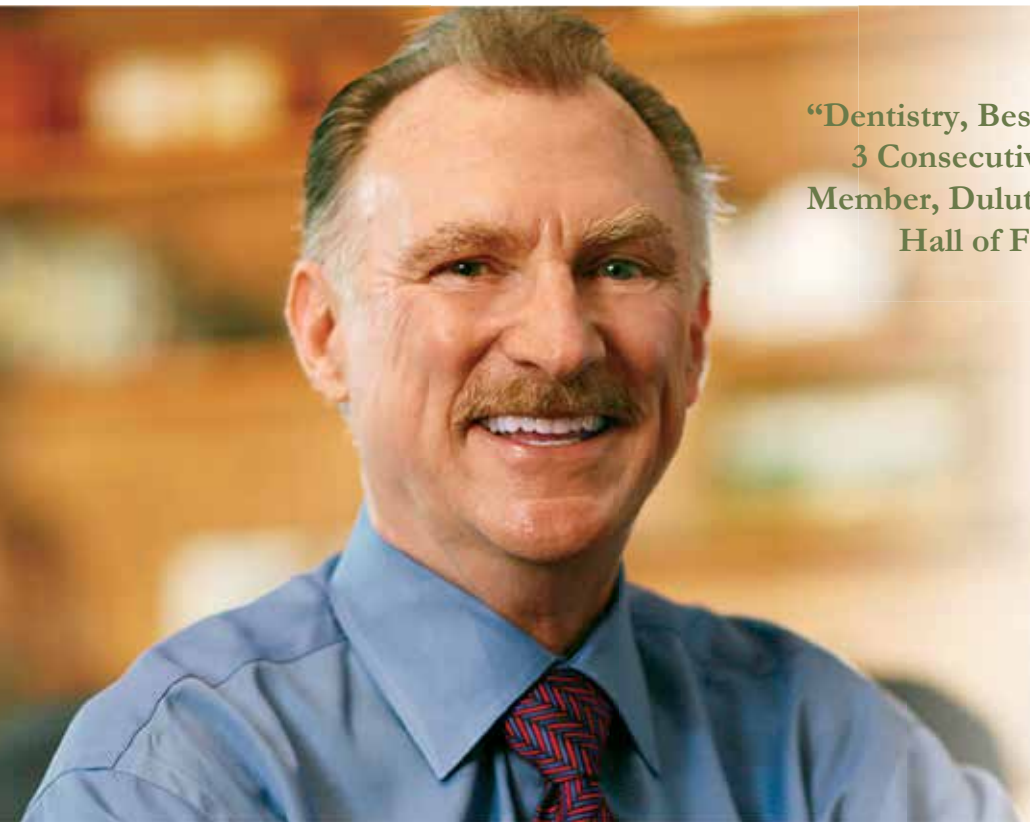
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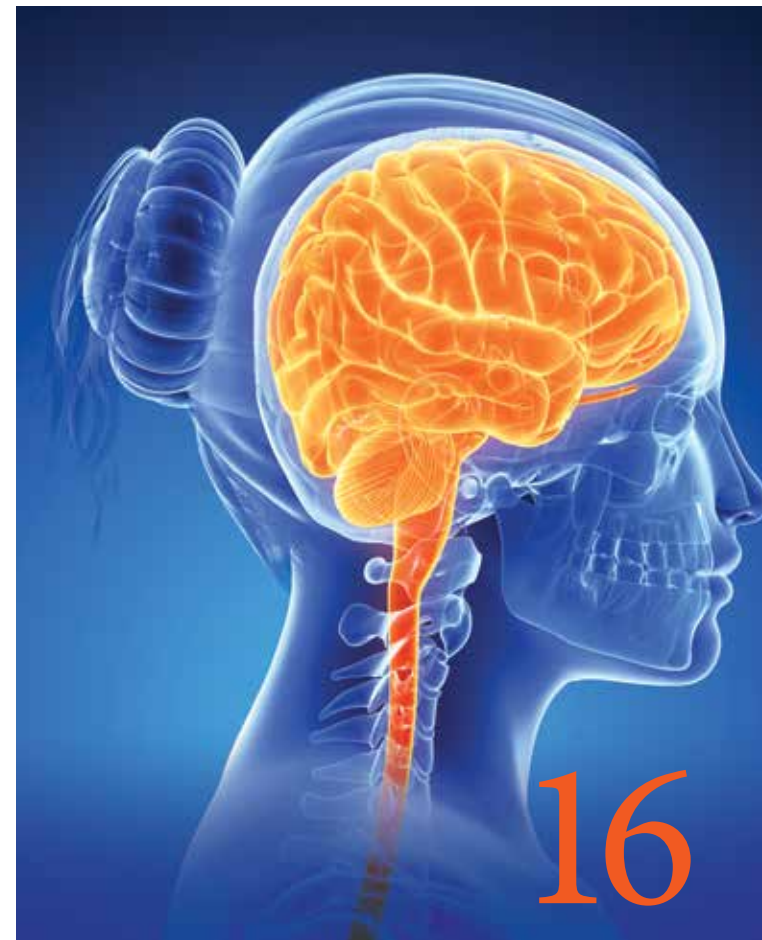
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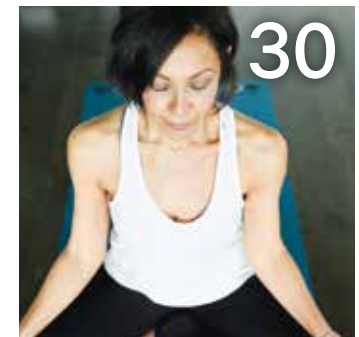
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# Share Your Story

Last month in this space, I penned an appreciation for our outgoing columnist Lucretia Robison, who, for one issue shy of two years, anchored the last piece of content in each issue, “Walking Each Other Home.”

It is a column that we have consistently published under one contributor's byline, despite the fact that, at the end of the column, we've been gently requesting readers' own stories of personal awakening all along.

Well, it's time to raise the visibility of that request!

As originally conceived, “Walking Each Other Home” is intended to serve two purposes: The first is to be the embodiment and voice of the magazine.

To borrow a sports analogy, it's like the difference between the play-by-play announcer and the color commentator. If philosophy, point of view, editorial scope and writing style make up what we think of as the play-by-play of our magazine, then “Walking Each Other Home” offers the distilled essence, its “color.” And thankfully, as I wrote last week, Lucretia has been reflective of that color. She has been our “quintessential reader—a woman ... awakening in multiple ways and who is constantly striving to evolve.”

The second purpose of the column is to provide a space to simply share.

As I took on the role of publisher two years ago, I knew two things about sharing. Most importantly, by sharing, we remind others suffering in the same way that they are not alone. And in sharing and discovering that we're not alone, community begins.

Community is a big deal to me, so much so that I helped build a physical one: East Lake Commons. Evolving a readership into a community is going to take a bit more time. But the starting point is building an awareness that *Natural Awakenings* is a platform for sharing.

By inviting you to share your story of awakening, whether that awakening is one of the heart, the body or the soul, we understand that is no small thing and that doing so in front of 50,000+ Atlantans can be a very scary thing. It takes immense courage just to be vulnerable with one human being, much less an entire city. We understand that the experience can be terrifying.

Which is why we say that while *Natural Awakenings* is asking you to share your story, you shouldn't do so unless Spirit moves you, for when that happens, you can be assured that someone out there needs to hear your message and will benefit from it.

At the same time, we realize that showing up and being fully authentic can be healing. Indeed, we wrote in January 2018 about how Theresa Ward shared her story on stage: “There is no version of this [story] where I'm anything but the villain.” Ward comments further: “When you don't out yourself, when you don't admit your mistakes or when you don't share them enough, then shame has a way of growing. They say time itself heals all wounds, but I think it has to be more than time.”

We believe that if you're moved to share, the sharing will help you heal, and others will benefit as well. But we'll not minimize how vulnerable and exposed the experience can be or how much courage might be required to share. That said, here are some words about vulnerability by Brené Brown, author of *“Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead,”* as a reminder of its role in our evolution:

Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.

Have a story of awakening to share with our readers in our “Walking Each Other Home” column? Contact managing editor Diane Eaton at editor@naAtlanta.com.



*Paul Chen has been owner/publisher of Natural Awakenings Atlanta franchise since January 2017. He is a practicing Buddhist and a founding*

*member of East Lake Commons, a cohousing community.*



Dr. Liliana Warner (Photo: Christy Sloat)

## LOTUS OF LIFE Free Wellness Class Series

Lotus of Life Chiropractic and Wellness Center will offer a series of free community wellness classes in June, July and August in Decatur.

The first two classes in the series, titled Meet Your Microbes, will be held June 11 and 20. The second two, Food is Toxic, will be presented July 18 and 30. Toxin-free Home classes will be offered August 13 and 29. All classes begin at 7:15 p.m. at the center's offices in Decatur. Participants may attend as many classes as they choose.

Lotus of Life focuses on family care and specializes in pediatrics and pregnancy. It also offers Nutrition Response Testing, a noninvasive program to help people discover the root cause of illness, not just treat symptoms. In addition to its two chiropractors, the center's staff includes a nutrition specialist and a health coach.

"Part of our mission is to help the world thrive by providing natural health information to our community, and the class series does just that," says the center's owner, Dr. Liliana Warner. "We cover health topics relevant to today's world and provide free insight and tips to maximize health."

Lotus of Life Chiropractic is located at 603 Church St. in Decatur. For more information, call 404-377-7743 or visit [LotusOfLifeChiropractic.com](http://LotusOfLifeChiropractic.com) or Facebook.

## LIVING FOODS INSTITUTE Adds Colon Hydrotherapist to Staff

Living Foods Institute (LFI) recently welcomed Sue Pepka, a certified colon hydrotherapist, to its team.

Previously a co-owner of Clear Path Wellness Center in Sandy Springs, Pepka has been practicing colon hydrotherapy for 13 years. She attended the LFI program in 2001, studied at the School of Homeopathy and has years of experience with nutrition, herbs, supplements and homeopathic remedies. She is an advanced level Reiki therapist and volunteers to teach meditation classes.

"We feel blessed and honored that Sue has joined the LFI team," says owner Beth Coghlin. "Not only does she bring extensive expertise, knowledge and wisdom, but I have yet to meet anyone who's met her

who doesn't adore her. Her professionalism and warmth make her clients feel cared for."

Living Foods Institute is a medical spa and healing, detoxification and educational center devoted to helping people dramatically improve their health and heal from, and prevent disease. Its classes and programs help people incorporate organic, raw and living foods into their diets; make healthy lifestyle changes; manage stress; detoxify the body; and more. Its practitioners include a registered dietician, an exercise physiologist, a chiropractor, a master herbalist, massage therapists, energy healers and an M.D.

Scheduling a session at Living Foods can be done via the *MindBody* app or by calling 404-524-4488.



Sue Pepka  
(Photo: N'neka Scruggs)

## AMMA IN ATLANTA June 28 and 29

The world-renowned humanitarian and spiritual leader Mata Amritanandamayi, known as Amma, will be in Atlanta June 28 and 29 as part of an 11-city North America tour. Her public programs will include inspirational music, meditation and spiritual discourse, and will be free and open to all. Numbered tokens for individual blessings will be distributed 90 minutes before programs begin.



Mata Amritanandamayi (Photo: MA Center)

On June 28, two programs will be offered, one at 10:00 a.m. and the other at 7:30 p.m. On June 29, the morning program will begin at 10:00 a.m. The evening program, a Devi Bhava, or celebration devoted to world peace, will begin at 7:00 p.m.

Amma has dedicated her life to alleviating the pain of the poor and those suffering physically and emotionally. She has helped to raise millions of dollars for humanitarian aid and disaster relief for major global disasters including the South Asian Tsunami, Hurricane Katrina, the Haiti earthquake, the Japanese Tsunami, floods in India and more.

But she may be most well-known for her hugs, having hugged more than 37 million people worldwide. Many have expressed feeling unconditional love and total acceptance upon receiving a hug from Amma.

In 2014, Amma joined Pope Francis in the Vatican in a ceremonial signing of a declaration against human trafficking and slavery.

"The human mind has created many divisions in the name of religion, caste, language and national boundaries," she says. "Let us try to create a bridge of all-encompassing pure love to break down these self-created walls."

Sponsored by the Mata Amritanandamayi Center, Amma's program will be held at the Hilton Atlanta, 255 Courtland Street NE. For more information, see [Amma.org](http://Amma.org), email [ammainatlanta2019@gmail.com](mailto:ammainatlanta2019@gmail.com) or call 770-609-4860. More information about Amma's charities can be found at [EmbracingTheWorld.org](http://EmbracingTheWorld.org).

## CBD Store Opens in Decatur



Coastal Green Wellness, a CBD retail company based in Myrtle Beach, South Carolina, opened its first store in Atlanta in March.

The 800-square-foot site at 201 W Ponce de Leon Ave. carries a wide array of CBD products including oils, tinctures, creams, salves, capsules, patches, gummies, beverages and pre-rolled joints and blunts.

Most of the topical products offered are Coastal Green Wellness' own brand, says store owner Josh Brock. Indeed, the mother of his partner, David Spang, is a developer of skin care products, and Brock and Spang infused CBD into her products to offer at their brick-and-mortar and online stores.

Other brands that Coastal Green Wellness carries include CBD Distillery, Lazarus Naturals, CBD Living and Fénix CBD products.

Arthritis, inflammation, poor sleep and anxiety are the most common conditions for which customers are seeking relief, Brock says. While his customers tilt toward an older demographic, younger customers are a segment, and they tend to have anxiety issues they wish to overcome.

Several years ago, Brock's dog was having trouble walking and his brother sent him some CBD oil to put in the dog's food once a day. In three days, the dog was running around. The experience inspired Brock to eventually join forces with Spang.

Coastal Green Wellness is open Monday to Saturday from 10 a.m. to 7 p.m. and Sunday from noon to 5 p.m. For more information, see [coastalgreenwellness.com](http://coastalgreenwellness.com).

## SUSTAINABLE WELLNESS Offers Intro Communications Classes

Imago facilitator Sonali Sadequee will offer introductory communications workshops from 6:30 to 8:30 p.m. the second Thursday of every month at Sustainable Wellness in Atlanta.

Imago refers to a communications approach and process developed by Dr. Harville Hendrix and presented in his book, *Getting the Love You Want: A Guide for Couples*. Its goal is to transform any interpersonal conflict into an opportunity for healing and growth.

Sadequee teaches proven, psychologically-based skills to help people cultivate effective relationships. She offers communication- and relationship-skills workshops and programs that are customized to help people build a connected, emotionally safe and productive community.

"These days, many organizations and groups suffer with stress, turnover, job dissatisfaction, low productivity, burnout, resentment and more," Sadequee says. "High-quality relational skills are at the heart of all successful, thriving relationships, teams and organizations. Where there is hurt/defensiveness/conflict, Imago tools prepare you with skills that allow you to address challenging dynamics with kindness and grace so that you and your team are more effective in your personal and professional environments."

Sonali Sadequee, CHHC, RYT 500, is founder of Sustainable Wellness and a trained Imago professional facilitator certified by Imago Relationships International. She serves on the Stewardship Council of Imago Relationships of North America, a national non-profit group of mental health practitioners and educators.

Sustainable Wellness is located at 828 Ralph McGill Blvd. NE, Suite 216, in Atlanta. For more information, call 678-596-1688, email [Class@Sustainable-Wellness.com](mailto:Class@Sustainable-Wellness.com) or visit [Sustainable-Wellness.com](http://Sustainable-Wellness.com).



## SOUNDEMBRACE Offers Certification Program

Danielle Hall of SoundEmbrace has introduced the SoundEmbrace Sound Healing Certification Program.

The 200-hour course, which will start on August 19 and run through December 10, is conducted largely online with an in-person immersion from December 5 to 10. The cost is \$3,500 if paid in full.

Hall says that there are no widely recognized certifications in the industry. Nevertheless, she feels that her offering is distinguished by the degree to which it is grounded in science and geared to positive client results and the safety of practitioners. She says she structured her program that way largely due to the fact that she grew up in a conservative household when it came to medical matters and that when she received her sound healing



Danielle Hall  
(Photo: Sound Embrace)

certification, her teachers spoke a language that she did not understand; she wanted and needed an education grounded in science.

Indeed, Hall claims that most sound healing programs are focused on learning to play the instruments. She is more concerned with how the bodies of the listeners are affected and with creating a safe working space for practitioners. She says that the more a therapist practices, the more sensitive they become to subtle energies, which may impose challenges to practicing. Her program includes methods that strengthen the practitioner's

subtle body. Hall's faculty includes a doctor of naturopathy, a doctor of chiropractic and a sound engineer.

For more information: visit [SoundEmbrace.com](http://SoundEmbrace.com), or email [dhall@SoundEmbrace.com](mailto:dhall@SoundEmbrace.com)

# Park Pride

Keeping Atlanta green  
one park at a time

by Noah Chen

**P**ark Pride is a nonprofit organization dedicated to designing, building, maintaining and renovating parks in and around Atlanta. It is something of a mainstay of the city; it celebrates its 30th anniversary this year.

## Friends of the Park

Park Pride's main program, Friends of the Park, consists of community support groups that develop around a park. Those who use the park work together with Park Pride staff to develop, maintain and improve it.

Its Park Visioning Program helps communities develop plans for their parks.

"We don't come in and say, 'This is how you make a park better.' We listen to the community and work with them to make sure that the park is responding to their unique needs," said Allison Barnett, Park Pride's associate director.

Park Pride's grant programs match money raised by communities for a variety of projects—everything from cleaning up trash to providing new equipment. Its Fiscal Partners Program provides administrative services and accepts donations for Friends of the Parks groups so they don't have to become nonprofits themselves.

Other services available to Friends of the Parks groups include organized volunteer workdays, monthly park meetings, capacity-building resources and workshops, and free tool loans.

Park Pride's ways of interfacing with the community don't end there, however. For example, the Volunteer Program draws on Park Pride's team of volunteers and community members to assist park beautification and restoration efforts, which, according to executive director Michael Halicki, is not too difficult.

"There's a very healthy volunteer community in Atlanta," Halicki said. "I've heard it said that the way that people who are new to the city get to know the city is through 'voluntourism.'" A burgeoning choice for tourists, voluntourism offers opportunities for people to volunteer for a charity and do good while they take time out.

Park Pride's Community Garden Program has helped establish 22 community gardens in Atlanta so far, and that number continues to grow. Its Adopt-the-Atlanta BeltLine program gets volunteers to help design and maintain a quarter-mile stretch of Atlanta's beltline for a year.



In Ormond-Grant Park, a green infrastructure amenity helps to prevent flooding of the park. (Photo: Michael Halicki)

## Advocacy and Education

The organization's Advocacy Platform & Initiatives program has hosted mayoral forums during elections to raise awareness about parks and greenspaces. And every May, participants show up to council meetings to advocate for larger park budgets and more. In 2017, the organization helped pass the Georgia Outdoor Stewardship Act, enacted to protect land and water resources, increase park budgets, acquire new trails and parks, and make many other pro-park changes.

Park Pride also hosts "Park Meetings," networking opportunities that help facilitate community interaction and education, the second Thursday of every month at 7:30 a.m. The meeting location changes every month and can be found on ParkPride.org.

"What keeps me here is that we are working to support community groups," said Barnett, who is in her 28th year with Park Pride. "People often get involved because they want to do something specific for a park. But throughout the process, what they find is beyond creating the amenity they set out to create."

"Park Pride has been very instrumental in making sure that we have whatever we need for our park," said Gwendolyn Stegall, a volunteer and member of a Friends of the Park group. "They go above and beyond the call of duty."

*Park Pride is located at 233 Peachtree Street NE in Atlanta. For more information on Park Pride programs and events, including how to volunteer or sign up for a Friends of the Park group, visit ParkPride.org.*

# A Legacy of Self-realization

On March 27, Roy Eugene Davis, a student of Paramahansa Yogananda and founder and director of the Center for Spiritual Awareness in Lakemont, Georgia for almost 50 years, died at age 88.

**R**oy Eugene Davis was 18 years old when he left his home on a farm in rural Ohio to meet his guru, Paramahansa Yogananda. It was late fall in 1949; his destination, Los Angeles, was 2,400 miles away. He had \$60 in his pocket, a small suitcase and a certainty that he was following his destiny. He arrived on December 23 and was accepted for training and life as a monk shortly after.

After two years of personal training, Yogananda instructed Davis to "teach as I have taught, heal as I have healed and initiate sincere seekers into Kriya Yoga."

For the next 68 years, Davis followed his guru's wishes, selflessly sharing guidelines for effective living and rapid spiritual growth with thousands of people around the world.

After serving as the minister of the Self-Realization Fellowship church in Phoenix, Arizona from 1952, when Paramahansa Yogananda passed, until 1954, Davis left the monastic order. He served for two years as a medic in the U.S. Army, and after that he began his teaching ministry in America and abroad.

He began to travel and offer seminars and classes in meditation, yoga philosophy and purposeful living. Over the years, he visited 100 cities in the United States and made several trips to Canada, Japan, Brazil, Germany, Ghana, England, Turkey, Italy

and India.

A prolific writer, Davis wrote for and published *Truth Journal* magazine for 52 years. He wrote more than 60 books in English, many of which have been translated into as many as 11 languages. His books include commentaries on the spiritual classics the *Yoga Sutras of Patanjali*, the *Bhagavad Gita* and Shankara's treatise, *Self-Knowledge*.

Davis founded the Center for Spiritual Awareness (CSA) in 1972 as the teaching department of a nonprofit corporation in Lakemont. CSA became his headquarters, and he developed the retreat facility during the ensuing years. Situated on 11 acres amid the natural beauty of northeast Georgia, the center includes six guest houses, a meditation hall and dining room complex, a book store, a domed library, the Shrine of All Faiths Meditation Temple, a library annex, offices and a warehouse.

At the center, according to his staff, "Sincere spiritual seekers find a peaceful respite from the circumstances of their daily life." The center offers visitors "an opportunity to rediscover their own innate spiritual nature and their relationship with the larger reality commonly referred to as God." Davis saw every aspect of the CSA facility as an extension of his ministry and himself.

Many of Davis' students regard him as their guru, which, in Sanskrit means



Roy Eugene Davis (Photo: Ron Lindahn)

"dispeller of darkness" as well as "teacher."

About him, CSA staff wrote, "His manner was gentle, encouraging, and supportive. He was always available to share, answering questions and counseling those in need. Positive and optimistic, his advice was practical, direct, and helpful.

"His teaching and ministry will continue far into the future," they continued. "He left us with a wealth of insightful writings, the ongoing publication of *Truth Journal* magazine and an active retreat center staffed by longtime personal disciples and ordained ministers."

With hundreds of hours of Davis' audio and video recordings in its archives, the CSA ministry will continue to publish DVDs, online videos and audio presentations.

The CSA ministry continues to share Davis' message. As its staff describes it, his message is one "of the truth of our essential nature and how to awaken fully to Self- and God-Realization in this lifetime."

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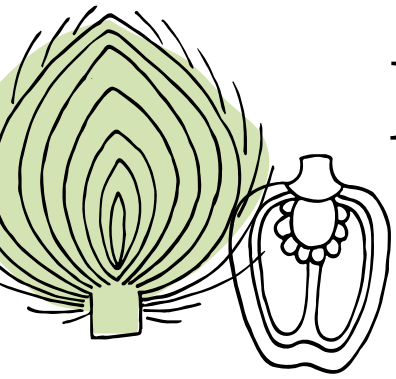
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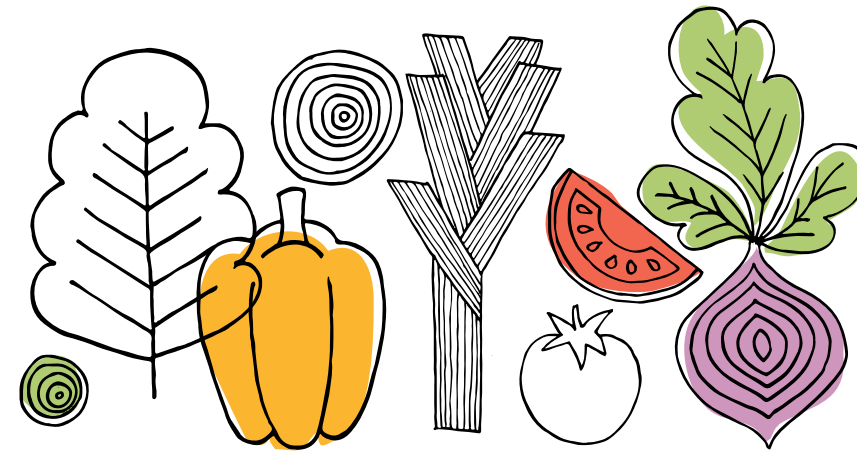


# Bioactive Compounds

## Unsung Heroes of Health

by Eric Zielinski, D.C.

adehodar/Shutterstock.com



**T**oday's obsession with fad diets for weight loss and health often leaves people frustrated; most of these diets are ineffective. This failure may be due in part to the lack of bioactive compounds—important nutrients that can help to improve health and achieve desired weight loss—in their formulas and menu plans.

### What Are Bioactive Compounds?

Bioactive compounds are unique phytochemicals in foods that can affect metabolic processes and promote better health. For example, flavonoids, carotenoids and polyphenols are bioactives with antioxidant properties. So are essential oils and fiber.

Bioactives are *nonessential nutrients*; the body can produce minimum amounts of them on its own. *Essential nutrients*, on the other hand, such as proteins, fats and carbohydrates, are not produced in the body, so

we need to consume them through our food. While they're "nonessential," bioactives are absolutely critical for robust health.

This is an important consideration in light of the recent spike in fad diets that promote heavy consumption of meat and animal fat while reducing the intake of carbohydrates. Research strongly suggests that diets that consist primarily of animal fat and protein can reduce the chances of enjoying optimal health. The reason? Most of these fad diets focus only on essential nutrients and ignore bioactive compounds.

### The Essential Eight

The eight essential foods rich in bioactive compounds can be integrated into a healthy diet fairly easily. A diet rich in these foods will greatly support optimal health and wellness:

- 1 Seeds.** For example, hemp seeds are rich in omega-3, protein, amino acids and minerals.
- 2 Healthy fats and oils.** For example, extra virgin olive oil is rich in oleic acid, which helps fight disease.
- 3 Fruit.** Berries, for example, are packed with bioactive compounds and are an excellent source of fiber.
- 4 Cruciferous vegetables.** Vegetables such as broccoli, cauliflower and brussels sprouts have numerous disease-fighting benefits.
- 5 Nuts.** A handful a day can help fight obesity.
- 6 Legumes.** Many types of beans can help prevent cardiovascular disease and Type 2 diabetes.

### 7 Wild-caught, cold-water fish.

These are rich in omega-3 fatty acids.

### 8 Herbal and matcha green teas.

Great sources of powerful antioxidants.

### The Benefits

The benefits of a diet rich in bioactive foods include the ability to:

- burn calories more efficiently
- protect cells against free radicals
- fine-tune the metabolism to have more energy throughout the day
- reduce risk of illness and slow down aging
- offer freedom from fad diets and counting calories

Every day, our bodies are bombarded by toxins in our food, soil, air and water, such as pesticides and preservatives sprayed on foods, and cleaning chemicals used in public spaces. Overuse of antibiotics has led to the rise of antibiotic-resistant bacteria and the destruction of a healthy gut biome, which is necessary for a healthy immune system. Studies show that over time, toxins can accumulate in the body and contribute to the development of disease and obesity.

Thankfully, bioactive foods help counter these attacks. Essential oils are also rich in bioactive compounds, making them highly beneficial to health. Abundant with antioxidants, bioactives can help fight disease and slow the progress of aging. Studies show that they help protect the body against diabetes and obesity, and can even help manage blood pressure and reduce the risk of cardiovascular disease.

### Fat-burning Iced Matcha

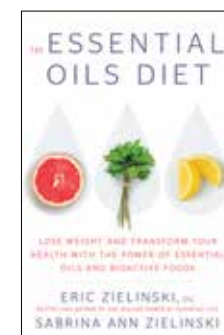
Simply adding bioactive foods and essential oils to the diet can provide a host of health benefits. With a wide variety to choose from, they offer more freedom to create enjoyable menus instead of struggling with a strict food regimen. This iced matcha beverage is fat-burning and delicious.

Prep: 5 minutes

Serves: 2

- 1 Tbsp matcha green tea powder
- 2 cups unsweetened vanilla-flavored almond or coconut milk, chilled, or unsweetened almond or coconut "creamer"
- 4 droppers vanilla- or coconut-flavored liquid stevia
- 1 drop each cinnamon bark and peppermint essential oils (optional)
- Ice cubes

Pour matcha powder, almond milk beverage, stevia and essential oil drops into a blender. Blend for 30 seconds, until frothy. Pour the mixture into a 32-ounce glass bottle. Fill to the top with ice. Serve immediately or refrigerate.



*Dr. Eric Zielinski is the author of The Healing Power of Essential Oils and The Essential Oils Diet: Lose Weight and Transform Your Health with the Power of Essential Oils and Bioactive Foods. For more information, visit DrEricZ.com.*

### Essential Do's and Don'ts

It's important to take proper precautions whenever you use essential oils. Here are some important do's and don'ts:

#### Do

1. Learn the basics of essential oils before using them.
2. Use oils in a diffuser or inhaler throughout the day.
3. When ingesting essential oils, use only pure, unadulterated oils and always dilute in an edible carrier oil.
4. Enjoy essential oils in your favorite recipes. 1-2 drops of essential oil is equal to 1 teaspoon of an herb or spice.
5. Have fun making do-it-yourself preparations, such as soaps, lotions and spritzers.
6. Discontinue use immediately if adverse reactions appear.
7. If you are taking medications for a health condition, consult with your physician first before using essential oils.

#### Don't

1. Don't add oils to water alone and drink – they don't mix!
2. Don't use oils on the skin without diluting in a carrier base or cream.
3. Don't consume essential oils for prevention as a long-term strategy.
4. Don't add drops directly into your mouth or under your tongue.
5. Don't overdo it or think that each health condition can be approached the same way. You can overdose on consuming too much essential oils.

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# Saving Your Brain

## Strategies for Staying Sharp

by Melinda Hemmelgarn

With 5.8 million Americans living with Alzheimer's disease, there's no shortage of advice on how to enhance, preserve and restore brain function. Judging from the assortment of brain training games and apps and the multitude of books promising ways to avoid or even reverse dementia, a growing number of aging Americans want to know the best strategies for preventing and treating cognitive decline and memory loss.

### Prevention: A 'No-Brainer'

As with any disease, prevention throughout the life cycle is key, but especially important for Alzheimer's—the leading cause of dementia worldwide. According to the

Alzheimer's Association, the illness is considered a slowly progressive brain disease that begins well before symptoms emerge. Despite predictions that the number of afflicted Americans will reach nearly 14 million by 2050, there are no drug cures.

David Perlmutter, M.D., a board-certified neurologist based in Naples, Florida, and an editorial board member of the *Journal of Alzheimer's Disease*, summarizes a recent study evaluating the effectiveness of currently available Alzheimer's medications. "Not only were Alzheimer's patients who were taking these drugs not gaining any benefit, but their rate of cognitive decline was worsened when they were on the Alzheimer's medications," thus making lifestyle risk reduction even more critical.

Dale Bredeesen, M.D., a professor in the UCLA Department of Neurology and author of *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, has studied the disease's neurobiology for decades. He believes drug therapies have failed because scientists neglected to focus on why individuals develop the disease in the first place. He emphasizes, "Alzheimer's is not a single disease," even if the symptoms appear to be the same. Bredeesen says it's the result of the brain trying to protect itself from multiple metabolic and toxic threats.

Bredeesen developed the ReCODE (reversal of cognitive decline) protocol, an ambitious, comprehensive and personalized therapeutic program that includes genetic, cognitive and blood testing, plus supplements and lifestyle improvements, including stress reduction, improved sleep, diet and exercise. With the goal of identifying and treating the individual's pathway to disease, ReCODE addresses fixing five key areas he believes form the underlying origins and progression of Alzheimer's disease: insulin resistance; inflammation/infections; hormone, nutrient and nerve growth factors; toxins; and dysfunctional nerve synapses.

The Lancet International Commission on Dementia Prevention, Intervention and Care also advocates multiple points of action. By addressing nine "potentially modifiable risk factors" throughout the lifespan, the commission says, "More than one-third of global dementia cases may be preventable." These factors include maximizing education in early life; controlling hypertension, obesity and hearing loss in mid-life; and in later life, managing depression and diabetes, increasing physical activity and social contact, and not smoking.

### Food as Medicine

Martha Clare Morris, Sc.D., a nutritional epidemiologist at the Rush University Medical Center, in Chicago, and author of *Diet for the MIND: The Latest Science on What to Eat to Prevent Alzheimer's and Cognitive Decline*, says, "Given that Alzheimer's dis-

ease is known as an oxidative-inflammatory disease, there has to be a dietary influence."

From two decades of research involving more than 10,000 people, Morris developed the MIND diet, which stands for "Mediterranean-DASH Intervention for Neurodegenerative Delay". It's a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, modified to include specific components from each that offer the most protection against dementia. Morris identifies 10 brain-healthy dietary components: leafy greens, vegetables, berries, whole grains, nuts, seafood, poultry, beans and legumes, olive oil, and one glass of wine per day; plus five unhealthy components to limit: sweets and pastries, red meats, fried and fast foods, whole-fat cheese and butter or margarine containing trans fat.

Morris found those individuals that most closely followed the dietary recommendations lowered their risk for Alzheimer's disease by as much as 53 percent, while those following the diet moderately well showed a reduction of about 35 percent.

Morris acknowledges a number of common aging-related, yet treatable, conditions that can cause "dementia-like symptoms," including low thyroid hormones and vitamin B<sub>12</sub> deficiency. She also identifies specific brain-protective compounds including vitamins E, B<sub>12</sub>, folate and niacin, plus lutein, omega-3 fatty acids, beta carotene and flavonoids found in colorful fruits and vegetables, tea and nuts.

She is currently testing the MIND diet, plus a mild calorie restriction on 600 individuals 65 to 84 years old living in Boston and Chicago; results are expected in 2021. The Alzheimer's Association is also recruiting individuals for a new lifestyle intervention study.

Aarti Batavia, a registered dietitian based in Ann Arbor, Michigan, and a certified practitioner of functional medicine trained in the ReCODE protocol, says, "Diets that are good for the heart are good for the brain." But she also warns that many common medications such as statins, antihistamines, some antidepressants and proton pump inhibitors (that

reduce stomach acid, which is required for absorbing vitamin B<sub>12</sub>) can increase the risk for dementia.

### Smart Steps

As we continue to discover how genetics, environment and lifestyle factors intersect, take the following smart steps to promote longevity and vibrant brain health:

#### 1 Monitor and control blood

**sugar:** Type 2 diabetes increases the risk for dementia. Brenda Davis, a registered dietitian in Vancouver, British Columbia, and author of *The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes*, advises reducing the glycemic load of the diet by limiting refined carbohydrates and sugars, and eating a high-fiber, plant-based diet.

Dorothy Sears, Ph.D., a member of the executive committee of the Center for Circadian Biology at the University of California, San Diego, says it's not just

what we eat that matters, but when. She discovered multiple metabolic benefits, including reduced blood sugar, with prolonged nightly fasting—13 hours between the last meal at night and the first meal in the morning.

Brenda Davy, Ph.D., a registered dietitian and researcher at Virginia Tech, in Blacksburg, says hydration can influence blood sugar, weight and cognition, especially among middle-aged and older populations. She recommends drinking two cups of water prior to meals to moderate food intake.

#### 2 Focus on 'good' fats:

Olive oil, nuts, avocados, and omega-3 fatty acids found in fatty, cold-water fish protect both the heart and brain. Michael Lewis, M.D., based in Potomac, Maryland, recommends an "omega-3 protocol" to help his patients recover from traumatic brain injury, which can increase risk for dementia.



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**3 Spice up your diet:** Batavia recommends cooking with brain-protecting herbs and spices such as turmeric, cinnamon, thyme and rosemary, which can help reduce inflammation and risk for dementia.

**4 Mind your gut:** Western medicine has historically separated the brain from the rest of the body. But research on the “gut-brain axis” shows there’s communication between our gut microbes and brain, plus direct links to neurodevelopmental disorders and dementia. “What goes on in the gut influences every manner of activity within the brain: the health of the brain, the functionality of the brain, the brain’s resistance to disease process and even mood,” says Perlmutter.

Both Perlmutter and Teresa Martin, a registered dietitian in Bend, Oregon, emphasize the importance of high-fiber plant foods that gut microbes need to produce beneficial, short-chain fatty acids to protect against inflammation, insulin resistance and “leaky gut”.

**5 Prioritize sleep:** All brain (and gut) experts recommend adequate sleep—seven to eight hours each night—to restore body and mind.

**6 Exercise:** Both Morris and Perlmutter recommend aerobic activities in particular, like walking, swimming and cycling, to improve blood circulation to the brain and increase the production of a

hormone called brain-derived neurotrophic factor, which is responsible for stimulating neuron growth and protecting against cognitive decline.

**7 Avoid environmental toxins:** Exposure to pesticides, pollutants and heavy metals such as lead, mercury and arsenic can increase the risk of neurodegenerative disorders, including Alzheimer’s and Parkinson’s. Choosing organic food both reduces exposure to toxins and protects water quality and farmworker health.

Virginia Rauh, Ph.D., deputy director of the Columbia Center for Children’s Environmental Health, in New York City, spoke at the National Pesticide Forum in Manhattan in April. She explains that of the 5,000 new chemicals introduced each year, “at least 25 percent are neurotoxic,” and even very low-level exposure can harm children’s neurodevelopment.

**8 Socialize:** In studies of “Blue Zone” populations that enjoy longevity with low rates of dementia, social engagement appears to be the secret sauce for quality of life.

Melinda Hemmelgarn, the “Food Sleuth”, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at [FoodSleuth@gmail.com](mailto:FoodSleuth@gmail.com).

## About Wheat and Other Grains

When considering whether to restrict or include grain in one’s diet, consider the following:

- Individuals with celiac or non-celiac gluten sensitivity should avoid wheat and other gluten-containing grains such as barley and rye.

- According to nutritional epidemiologist Martha Clare Morris, diets rich in high-fiber whole grains, including wheat, decrease inflammation and oxidative stress, and improve cognition. She says, “Diets higher in fiber are linked to lower rates of diabetes and heart disease,” both of which increase risk of dementia.

- Author Brenda Davis’ “grain hierarchy” promotes whole, intact grains as key in controlling blood sugar.

- Whole grains are high in vitamins E and B, which protect against cognitive decline.

- Dr. David Perlmutter, who supports high-fiber diets, but advocates avoiding gluten, warns against shopping in the gluten-free aisle. Foods there might not have gluten, he says, but they’re going to “powerfully raise your blood sugar.”

- Choose organic grains to avoid exposure to pesticide residues.

## Healthy Brain Care

### Insights from Three Atlanta Practitioners

by Diane Eaton

*Our world is rich with conditions that can compromise brain function. We talked with three Atlanta health practitioners whose services include helping people improve mental clarity and brain wellness to understand how best to approach the issue.*

“Many things contribute to the degeneration of the brain over time,” says Martin Van Lear, an integrative and functional medicine practitioner and owner of Tree of Light Health Clinic in Decatur. From his research and experience, he concludes that the biggest contributor to reduced mental clarity, poor memory and other symptoms of decreased brain function is stress.

### Rest and digest

“We walk around with multiple stressors upon us every day. Some are well-known but many of them are hidden,” says Van Lear. Piling on stressors without relief

causes the nervous system to go into *sympathetic dominance*, or fight-or-flight mode. Martin estimates that 90 percent of his patients come in with that condition, and as a result, their bodies can’t rest and can’t digest, and their brains can’t calm down well enough for them to sleep.

Beth Coghlin, owner of Living Foods Institute wellness center in Atlanta, agrees. “To shift out of stress, we need to be able to shift into ‘rest and digest’ mode,” she says. Stress limits the healthy flow of blood and oxygen to the gut, she explains, and causes poor digestion, so beneficial nutrients aren’t as readily available to the body. But more significantly, neurotransmitters that help calm the body and regulate mood, sleep and memory—including serotonin, dopamine and GABA—are produced in the intestines. When the gut is compromised by incessant stress or inflammation, these essential chemicals aren’t available as much as they need to be, making it that much harder for the system to recover.

Stress to the brain can originate from numerous sources; it’s not limited to the psychological or emotional overload that most associate with the word “stress.” The body’s reactions to chemical toxins from food, water and air, as well as electromagnetic toxins, can disrupt healthy body and brain functions. This can result in inflammation in the brain, impairing brain function and inciting brain fog, poor memory and lack of concentration.

### Managing blood sugar

Landria Voight, nutritional consultant in Atlanta and author of *Super Paleo Snacks*, teaches that managing blood sugar wisely can make a significant difference in the stress and inflammation in the brain, and feed it better at the same time. “That up and down of blood sugar is very stressful on our bodies and brain activity,” she says. “Instead of this up down up down, you want to have a flat plane. It gives you more energy and more focus.”

Voight points out that many of us have been taught to aim to eat about a “fist-sized” portion of protein at meals. “And then people might be good and eat a salad to go with it,” she says. “But then they go home and

eat a box of crackers 45 minutes later.” So their blood sugar goes back into ping-pong mode.

She recommends eating more protein, more healthy fats and more fiber, in addition to veggies, to keep blood sugar nice and even. Fats have been given a bad rap, too, which is unfortunate since healthy fats are essential to reduced stress and improved health. “Your body will either burn fats or carbs,” Voight explains. “Make the switch and the carb issue will go away. If you burn fat, your brain gets fed and you don’t have the insulin ups and downs. You just feel better.” Healthy fats include coconut oil, avocado oil and ghee. “Coconut oil is immediate brain energy,” she says. Healthy proteins include nuts, seeds, grass-fed meats and chia seeds.

### Repairing the damage

Every day, our bodies and brains are deluged with conditions that can be harmful. Chemical toxins in the environment and food supply, natural toxins such as mold and mildew, “dirty electricity” from power stations and electric cables, proximity to electronic devices, and certain electromagnetic frequencies have been shown to cause stress and inflammation. “The brain is like a walking antenna,” says Van Lear, and it responds to a wide band of frequencies regardless of whether they might be harmful.

Since damage is inevitable, finding ways to repair it becomes a priority to keep the brain functioning as well as possible. While “rest and digest” is critically important to the brain’s health, it is simply not enough to repair cell membranes and prevent toxins from accumulating and causing more inflammation and damage, says Van Lear.

The top recommendations from our experts to minimize and repair damage include stress-reduction practices, modifying eating habits to manage blood sugar, and minimizing inflammation-promoting foods, including sugar, trans fats, refined carbs, processed meats, vegetable oils and alcohol. Detoxing and whole-food plant-based diet programs can help clean out harmful accumulations of toxins and reduce their effects. Devices are available that are designed to protect from harmful electromagnetic frequencies. And energy medicine can be helpful to reduce stress on the brain and the body.

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The Key  
to  
Prostate  
Health

by Melanie Laporte

The prostate is about the size of a walnut, yet this tiny gland can be the source of major problems for many men. Most potential health risks are preventable and treatable with proper diet, lifestyle changes—and a new array of natural approaches.

Holistic and integrative practitioners are looking beyond traditional supplements like saw palmetto, lycopene, pygeum and green tea extract to treat common conditions such as enlargement of the prostate or benign prostatic hyperplasia (BPH), which can develop as men grow older.

Rob Raponi, a naturopathic doctor in Vaughan, Ontario, sees men struggling with nocturia, an effect of BPH that wakes them during the night with the urge to urinate. “It interrupts your sleep, which accumulates and starts to interrupt your day,” says Raponi, who uses zinc-rich ground flax and pumpkin seeds to ease BPH urinary symptoms and inflammation. He’s also achieving positive results by utilizing combinations of rye grass pollen extract. He says, “It seems to work wonders.”

### Confronting Cancer

According to the American Cancer Society, about one in nine men will be diagnosed with prostate cancer, the second-leading

cause of male deaths in U.S. However, it’s also one of the most preventable cancers.

“The key is to make our body inhospitable to mutating cells which could form cancer that ultimately threatens your life,” says Lorenzo Cohen, Ph.D., director of the Integrative Medicine Program at The University of Texas MD Anderson Cancer Center, in Houston. Part of the answer may lie in the human gut, which makes diet central to addressing prostate issues.

According to a recent review of research published in *Prostate Cancer and Prostatic Diseases*, the microbiome—a community of microbes that supports digestion and the immune system—may influence prostate inflammation and the development of prostate cancer. “The microbiome’s ability to affect systemic hormone levels may also be important, particularly in a disease such as prostate cancer that is dually affected by estrogen and androgen levels,” it concludes.

### The Nutritional Factor

“A plant-centered diet with low-glycemic-load foods feeds your microbiome, which is at its healthiest and will thrive when it’s fed healthy soluble fibers provided exclusively from the plant world,” says Cohen, the author of *Anticancer Living: Transform*

*Your Life and Health with the Mix of Six.*

Antioxidants and plant nutrients counterbalance oxidative stress and damage, adds Cohen. “Cruciferous and bracken vegetables—raw kale, broccoli, Swiss chard, dark leafy greens and soy—invigorate the prostate. Also, a couple of Brazil nuts per day give a healthy dose of selenium to decrease risk factors.”

Jim Occhiogrosso, a Fort Myers, Florida-based natural health practitioner and author of *Your Prostate, Your Libido, Your Life*, notes that most incidences of prostate cancer are slow growing and not aggressive. “One of my first clients was in his early 80s, was diagnosed with prostate cancer, and treated it with only herbs. Fifteen years later, in his mid-90s, he still has prostate cancer. He’s still doing fine and getting around, albeit slowly.”

Occhiogrosso says he uses herbal mixtures of saw palmetto, “which is a good supplement for beefing up the immune system—also solar berry, mushroom extracts, vitamin C and full-fraction vitamin E.”

Mark Stengler, a naturopathic doctor and co-author of *Outside The Box Cancer Therapies: Alternative Therapies That Treat and Prevent Cancer*, recommends a blend of five grams of modified citrus pectin, 200 milligrams of reishi mushroom and 1,000 milligrams of green tea extract taken two to three times per day, plus vitamin D.

The five-year survival rate for men diagnosed with prostate cancer is about 98 percent, and it’s been rising for the last few years. Early diagnosis is critical, says Raponi. “If you stop prostate cancer when it’s still in stage one or early on, the five-year survival rate is 100 percent, but if it’s later on, it starts to drop into the 70s.”

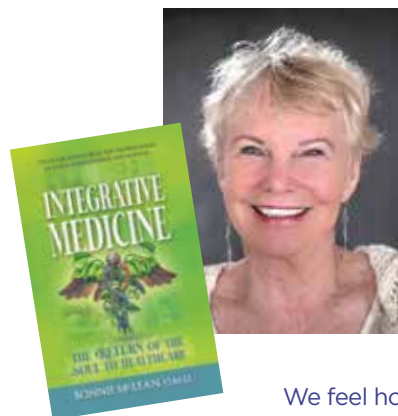
The same measures employed to prevent prostate issues—whole foods, natural herbs and regular exercise—should still be pursued, but more aggressively if cancer should develop. “The intensity becomes more salient after diagnosis,” says Cohen, “but we don’t need a diagnosis to up our game with healthy living.”

*Melanie Laporte is a licensed massage therapist and health writer based in Austin, Texas.*

# Integrative Medicine

## A Useful Framework

by Paul Chen



Ask 10 practitioners to define “integrative medicine” and you’ll likely get 10 unique answers. So we decided to put a stake in the ground and adopt a framework for the topic. Not only will it help guide our development of editorial content, but it also will give us greater context for everything we do in the future.

Fortunately, we don’t have to do this alone. We’re adopting a model articulated by Dr. Bonnie McLean in her book *Integrative Medicine: The Return of the Soul to Healthcare*. We have distilled it down to share with you. These are her ideas; The only thing we’ve added is the label “five principles of integrative medicine” to some of the key factors that she discusses.

We feel honored and privileged to have worked with McLean to make this presentation as concise and accurate as possible. With deep appreciation we say, “Thank you for being wonderful!”

### Why Integrative Medicine?

Let’s start at the beginning: Why is integrative medicine essential to our well-being?

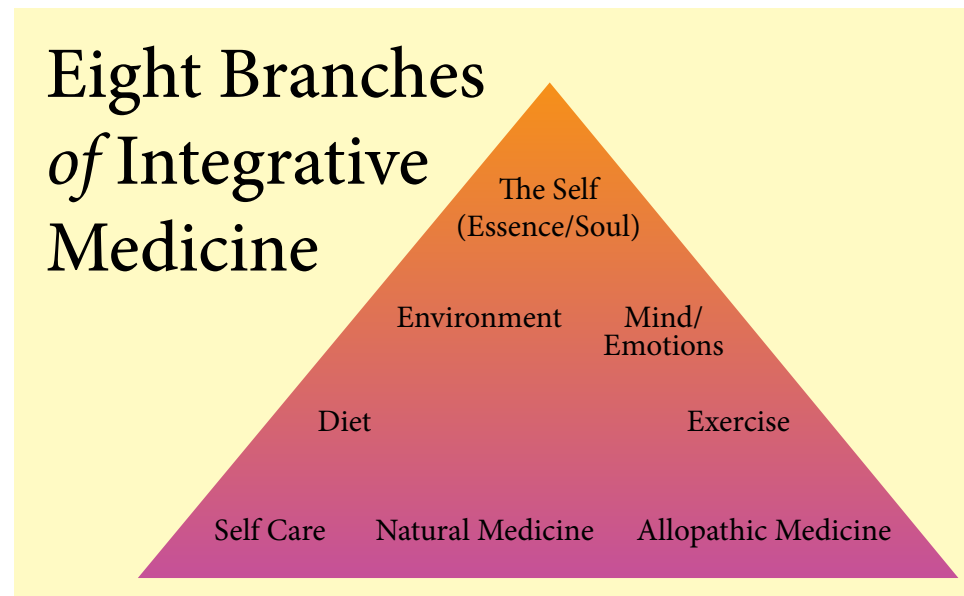
For all the power, glory and success of conventional Western allopathic medicine, it falls well short of solving a broad range of health issues, most notably chronic diseases, which are responsible for seven of 10 deaths each year, according to McLean. “Treating people with chronic diseases accounts for 86 percent of our nation’s health care costs,” she continues.

Allopathic medicine is at its best when it treats acute conditions: When surgery and antibiotics are absolutely necessary, there are no substitutes. But as most integrative medicine practitioners agree, when it comes to chronic disease, conventional medicine most often treats the symptoms but not the underlying causes. And thus, the patient’s condition can worsen over time.

Plato said it well: “The cure of many diseases is unknown to many physicians ... because they are ignorant of the whole.

For the part can never be well unless the whole is well.”

The first principle of integrative medicine, then, is that it is holistic in nature.



### The View from The Establishment

For background, McLean discusses the perspective of the National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health as it defines integrative medicine. She writes:

Integrative health combines mainstream medical therapies with CAM (complementary and alternative medicine) therapies that are backed with high-quality scientific evidence of safety and effectiveness. “Complementary” means that a non-mainstream practice is used together with conventional medicine. Alternative medicine means a non-mainstream practice is used in place of conventional medicine.

NCCIH goes on to explain that most complementary health approaches fall into one of two subgroups: 1) natural products such as herbs and supplements, and 2) mind and body practices such as yoga, meditation and qi gong. Other mind and body practices include chiropractic, acupuncture, massage, hypnosis and imagery.

### The Body Can Heal Itself

McLean considers Hippocrates to be the founder of integrative medicine “because he taught the principles of both conventional and holistic medicine.” One of his central beliefs was that the body can heal itself.

With this perspective, Hippocrates echoed what practitioners from the East long before him believed. Ancient practices from China and India “are based on the concept that the body is a self-healing entity. Illness is caused by an imbalance in the body or mind. If our bodies and minds can be brought back into balance, they can self-heal,” McLean points out.

From this understanding, we infer the second and third principles of integrative medicine: The body can heal itself. And illness is a function of imbalance.

McLean spends some time explaining the ideas in Taoist philosophy “because they help explain the basis of Chinese medicine, such as the concept that life, including our bodies, is dynamic and constantly changing. Chinese medicine treats each patient as a unique individual whose body—and life—is constantly adjusting and rebalancing.”

### Integrative Medicine Practitioner Profile

(Sponsored content)



#### TREE OF LIGHT HEALTH

Martin Van Lear  
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**Another principle is that the body can heal itself. How do you empower patients to heal themselves?** There are many stressors that may be in the way of the healing process. I teach my patients about them and how to avoid or remove them. Patients must follow certain diet and food allergy recommendations. Finally, I encourage patients to do spiritual and emotional work as they promote the deepest levels of healing.

**Overview of practice.** We identify functional disturbances in the body and bring the body into balance over time by identifying stressors and removing them. Identifying stressors is not easy; I use traditional medicine, integrative/functional medicine and energy medicine techniques to do so.

**One principle of integrative medicine is treating the whole person, not just the physical body. How is your practice holistic?** There are over 100,000 reactions per cell per second! This complexity makes it difficult for Western medicine to determine the root cause of illness. However, Energy Medicine allows the body and mind to be assessed in a unique and holistic way. Instead of addressing pathology through biochemistry, the focus becomes balancing the interconnected energy system of the body.

**What have you relied on to help your patients regain, and enhance their health?** Based on test results, we put together a comprehensive nutritional program. We use Laser Energetic Detox; it’s less elaborate and expensive than other detox protocols. We use Biofeedback where we scan the body for 1,000s of potential problems and correct them over time. For pain, we use frequency specific microcurrent (FSM) and a laser energy device for advanced pain relief. Also on staff: a hypnotherapist to help resolve past traumas, anxiety, and depression, and a physical therapist with 30+ years of experience.

**What would you like readers to know most about your work?** The mitochondria are the power houses of the cell, but they can become damaged and lead to a host of problems. We have a program that repairs the mitochondria—it’s the same program used on space travelers—and we’re seeing amazing results in terms of anti-aging, regeneration and repair.

# The Continuum of Natural Medicine

## Energy Healing

### WITH HANDS

Reiki  
Pranic Healing  
Therapeutic Touch  
Healing Touch

### MIND & BRAIN HYPNOSIS

Biofeedback  
Imagery  
Energy Psychology  
(e.g. EFT, Tapas, et al.)

### ENERGY & PHYSICAL

Yoga  
Tai Chi  
Qi Gong

## Physical Medicine

### BIOLOGICAL

Nutrition  
Supplements  
Herbs

### HANDS-ON

Chiropractic  
Cranial-sacral  
Therapy  
Physical Therapy  
Cupping  
Gua Sha  
Massage  
Other Bodywork

### WITH TOOLS

Acupuncture  
Laser  
Light & Color Therapy  
Far Infrared Therapy  
Vibrational Healing  
Interferential Therapy

### ENERGY REMEDIES

Homeopathy  
Essential Oils  
Flower Essences

That's principle No. 4: Each patient is unique. Anyone who has had an extended, hours-long initial exam with a chiropractor, acupuncturist, naturopath or homeopath will have experienced the principle of "each patient is unique." Contrast this with conventional medicine's tendency to place patients in categories, labeled with the names of diseases and conditions rather than the names of the patients.

Principle No. 5: Embracing change. The fifth principle of integrative medicine is also reflected in Ayurveda, India's sister science to yoga and one of the world's oldest healing systems. Ayurvedic prescriptions change not only with changes in the body but also with nature's rhythms, the shift from night to day and the rhythm of the seasons.

## The Framework

McLean tells her readers that ancient Chinese medicine was divided into eight branches. The branches were arranged in hierarchical fashion with the mind at the top. At the bottom were the three branches that required intervention by practitioners.

They were placed at the bottom because they were "the least empowering to the patient."

One interesting note: Exercise, which along with diet sits one level up from the bottom level of intervention, is not defined as most Westerners would define it. McLean writes: "In ancient China, exercise meant qi gong, tai chi and other martial arts. The focus was not on trying to build muscles for appearance and strength of the external body. It was on building the internal body of organs and endocrine glands, as well as the energy body, for health and longevity."

Borrowing directly from the Chinese model, McLean's framework for integrative medicine has eight branches arrayed in a hierarchical pyramid with four levels.

At the top is The Self. Similar to the Chinese model, McLean's refers to this as one's Soul, or Essence. In ancient China, the medicinal practices were the study and practice of Taoism, which spoke to how to be a "good person," and meditation.

At the second level are the environment and one's mind and emotions.

In the ancient Chinese model, the two branches are feng shui and astrology. While "feng shui meant living in a peaceful and harmonious environment," McLean actually doesn't elaborate on her meaning. Given the toxic environment in which most Americans live—our body politic; a culture based on acquisition and material wealth; the excessive and inescapable use of, and immersion in chemicals, drugs and environmental pollutants; and, for many of us, toxic relationships—a meaning of "environment" can be readily gleaned.

And while McLean's branch of mind and emotions may suggest personal meditation and breathing practices as well as assisted work such as with life coaching and talk therapy, the Chinese model has astrology slotted in this position, which would seem to serve the same purpose. McLean writes, "Chinese astrology gave ways for people to better understand themselves and how they lived their lives." Indeed, astrology can still easily fill this role for some, as can models that help explore one's personality and psyche, such as the Enneagram and Ayurveda.

The branches at the third level of importance in McLean's model of integrative medicine are the same as those of the Chinese model: diet and exercise. These, hopefully, are self-explanatory.

Finally, at the bottom level are self-care, natural medicine and allopathic medicine. As McLean does not elaborate upon self-care, it seems as if there is some overlap between that and natural medicine. For example, the taking of herbs and supplements or the use of Emotional Freedom Technique could be seen as belonging to both self-care and natural medicine. Perhaps more solidly in the self-care sphere are Ayurvedic practices such as tongue scraping, oil pulling, dry brushing and oil massage.

## Natural Medicine: A Closer Look

McLean elaborates on the topic of natural medicine. She sees this branch as a continuum based on, in essence, quantum physics—the nature of reality. At one end of the continuum is energy healing and on the other end is physical medicine. McLean describes the continuum this way:

At the energy healing end, we can find methods that use the hands, either touching the body or holding hands over it, such as with Reiki, Pranic Healing, Therapeutic Touch and Healing Touch. Because there are tools involved, I would put acupuncture, laser, light and color therapy, far infrared therapy, vibrational healing (tuning forks), and inferential therapy next on that end of the continuum. Next, I would place the mind and brain therapies such as hypnosis, biofeedback, imagery and energy psychology (for example EFT, Tapas, Emotion Code). I would put homeopathy, essential oils and flower essences next.

In the middle I would place yoga, tai chi and qi gong because they work on both the energy and physical body. Then I would put biological medicine, such as nutrition, supplements and herbs. At the physical medicine end, I would put the hands-on disciplines of chiropractic, craniosacral therapy, physical therapy, cupping, gua sha, and all the many forms of massage and body work.

## Observation And Conclusion

Perhaps the most surprising component of the model is what sits atop the pyramid: The Self. One might resist the notion that the state of one's soul is the most important variable in one's health. Since the model is rooted in Taoism, the question becomes: "How do one's efforts in becoming a better, more loving and compassionate human being affect one's health?"

In sum, it can't be denied that all parts of our being are connected. Thus, we return to the first principle of integrative medicine: It is holistic. To repeat what Plato said, "The part can never be well unless the whole is well."

## Integrative Medicine Practitioner Profile (Sponsored content)



### HEALWORKS

Guy T. Gunter, BS, MS, DC  
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Atlanta, GA 30342  
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www.healworks.net

**Overview of practice.** Healworks is the culmination of 36 years of research and experience focused on providing an Alternative Healing practice dedicated to resolving musculo-skeletal pain and dysfunction.

We utilize advanced Chiropractic techniques supported by targeted nutrition and Chinese Medicine.

Our statistics confirm that we eliminate symptoms and restore normal function in five visits or less for 95% of our patients.

**One principle of integrative medicine is treating the whole person, not just the physical body. How is your practice holistic?** The rapid recovery experienced by our patients is due to the complete treatment of the individual. This includes treating not only physical and chemical dysfunction, but also the emotional and energetic problems contributing to maladies. Our success is achieved by treating the entire person.

**Another principle is that the body can heal itself. How do you empower patients to heal themselves?** Healing is not done to you, it is the natural response of an unfettered body. If one facilitates the correction of that which blocks the healing, problems resolve. By engaging the patient in their own process of healing, educating them on why they have this problem and what they can do about it, one supports the patient in empowered recovery.

**What have you relied on to help your patients regain, and enhance their health?** Our proprietary combination of Chiropractic, Muscle therapies, Targeted Nutrition, Cranio-sacral and the amazing healing power of Frequency Specific Microcurrent have proven effective time and again. We utilize nutrition that is only available to physicians with a Professional License because it is the most potent and has the highest quality control.

**What would you like our readers to know most about your work?** As a primary portal of entry provider in the health care system it is incumbent upon us to diagnose the our patients' problems, and if they are not properly addressed by our therapies, to refer them to the best health care practitioner for their healing.

Our results speak for themselves, but our mission is the patient's full recovery, and if they would do better with another physician, we will tell them.

# Sanjay Gupta on 'CHASING LIFE'

by Jan Hollingsworth



## What inspired your interest in exploring holistic and alternative healing?

On a very basic level, a lot of people are surprised to hear that U.S. life expectancy has dropped three years in a row and the cost of health care is more than \$3.5 trillion a year. Yet there are places around the world where people

are living happier, healthier lives for a lot less, and longer. They must be doing something that's beneficial, and we wanted to find out what that might be: What do places around the world have to teach us?

## To what do you attribute the reemergence of traditional Indian healing practices?

Ayurvedic medicine is widely practiced in India among the healthiest people in that part of the world. It's stood the test of time, so it's worth exploring. In the U.S., we have an amazing medical system for people who are sick, but they aren't doing as well as expected [which is why] there's an open-mindedness that's happening about one of the oldest medical traditions.

## What role might ancient traditions play in reshaping 21st-century health care?

If you look at chronic disease in the U.S.,

one could make the argument that 70 to 80 percent of it is entirely preventable—most of it related to our food. When you look at the Ayurvedic diet, how does a culture come up with a way of eating going back thousands of years? In the U.S., most of our diet is based on palate. With Ayurveda, it is more about the function of food: Every morsel must have some function. The type of food, the timing and the temperature at which it is cooked is also important. If we really are a little more thoughtful about how we view the calories we're consuming, it can make a big difference in our health. When we say food is our medicine, what does that really mean? In India, they're showing us what it means. It's not that taste is sacrificed; it's just that Ayurveda was driven by function and palate came after.

## What was the most surprising discovery you made on this journey?

There were a lot of surprises along the way. If you look at the U.S. and life expectancy, there are a lot of countries that are pretty similar in terms of economics, labor force and other things. But what is happening in the U.S. is pretty unique in a lot of ways. In the U.S., this notion of rugged individualism is a marker for success. We've seen high rates of social isolation and loneliness—and the toxicity of that. Italy is one of the healthiest places in the world, and a lot of that has to do with social fabric. That this social cohesion could be so protective, even without paying attention to things like diet and exercise—I think the power of that surprised me.

## What is an important takeaway for you from this experience?

There is a long-held belief that wealth will buy health. In Bolivia, there is an indigenous tribe that has virtually no evidence of heart disease and they don't even have a healthcare system. We shouldn't automatically equate health to wealth. There are a lot of things we can do in our lives that can help—right now.

Jan Hollingsworth is the national editor for Natural Awakenings.

photo courtesy of CNN

SPONSORED CONTENT

## World-Renowned Humanitarian and Spiritual Leader

# Mata Amritanandamayi to Grace Atlanta

Through her extraordinary acts of love and self-sacrifice, Mata Amritanandamayi, or Amma (Mother) as she is more commonly known, has endeared herself to millions around the world. Lovingly known by millions as the Mother of Compassion, and the Mother of Immortal Bliss, Amma has physically hugged an estimated 37 million people from all parts of the world in the past 40 plus years. At the invitation of admirers from Africa, the Americas, Asia, Australia, Europe and elsewhere, Amma travels throughout the world, guiding people to emotional fulfillment as well as offering insights and solutions to global issues such as environmental pollution, mistreatment of women, and religious disharmony.

And now, it's Atlanta's turn...one of the 11 cities that will make up a series of Amma's 2019 North American tour stops. Amma last visited Atlanta in 2017, for a hugely successful Southeast Tour. Thousands thronged their way through a packed hall to listen to Amma's inspiring talks, get immersed in blissful music and to get in line for one of her amazing hugs.

Amma will be in Atlanta **June 28th and June 29th**. The programs are free and open to all, and will include inspirational music, meditation, spiritual discourse, and personal blessings.

### HANDS ON COMPASSION

While Amma's hugs are generous, and life-changing for many, it's her humanitarian work that is the most tangible. Her tireless spirit of dedication to uplifting others has culminated in a vast network of charitable projects in India



and around the world, under the global banner of **Embracing the World**. The organization exists to help alleviate the burden of the world's poor through helping to meet each of their five basic needs — food, shelter, education, healthcare and livelihood — wherever and whenever possible.

The results of Amma's humanitarian efforts are astounding; 45,000 houses built across India, 100,000 women helped to start their own businesses, 2.6 million people given free medical care, pensions to over 100,000 widows, as well as physically and mentally disadvantaged individuals, 1 million trees planted, and the list goes on. Amma's 2004 Tsunami 48 million relief effort stands today as one of the most multi-faceted, comprehensive and sustained disaster-relief projects ever undertaken by a non-governmental organization. Amma's mission truly represents one of the most stunning humanitarian efforts in history.

### THE RELIGION OF LOVE

The uniqueness of Mata Amritanandamayi is that her message is simple and she makes no claims to divinity. She gives abundant love to those who go to her and charms them into serving humanity itself. Whenever she is asked about her religion, she replies "My religion is love." Amma doesn't ask anyone to believe in God or to change their faith, but only to inquire into their own true nature and believe in themselves. For this work Amma has been honored with a number of international awards including the **Hindu Renaissance Award** (1993), and the **Gandhi King Award** (2002).

*Amma is the embodiment of pure love. Her presence heals.*  
~ Dr. Deepak Chopra, M.D.

For more information, please visit [www.amma.org](http://www.amma.org) and for information on Amma's charitable activities, please visit [www.embracingtheworld.org/](http://www.embracingtheworld.org/)

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INSPIRATION



# CONSCIOUS FATHERING

## Knowing Ourselves Comes First

by Chris Bruno

I have worked in the corporate world, served as a missionary in the Middle East during 9/11 and the Iraq War, been assaulted with a knife, launched a small business and a nonprofit and suffered deep loss at the early deaths of dear friends, but nothing has terrified or paralyzed me more than fathering my own son. It has demanded me to first face my own father-story with an intensity and intentionality I would rather flee than engage.

My parents more than adequately provided for my physical needs. I had friends, lived in the suburbs and even had a horse. From the outside looking in, I had nothing to complain about. Any time the haunting ache of father-hunger emerged from my soul, I quickly squelched it, telling myself to simply move on. It is the story of most men in my generation.

I continued to live as if all was well until I married and had a son of my own. I was now a father, and the weight of this title sent my soul into a tailspin. What is father? Who am I as father? What does it mean to father? And finally, with the force of a left upper jab to the jaw: How was I fathered? I realized that to father him, I, myself, still needed to be fathered.

In my conversations with men about their father-stories, the most frequent sentence I hear is, "My dad did okay. He did the best he could." But no child wants an "okay" dad. Every child longs for a dad to know, see, pursue, hope, envision, create and bless. Franciscan friar and author Richard Rohr states, "If we do not transform our pain, we will transmit it in some form." Untransformed pain from our father, whether from his absence, vacancy or violence, will inevitably be transmitted to our children.

I can only take my son as far as I myself have gone. Our sons were born into an already existing story—our story—and for them to know who they are, we need to know who we are, in all of our glory and pain. From this place of freedom, we can usher our sons into a manhood we can come to know together.

Reprinted with permission from Chris Bruno, the director of the Restoration Counseling Center of Northern Colorado and the president of the Restoration Project. He is the author of Man Maker Project: Boys are Born, Men are Made.

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# LIVE LIKE A YOGI

## Using the Yamas and Niyamas to Enhance Your Practice and Your Life

by Sheila Ewers

*This is the first of a two-part series on the Yamas and Niyamas by Sheila Ewers. Part 2 will appear in next month's issue.*

### What does it mean to live like a yogi?

In today's media-saturated world, images of people in yoga poses might lead one to believe that living like a yogi requires super-human flexibility, overpriced clothing, trips to exotic lands and Instagram celebrity. To the uninitiated, yoga can seem inaccessible: the domain of free spirits at worldwide festivals, the offshoot of seemingly esoteric Eastern religions, or the purview of meditators and ascetics disconnected from the material world.

The truth is simpler and accessible to all. More than two thousand years ago, the sage Patanjali scribed the Yoga Sutras, which might be understood today as a handbook for how to live as a yogi. He emphasized that along with the practices of asana, pranayama (the regulation of energy through deliberate breathing practices), and meditation, life as a yogi requires restraint of egoic impulses and a practice of purposefully creating inner awareness and harmony.

Patanjali called these two branches of yoga the Yamas, ethical restraints, and the Niyamas, inner observances. While the Yamas provide guidance about interacting with the outer world, the Niyamas guide us to "Self"-awareness, the realization of our true essence.

The Yamas and Niyamas are tools for navigating every dimension of our lives. To authentically live as yogis, we can and should intentionally engage with them on and off the yoga mat.



(Photo: 2TPhoto)

### PART 1: THE YAMAS

#### AHIMSA: Nonharming

Practicing ahimsa asks aspiring yogis to live completely free of harmful action, speech and thought towards themselves and all sentient beings. In its highest form, it is the spontaneous expression of pure love and an outpouring of the realization that to harm another is to harm oneself, since all beings are connected. As the virtue deepens, we gain awareness of the ways that our choices might inadvertently cause harm. Our choices can include what we consume and purchase, the words we use, the organizations we support and more.

**On the mat:** Use your physical practice to cultivate compassionate and nonjudgmental awareness. Consider whether you are moving in a way that is beneficial to both body and mind. Notice when you are pushing through pain or forcing yourself into postures that might be unsafe.



(Photo: 2TPhoto)

#### SATYA: Truthfulness

The word *sat* in Sanskrit means "truth that is unchangeable." Satya is the practice of aligning more completely with Truth in its absolute form. Outwardly, this requires that we refrain from telling lies or misrepresenting truth. Inwardly, it calls for reexamining our own stories and beliefs so that we might see through the illusions created by our fears and desires.

**On the mat:** Over the course of a day, a week or a lifetime, your body will change, sometimes strengthening through commitment to practice and sometimes deteriorating as a result of injury or age. Keep your practice aligned with both the truth of your current circumstances and an awareness of the part of you that is unaffected by change.



(Photo: 2TPhoto)

#### ASTEYA: Nonstealing

On the surface, *asteya* literally means not stealing objects or possessions. But on more

subtle levels, it applies to mindless consumption of natural resources, ideas, information, energy and even time. Practicing *asteya* means to cultivate the discipline to only reach for what rightfully belongs to you. It demands that we give credit where credit is due when we share other people's words and ideas. And it means that we respect other people's time, property and person.

**On the mat:** Remember to keep your attention focused on your own practice. Avoid comparison and competition with those around you. Notice when you are "stealing" from your breath to force some shape into the body. Practice with a balance of effort in the body and ease in the mind and breath.



(Photo: 2TPhoto)

#### BRAHMACHARYA: Regulation of the senses

In its most traditional form, *brahmacharya* is associated with celibacy. As yogis, we have chosen lives of productivity, relationship and engagement in the world, so practicing *brahmacharya* requires that we make skillful choices around our own desires, senses and vital energy. When it comes to sensory pleasure, one way to do so is to ask the simple question, "Does it uplift or does it degrade?" Then make choices that consistently direct your energy in ways that connect you to your higher nature.

**On the mat:** Practice conserving vital energy and keeping the body in equilibrium. Try using minimum effort to get the maximum result. Refine muscular engagement and regulate energy with breath and mindful attention instead. And learn the practice of directing energy upward and toward the heart.



(Photo: 2TPhoto)

#### APARIGRAHA: Nongrasping

In a fairly materialistic world, refraining from "grasping" can be a challenge. We live in a culture that is literally built on consumerism and the accumulation of material goods. Nevertheless, when we accumulate possessions, we can easily become possessed by them, clinging ever more tightly to what we think we need. To develop true equanimity and peace, we must let go of all attachments, material and emotional. This includes not only possessions, but the myriad ways we grasp in relationships, hold on to resentments and cling to unhelpful beliefs.

**On the mat:** Notice if you are holding a set of expectations or goals in your practice that are manifestations of ego. Give yourself permission to enjoy asana as a natural expression of your energy and a way to grow into deeper connection to all that you are. Practice for the sake of practice!



*Founder of Johns Creek Yoga and Duluth Yoga Center, Sheila Ewers leads yoga and yoga teacher training classes, and hosts retreats locally and internationally. She*

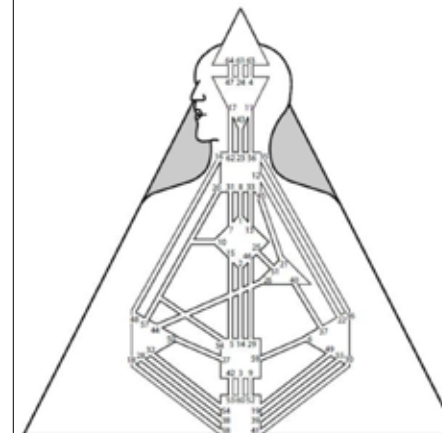
*has been published online in Elephant Journal and Writers Resist. Reach her at Sheila@JohnsCreekYoga.com.*

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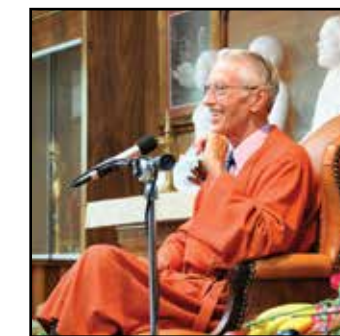
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# Yoga in Atlanta

A Focused Advertising Section

## Atlanta

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730 Ponce De Leon PI NE  
404-636-7535  
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**SATI YOGA**  
5575 New Northside Drive  
Suite 100  
Atlanta, GA 30339  
satiyogaatl@gmail.com  
www.satiyoga.net

## Chamblee

**BREATHE YOGA STUDIO**  
5300 Peachtree Rd, #1304  
Chamblee, GA 30341  
404-673-0415

## Decatur

**VISTA YOGA**  
2836 Lavista Road, Suite D  
Decatur, GA 30033  
404-929-9642  
vistayoga.com

## Duluth

**DULUTH YOGA**  
3112 Main Street, Suite 100  
Duluth, GA 30096  
(470) 719-9131  
duluthyogacenter.com

## Johns Creek

**JOHNS CREEK YOGA**  
11705 Jones Bridge Road  
Johns Creek, GA 30005  
770-619-1283  
johnscreekyoga.com

**TRUTH IN MOTION YOGA**  
9950 Jones Bridge Rd, Ste 1000  
Johns Creek, GA 30022  
truthinmotionyoga@gmail.com  
truthinmotionyoga.com

## Marietta

**BRING IT OM**  
**POWER YOGA**  
3162 Johnson Ferry Rd, Ste. 440  
Marietta, GA 30062  
470-299-5256  
bringitompoweryoga.com

## Midtown

**STILLWATER YOGA**  
Iyengar Yoga  
931 Monroe Drive  
Atlanta, GA 30306  
stillyoga.com

## RED HOT YOGA & MASSAGE

1590 Piedmont Ave NE  
Atlanta, GA 30324  
redhotyogaandmassage.com  
678-996-5845

## Norcross/ Peachtree Corners

**STUDIO 87 YOGA**  
87 S. Peachtree Street  
Norcross, GA 30071  
(770) 841-9086  
www.studio87yoga.com

## Roswell

**LIVEURYOGA**  
408 South Atlanta Street  
Suite 157  
Roswell, GA 30075  
info@liveuryoga.com  
liveuryoga.com

## Private Instruction

**WIND AND SOUL, INC.**  
Gwen Taylor  
hello@windandsoul.com  
www.windandsoul.com  
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## YOGA WITH HEART

Elizabeth Yates  
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yogini2001@gmail.com



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To place an ad in our Yoga section, inquire at [ads@naAtlanta.com](mailto:ads@naAtlanta.com)



# DIRTY SOUTH YOGA FEST

AUGUST 9-11, 2019 | ATLANTA, GA

## YOGA EVENTS

### SATURDAY, JUNE 15

**Surya Kriya: Fire up the sun within** - June 15-16. 9am-12pm. Age 14+. Learn a revitalizing hatha yoga practice once and do it yourself. Both sessions are mandatory to complete the practice. \$200. 2428 Gatebury Cir, Chamblee. Limited space; register: 404-824-5223 or Shekarpre@gmail.com.

### THURSDAY, JUNE 20

**A Midsummer Night's Dream Yoga Nidra & Soundscape** - With Amanda Trevelino and "SonicYogi" Jonathan Adams. Experience deep, meditative and potentially healing rest as brain waves follow sound waves, \$35. Santosha Studio, 896 Davis Dr, Atlanta. To register: 404-964-4858 or Santosha-Studio.com.

### SUNDAY

**Restorative Yoga** - 3-4pm. With Reiki with Love, LLC, LaShorn Love, Owner. Bring yoga mat, water bottle and any other equipment you may need. \$10 if preregister. 420 McDonough Blvd SE, Atlanta. [Tinyurl.com/yccx9jev](http://Tinyurl.com/yccx9jev).

### MONDAY

**Hatha Yoga** - 6-8pm. With Raj Mehta. Gentle stretching and health education. Each week Raj presents information about different herbs. Free. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. 404-681-2831. [Sevananda.coop](http://Sevananda.coop).

### TUESDAY

**All Levels Yoga** - 6-7:15pm. Focus on de-stressing body and mind from the challenges of the day. Each class will begin with gentle warm-ups to release tension and prepare body for vinyasa and deeper stretches. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. [DecaturHealingArts.com](http://DecaturHealingArts.com).

### WEDNESDAY

**Free Yoga & Mindfulness Class** - 12-1pm. Introduction to mindfulness and how to apply it to daily life in order to live with greater freedom and happiness. Includes discussion, a gentle yoga practice and a formal mindfulness practice. 5575 New Northside Dr, Ste 100, Atlanta. [SatiYogaAt@gmail.com](mailto:SatiYogaAt@gmail.com). [SatiYoga.net](http://SatiYoga.net).

### FRIDAY

**Community Class** - 4:30-5:30pm. Enjoy a vinyasa flow or power class. Format determined by the teacher. Benefits Holbrook Farms Retreat for Survivors of Heros. \$5 donation. LiveURYoga, 408 S Atlanta St, Ste 157, Roswell. 770-299-1639. [LiveURYoga.com](http://LiveURYoga.com).

**Community Kirtan** - 8-10pm. Last Fri. Open mic/informal format, where you take turns in sharing songs and chants. Free; donations accepted. Form Yoga, 533 W Howard Ave, Unit C2, Decatur. Pre-register: [FormYoga.com](http://FormYoga.com).

### SATURDAY

**Sunrise Yoga Meditation** - 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. [UnityNorth.org](http://UnityNorth.org).

**Free Yoga** - 8:30-10am. Yoga and pranayama (breathing) for all levels and ages. Greater Atlanta Vedic Temple, 492 Harmony Grove Rd, Lilburn. 770-381-3662. [VedicTemple.org](http://VedicTemple.org).

**Kids Yoga!** - 12-1pm, 2-5yrs; 1-2pm, 6-9yrs; 2-3pm, 10-13yrs. Yoga & Superfoods hosts kids summer classes. Classes are fundraisers to get yoga, mindfulness and food education to kids and families to treat preventable diseases. \$15 per child; monthly rates available. Sandy Springs Body Works, 770.896.2545, [yogaandsuperfoods@gmail.com](mailto:yogaandsuperfoods@gmail.com)

## PRIVATE INSTRUCTION


Mind Yo Bodhi Yoga offers private instruction for one to five students, helping you get grounded, develop inner peace and realize self-love. Tee Brooks, MA RYT-200, 704-669-8305, [sociomindfulwellness@gmail.com](mailto:sociomindfulwellness@gmail.com). Pre-register: [FormYoga.com](http://FormYoga.com).



[www.dirtysouthyogafest.com](http://www.dirtysouthyogafest.com)

# Discover the Peace...


"Peace is the altar of God, the condition in which happiness exists."  
— Paramahansa Yogananda



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# CALENDAR OF EVENTS

**Publicize your event!** This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$10 to attend — to list for free. Otherwise, basic listings are \$35 and enhanced listings are \$75.

Submit free listings to [calendar@naAtlanta.com](mailto:calendar@naAtlanta.com) and paid listings to [ads@naAtlanta.com](mailto:ads@naAtlanta.com).

## SATURDAY, JUNE 1

**EDITOR'S CHOICE** **Wizards of Raw** - 1-7pm. 8th annual celebration of raw foods with speakers, entertainment and an "Un-Cook" competition. Over 20 raw-food chefs and twice as many vendors as last year. Tassili's Raw Reality, Historic West End, 1059 Ralph David Abernathy Blvd. SW, Atlanta, 30310.

**National Trails Day on the Atlanta Beltline** - 8:45am-12:30pm. REI Atlanta is partnering with Park Pride and the Atlanta Beltline Partnership for a stewardship project on the Atlanta Beltline. More info: [ParkPride.org](http://ParkPride.org).

**Flying Colors Butterfly Festival** - June 1-2. 10am-3pm, Sat; 12-5pm, Sun. Live butterfly releases, and encounters. Includes garden and plant tours, live entertainment, face painting and much more. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. [ChattNature-Center.org](http://ChattNature-Center.org).

## MONDAY, JUNE 3

**Living Foods Institute Healthy Lifestyle Programs** - June 3-17. 9am-4pm. 1-, 5-, 10-, 15- & 30-day programs as well as Super Detox Days. Hands-on training in the raw and living foods recipe preparation, emotional/mental healing, cleansing/detoxification and more. Fee according to package; some scholarships available. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. [LivingFoodsInstitute.com](http://LivingFoodsInstitute.com).

## WEDNESDAY, JUNE 5

**Sound Healing** - 6:45-8pm. With Danielle Hall. A sound immersion to help you relieve stress, reduce pain, and deepen your meditation practice. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

**The Women's Hour** - 7-8:30pm. With Andrea Cajuste. If you are unsure or know exactly what drives you, come join an intimate women's group discussion. Explore and share your thoughts and inspirations to discover your true feelings. Push beyond your limits and receive the message your higher self is longing for. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

**EDITOR'S CHOICE** **Farms in Living Color Tour** - 10am-12pm. Guides participants through urban farms and gardens via the Atlanta BeltLine Westside trail. Engage in a robust conversation on topics such as: farming,

gardening, food access, the BeltLine, healthy food, citizen engagement and many more. Free. Fulton County Central Training Facility, 425 Langhorn St SW, Atlanta. [Tinyurl.com/y3smmeyn](http://Tinyurl.com/y3smmeyn).

## SATURDAY, JUNE 8

**Roswell Lavender Festival** - 10am-5pm. A celebration of all things lavender and will feature the many varieties, uses and folk remedies associated with this ancient plant. Includes shopping, eating, lavender and plant demonstrations, live music, children's activities, crafts, yoga and meditation, and a return to the Enchanted Fairy Hollow to craft your own fairy house. Barrington Hall, 535 Barrington Dr, Roswell. 770-640-3855. [RoswellGov.com](http://RoswellGov.com).

**Using Your Food as Medicine Cooking Demo** - 12-2pm. By Dr. Katherine Igah-Phillips and Dr. Natasha Brewley. A cooking demo coupled with education around the medicinal powers associated with plant-based eating. Includes creation of a completely plant-based meal, with a special focus on cooling summertime food. \$8. Mind Body Spirit Wellness Center, 2480 Windy Hill Rd SE, Suite 405, Marietta. [Tinyurl.com/y59s2ayq](http://Tinyurl.com/y59s2ayq).

**1 Minute EFT (Tapping): Miracles Can Happen** - 3-4pm. With Terrie Stiefferman. What is one thing you would change today if you could? Come expecting healing for your own special needs. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. [LivingFoodsInstitute.com](http://LivingFoodsInstitute.com).

**Chakra Meditation** - 6-7pm. With Frank Badia. This monthly meditation offers a wonderful opportunity to journey through and open up each one of your chakras. All levels of meditators welcome. Chairs & cushions provided. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

## SUNDAY, JUNE 9

**EDITOR'S CHOICE** **Atlanta Streets Alive: Cross-City** - 4-8pm. Free entertainment and activities for all ages. Combining our Eastside and Westside routes into one; activating DeKalb Ave and Decatur St all the way to Marietta St and Howell Mill Rd. The City of Decatur will launch its first Open Streets by adding West Howard Ave to the mix, bringing the newest edition to almost 10 miles. [AtlantaStreetsAlive.com](http://AtlantaStreetsAlive.com).

## TUESDAY, JUNE 11

**ReVive and Thrive** - 7-8:30pm. With Christina Alexis. This bi-weekly session has the potential to help transform relationships, inspire action, build self-love and elevate compassion for those participating and for the people they interact with and influence and more. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

## THURSDAY, JUNE 13

**Healing Night** - 6:45-8:30pm. Varied healing modalities represented. Each healer at The Love & Light Institute will have their own station where they will do their healing work and where guests may sit and observe other sessions (if needed, privacy provided). \$10. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

## SATURDAY, JUNE 15

**A Taste of Raw** - 9am-1pm. A great way to learn some of our favorite recipes guaranteed to help you feel great. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. [LivingFoodsInstitute.com](http://LivingFoodsInstitute.com).

**Meet Our Team of Experts** - 11am-4pm. Doug Wichman, MD, Cleansing and detoxification: what it is, and why we need it. Robert Dallas, PhD, Counseling Psychology: Release anxiety, boost self-esteem and improve relationships. Paula Branson: her incredible story of moving from "permanently disabled" to fully healthy. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. [LivingFood-Institute.com](http://LivingFood-Institute.com).

## SUNDAY, JUNE 16

**Raw & Living Foods Banquet Feast & Graduation Party** - 3:30pm. Delicious organic raw and living foods buffet and testimonies from students who have completed the Healthy Lifestyle Course. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. [LivingFoodsInstitute.com](http://LivingFoodsInstitute.com).

## MONDAY, JUNE 17

**Raw & Living Foods Educational Seminar & Recipe Demonstration** - 7pm. Learn how to reverse and slow aging, heal disease, increase energy, reach ideal weight and more. Enjoy recipe demo and taste delicious recipes. Get questions answered. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. [LivingFoodsInstitute.com](http://LivingFoodsInstitute.com).

**Transmission Meditation** - 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Annex, Clifford Steele Building, 5505 Roswell Rd, Atlanta. 404-680-

7423. Info-se@share-international.us. Share-International.us/se/upcoming\_events.

## TUESDAY, JUNE 18

**Reflexology Certification** - 10am-1pm or 7-10pm. A 14-wk Certification Course with Roz Zollinger, Certified Reflexologist and Instructor. Based on Roz Zollinger's BodySystems Method of Reflexology. A comprehensive training program designed to provide all the necessary skills and knowledge to practice this established and popular natural healing art. Heal Center, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

## WEDNESDAY, JUNE 19

### SPIRITUAL HOUSE CLEANING

With Jasmine Alexis, 7-8:30pm. Learn about the techniques she uses to remove low energies in the home, as well as keeping it a positive space and share a few pointers on some of the most tedious house cleaning tasks and the importance of decluttering your mind and energy field by maintaining a clean space. Free.

**Phoenix & Dragon Bookstore**  
5531 Roswell Rd NE, Atlanta.  
404-255-5207. PhoenixAndDragon.com.

## WEDNESDAY, JUNE 26

### TRANSMISSION MEDITATION

7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free.

**Friends House**  
701 W Howard Ave, Decatur.  
404-680-7423.  
Info-se@share-international.us.  
Share-International.us/se/  
upcoming\_events.

## THURSDAY, JUNE 27

**The Nature Club Dine and Discover** - 7-9pm. Join us as we learn all about Lake Lanier from a park ranger with the U.S. Army Corps of Engineers. \$10/general public, \$5/CNC Members. CNC, 9135 Wilileo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

## SATURDAY, JUNE 29

**Share International Exhibition** - 12-5pm. Join us for an exhibition featuring information on the return of The World Teacher, The Christ, Maitreya. The most momentous event in human history is about to take place. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd,

Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming\_events.

### A HUG FROM AMMA

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**Hilton Atlanta**  
255 Courtland St NE, Atlanta.  
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"Meeting Amma": Amma.org.

## TUESDAY, JULY 9

### JOURNEY INTO AWAKENING

Tuesday, July 9. Experience a profound Shift in Consciousness. Intensive for Deep Personal Transformation. Igniting the inward journey for living a more Awakened & Happy life. Taught by Awakened teachers, mystical processes, ancient sacred practices, meditations. Powerful changes to every aspect of life. Life-altering mindset realignment. journeyintoawakening.events. (Scroll down to "GA-Atlanta.")

## ONGOING EVENTS

### sundays

**Sunday Experience** - 9:30am, Adult Study; 10:10am, Meditation; 10:30am, Service. Spiritual Living Center of Atlanta, 1730 Northeast Expressway NE, Atlanta. 404-417-0008. slc-atlanta.org.

**Meditation Service** - 10am. See website for complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

**Meditation Instruction** - 10-11:30am. Free instruction for newcomers and practitioners at our Open House. Free childcare. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

**Sunday Meditation, Talk and Fellowship** - 10:30-11am, personal, silent meditation. All are welcome to meditate or sit quietly. 11am-12pm, talks followed by Q&A and discussion. 12-1:30pm, tea, coffee, snacks, fellowship. Vedanta Center of Atlanta, 2331 Brockett Rd, Tucker. 770-938-6673. VedantaAtlanta.org.

**Meditation Class: Sandy Springs** - 10:30-11:45am. We begin each class with a short meditation, followed by a practical teaching, and end with a brief meditation based on the teaching to help integrate it into our daily lives. \$12. Loving Hut Vegan Cuisine, 220 Hammond Dr NE, Ste 302, Sandy Springs. MeditationInGeorgia.org.

**One World Spiritual Center: Celebrating One World, One Heart Sunday Service** - 11am. Held at the Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-214-6938. OneWorldSpiritualCenter.net.

**Reading Service** - 11am. See website for a complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

**Shamanic Journey Meditation** - 11am-12:30pm. First Sunday of every month. Experience Shamanic Journey as pathway to inner peace, healing and wisdom. Drums and rattles welcomed. Hosted by Gailie Spirit Weaver. Love donation. The Heron House, 102 Russell Rd, Mountain Park. For more info, RSVP & check schedule: Meetup.com/ShamanicJourney.

**Free Meditation & Self-Reflection Workshop** - 11:30am-12:30pm. Experience bliss and tranquility, and learn about the essence of meditation, basic posture, breathing meditation and the basics of self-reflection. Free. Happy Science Meditation Center, 1874 Piedmont Ave, Ste 360-C, Atlanta. 404-892-7770. Atlanta.HappyScience-NA.org.

**Health & Success Seminars** - 1:30-2:45pm. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-NA.org.

**Monthly Feminine Energy Empowerment Seminars** - 2:15-3:30pm. 4th Sun. Topic changes monthly. Designed with the particular needs of the transformative woman, these workshops deal with topics pertinent to spiritual empowerment, health and wellness, and living your authentic self. \$15. Hidayah Reiki, 4282 Stone Mountain Hwy, Ste K, Lilburn. 678-438-6442. HidayahReiki.com.

### mondays

**Monday Night Ride: Larry's Winter Edition** - 6:30pm. 17 miles; 15-17 mph (no drop). A good ride for a Monday, not too slow but isn't a strenuous ride either. No ride if raining.

Roswell Bicycles, 670 Houze Way, Roswell. BikeRoswell.com/events.

**Monday Night Meditation** - 7-8pm. An instructor-led meditation and discussion as we develop our meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

**One Breath at a Time: Buddhism and the 12 Steps** - 8-9:30pm. Also Thurs, 7:30-9pm. Meetings start with 10 mins of shamatha meditation. Reading from One Breath at a Time followed by open discussion. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

### tuesdays

**Sierra Club Meeting** - 7pm, refreshments; 7:30pm, program. 2nd Tues. Georgia Chapter Office, 743 E College Ave, Ste B, Decatur. More info: Georgia.SierraClub.org/Atlanta.

**Introductory Presentation on Meditation and Positive Living** - 7-9pm. Come and enjoy this most inspiring of topics to reach your highest potential as soul. Free. Life Enrichment Center, 1340 McConnell Dr, Decatur. To register, Dhana: 404-273-5704. Santmat.net.

**Meditation on Twin Hearts** - 7-8pm. This meditation works on the physical, mental and spiritual levels to open the heart chakra and the crown chakra, thereby enabling you to draw down a great amount of high-quality divine energy into the crown. Donations of \$10 & up accepted. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. With-LoveAndLight.com.

### wednesdays

**Noon Time Four Stage Meditation** - 12:15-12:45pm. With Minister Bob Imai. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-na.org.

**Decatur Farmers' Market** - 4-7pm. Also Sat, 9am-1pm. Local farmers, artisanal food makers and crafts. Every market hosts live music, free samples from our chef demos, CSA subscription pick up and more. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. fbcdecatur.com/index.php.

**An Introduction to the Happiness Program** - 6:30-7:30pm. We all want happiness but how do we get there? Come find out how in a fun-filled, interactive and informative session. Includes: guided relaxation through the breath; light yoga & stretching; insights into the nature of mind; guided meditation;

Q&A session. Free. Art of Living Atlanta Center, 7730 Roswell Rd, Ste 400, Atlanta. ArtOfLiving.org/us-en/atlanta.

**Weekly Wednesday Meditation Class** - 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. MeditationCircle.org.

**Spiritual Women Entrepreneurs Network** - 7-9pm. Meets the 2nd Wed each month for a Cookies + Connection networking and mastermind event. Soul, Mind, Body, 3115 Piedmont Rd, Ste D102, Atlanta. RSVP: Meetup.com/SpiritualWomenEntrepreneursAtlanta.

**Medicine Circle: Healing Chants from the Buddha Dharma** - 7:30pm. A community offering for anyone who is in need of healing, or anyone who knows someone who is in need of healing. Free; donations accepted. Candler Park Yoga, 1630-D Dekalb Ave, Atlanta. MantraChant.com/medicine\_circle.

**Wednesday Night Meditation Service** - 7:45-8:30pm. Features guided meditation, chanting, silence and prayer. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

### thursdays

**Monthly Park Meeting** - 7:30-9am. 2nd Thurs. Park Pride brings together community leaders and park advocates from throughout Atlanta for education, networking and strategy. More info: ParkPride.org.

**Light Workers Support Group** - 11am-1pm. A support group for beginning and current Light-Workers, Star Seeds, Earth Angels. All practices welcome. Commune with others, share experiences and connect with a conscious community of individuals dedicated to rising the vibration of others. Lake Claire Community Land Trust, 270 Arizona Ave NE, Atlanta. 708-320-942. Thetxlp.com.

**Midday Meditation** - 12-12:45pm. With Kisha Lee Crawford. Meditation practitioners of all levels welcome. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

**Orientation to Energywork** - 7pm. 1st Thurs. Introduction to channeling and energywork. Bill will explain concepts of channeling, energywork, remote healing, transfer process, and potential benefits of energywork. Free. One block from Midtown Marta Station. To reserve a seat: 404-423-5747. inmatehealingbill@gmail.com. EnergyworkATL.com.

**Meditation Practice Group** - 7-8pm. A free program for new and experienced meditators who wish to learn how to meditate or deepen their practice of meditation on the inner light. No experience necessary. All welcome. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. Cindy: 770-363-8935 or infose@sos.org.

**Twin Hearts Meditation** - 7:30-8:30pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. Atlanta Pranic Healing Center, 1955 Cliff Valley Way NE, Ste 215, Atlanta. 470-333-2742. AtlPranicHealing.com.

**One Breath at a Time: Buddhism and the 12 Steps** - 7:30-9pm. See Mon listing. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

### fridays

**Environmental Sustainability Board Meeting** - 8-10am. Decatur City Hall, Conference Rm, 509 N McDonough St, Decatur. Lena Stevens: 404-370-4102 or Lena.Stevens@DecaturGA.com.

### saturdays

**Bike Roswell Saturday Morning Ride** - 9am. Informal, year-round group ride that rolls along 25 miles of the beautiful Roswell Mayors Ride route through Roswell. Riders of all abilities. Roswell Area Park (Front Lot), 10519 Woodstock Rd, Roswell. More info: BikeRoswell.com/events.

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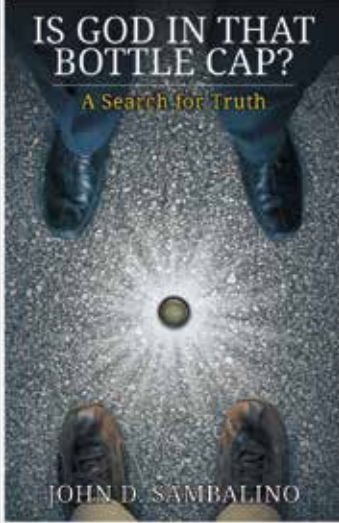
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**Decatur Farmers' Market** - 9am-1pm. See Wed listing. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. fbcdecatur.com/index.php.

**OSHO Kundalini Meditation** - 5-6pm. Designed to awaken energy, remove the obstacles that prevent energy from freely expressing itself and open space where our own natural energy can blossom into awareness. Donations accepted. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. oshoatlanta.com.



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# Wild and Precious Life

by Mandy Roberts

*Tell me, what is it you plan to do with your one wild and precious life?*

~ Mary Oliver

This question, from one of Mary Oliver's iconic poems, can be terrifying. I spent many years afraid of truly going after what I wanted in life. Looking back, I see I was afraid. Afraid of failure, afraid of rejection and, in hindsight, I see I was secretly afraid of success too. That fear had kept me "safe" for years, yet was I really living my most inspired and aligned life?

It took years of digging deep and uncovering all sorts of old stories to explore what my fear was about and where it came from; I'm not sure I'll ever be done digging. I've realized that I am the only one who can change my life. I am the only one who can live my most wild and precious life. It is up to me. No one can do it for me. How liberating, yet truly terrifying, that realization is.

As a yoga lover, I see the handstand pose has been transformational for me in how my practice on the mat blends into life. I've toyed with the pose off and on for years. I have gingerly tested it, but I have not truly dedicated myself to it for an extended period of time. Can you hear my fear even here?

To me, my relationship to handstand is no different than any other challenging relationship: You have to put a lot of effort into it to see results. Maybe I don't believe I can actually do it. Maybe I fear that I'll put in the time and effort, but I'll still fail. Or maybe I won't. Maybe it's a fear of success that has held me back. Am I talking about a pose or my life? Really, it's all the same.

After all, once I land a solid and consistent handstand, I'll need to learn an even more challenging pose to keep grow-

ing my physical practice. It's pretty scary, but I signed up for it. This is what yoga is all about—stretching ourselves in every way we can.

Lately, I've been examining and questioning my mindset. I've been fearless in this pursuit, so I have been dedicating time every day to explore this daunting pose, even if I don't feel up to it. My passion doesn't come so much from a desire to land handstand as from a determination to not let my fears hold me back from anything I desire. And funny enough, in a yoga-is-a-reflection-of-life kind of way, the effort is coinciding with some deep emotional shadow work that I've been diving into lately.

I have no doubt that facing my fears in one arena affects everything I do. Though I still struggle with my fears physically and emotionally, I'm learning to trust myself and my foundation of support. I'm learning that the desire to live my best life far outweighs the fear of getting to the end of my life wishing that I had made other choices. You know, even though I may fail, I think I'm finally ready to live my most wild and precious life yet. I'm all in.



Mandy Roberts is the owner of FORM {yoga} in Decatur and co-director and senior retreat leader with Soul Nourish Retreats. For more information, visit [FormYoga.com](http://FormYoga.com)

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