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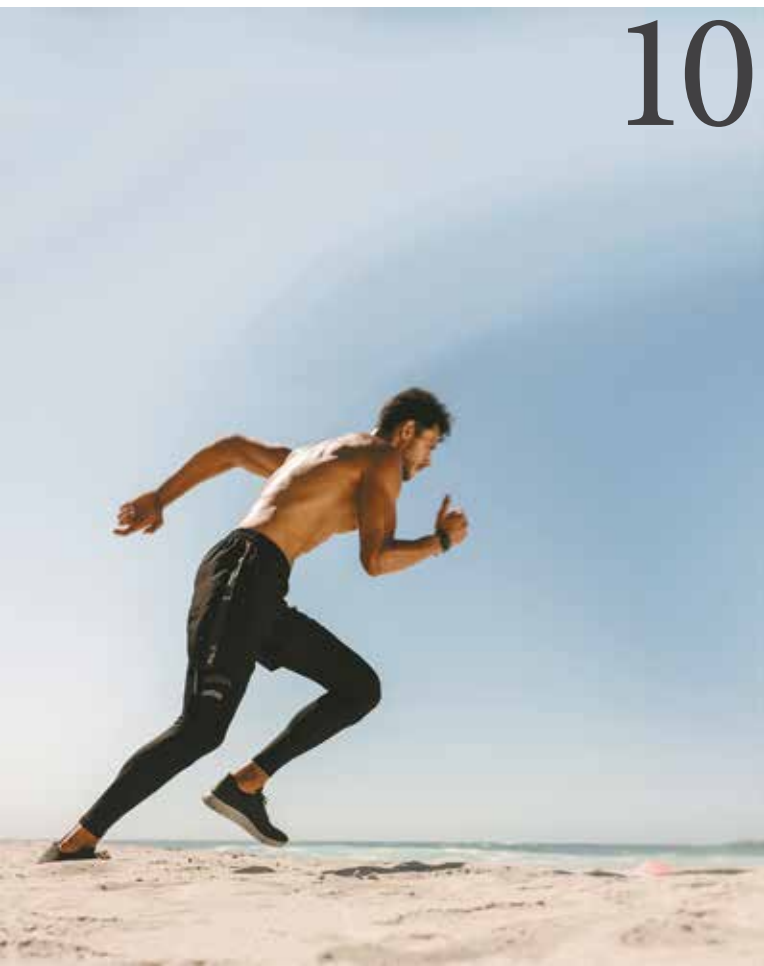
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Natural Awakenings is a family of 50+ healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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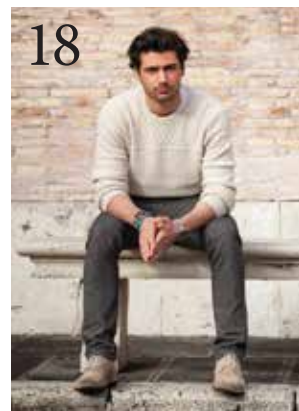
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## letter from publisher



Mark and Shanna Warner

## Three Attributes of Modern Masculinity

Gender roles have changed over the last hundred years. Men are no longer limited to being just a traditional “breadwinner” for a family—hello ladies, we can bring home the tofu AND fry it up in the pan. “And never, never, never let you forget you’re a man...” (Anyone else singing along to that commercial with me?)

We live in a society now that has more opportunities for participation and equality for all of us. Creating a family, raising children, and sports and educational activities are all life experiences that have no gender boundaries. But even with more openness to differences in sexual identification, gender identity and expression, many societies still have some basic divisions between assigned roles and attributes. These divisions often define what is accepted as masculine and feminine.

We wanted to know what YOU think about this. On Facebook, we asked readers to share the top three traits they admire in their masculine friends, family, spouses, partners and children. Thank you to everyone who participated. The traits most often mentioned were **Integrity, Kindness, Honesty**. We all can strive for those!

Here are the ideals submitted by some of our readers:

- **Scott Chronister** – Patience, Kindness, Love
- **Laura Davidson** – Honor, Integrity, Passion
- **Cheryl Christie Nowabbi** – Honesty, Integrity, Loyalty
- **Michael Lehrman** (Natural Awakenings Publisher, NYC) – Trusted, Authentic, Open
- **Sherry Moore** – Integrity, Humility, Compassion
- **Christopher Poor** – Compassion, Integrity, Forgiving
- **Martha Larson** – Integrity, Honesty, Trustworthiness
- **Leticia La Reina Pizano** – Organization, Structure, Foundations
- **Tange Aondobem** – Perseverance, Dedication, Determination
- **Cynthia Paul** – Strong, Balanced, Focused
- **Matthew Jewell** – Hardworking, Kind, Thoughtful
- **McKenzy Owens** – Fun-Loving, Kind, Loving
- **Randy Mickelson** – Strong, Dedicated, Loving
- **Alice Watts** – Kind, Funny, Thoughtful
- **Andrea Furley** – Honesty, Integrity, Compassion
- **Ralph Emerson** – Solid, Trustworthy, Kind
- **Suzanne Carpenter** – Integrity, Honesty, Perseverance
- **Esther S. Chapman** – Organized, Thoughtful, Balanced

As for the three wise men in my life—my hubby Mark, my brother Joshua, my son Matthew—they each have some of these wonderful traits. Of course, more importantly, they are there for me in the laughter and the tears.

Follow us online for more stories, interviews and fun stuff at [Facebook.com/NAOKlahoma](https://www.facebook.com/NAOKlahoma).

*Shanna*

Shanna Warner

What is important in life is life,  
 and not the result of life.  
 ~Johann Wolfgang von Goethe

**Dr. Tom O'Bryan**

Chief Health Officer,  
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## news briefs



Brad Roach, DVM

### Veterinarian Shines Light on Laser Treatments

Dr. Brad Roach, veterinarian and owner of Holistic Pet Care Center, in Oklahoma City, and Best Friends Animal Clinic, in Shawnee, has been treating pets with holistic medicine for more than two decades and encourages pet owners to seek a more natural way to treat their Best Friends.

Roach explains, "Laser therapy has become known as photobiomodulation, and while it can help tremendously with inflammation, research is showing more and more uses and benefits of treating with lasers. For example, laser therapy has been shown to treat resistant bacteria and help with tough infections. It is also used to facilitate healing of incisions in postsurgical treatments." Roach also sees exciting developments in the future, as equipment will be available soon to treat tumors with the laser via gold nanoparticles.

Laser therapy can also offer other advantages, according to Roach. "Customers get fast and easy treatment for their pets' joint disorders; Treatments are usually less expensive than other therapies since it can be delivered by trained staff members; It is noninvasive and ideal for patients that cannot tolerate acupuncture or other injectable treatments."

*Locations and contact: Holistic Pet Care Center, 3001 Tinker Diagonal St., OKC, 405-605-6675, [HolisticPetCare.vet](http://HolisticPetCare.vet); Best Friends Animal Clinic, 1313 N. Harrison Ave., Shawnee, 405-275-9355, [BestFriendsAnimalClinic.vet](http://BestFriendsAnimalClinic.vet). See ad, back cover.*

## Nix Sweeteners to Avoid Spreading Antibiotic Resistance



Four widely used artificial sweeteners—saccharine, sucralose, aspartame and acesulfame potassium—promote the transfer of antibiotic resistance genes in both environmental and clinical settings, report researchers at the University of Queensland, Australia, in *The ISME Journal*. They found that these four nonnutritive sweeteners promote horizontal transfer of the genes between bacteria, furthering the spread of antibiotic-resistant genes in the intestine. The researchers say the findings provide insight into the spread of antimicrobial resistance and point to a potential risk associated with ingesting the artificial sweeteners.

## Cultivate Satisfaction to be Healthier and Happier

Older people with high levels of life satisfaction—a favorable attitude toward life—have healthier habits, less depression and pain, better sleep and a longer life, reports researchers from the University of British Columbia. They studied nearly 13,000 U.S. adults older than 50 for four years and found that higher life satisfaction was linked to 26 percent reduced mortality and a 46 percent lower depression rate. People that felt good about their lives had fewer chronic conditions and pain, exercised more often, were both more optimistic and likely to be living with a partner and experienced less hopelessness and loneliness. However, such positive feelings were not associated with fewer health conditions such as diabetes, heart disease, arthritis or obesity; were not marked by less alcoholic binging or smoking; and were not affected by frequency of contact with children, family and friends.



## Eat Five Veggies and Fruits Daily to Live Longer

People that struggle to eat the often-recommended nine servings of fruit and vegetables each day can relax: The latest research from Harvard, based on 26 studies of 2 million people from 29 countries, found that two and three daily servings of fruit and vegetables, respectively, were linked to the most longevity. Compared to only two servings of produce per day, five servings lowered the risk of death overall by 13 percent, cardiovascular disease by 12 percent, cancer by 10 percent and respiratory disease by 35 percent. Green, leafy vegetables, including spinach, lettuce and kale, and fruit and vegetables rich in beta carotene and vitamin C, such as citrus fruits, berries and carrots, showed benefits. Starchy vegetables, like peas and corn, fruit juices and potatoes, did not appear to reduce the risk of death.





## Gale Force

### Offshore Wind Power Gaining Momentum



An 800-mega-watt project, Vineyard Wind, off the coast of Martha's Vineyard, is awaiting final approval by the Army Corps of Engineers. Laura Daniel Davis, principal deputy assistant secretary of land and minerals at the

U.S. Department of the Interior, says, "The demand for offshore wind energy has never been greater. The technological advances, falling costs, increased interest and the tremendous economic potential make offshore wind a really promising avenue." Some two dozen offshore wind projects are in development along the East Coast.

According to the International Energy Agency, wind could provide more than 18 times the world's present electricity demand and is well-suited to serve heavily populated areas. For instance, almost 40 percent of Americans live near the coasts. Offshore wind power could assist in relieving the dependence on carbon-based sources of electricity and relieve congestion on the grid for Los Angeles, New York, San Francisco, Houston and Seattle. Offshore turbines are in open waters where wind is strong and abundant. As the technology has matured, the turbines have gotten bigger and further out to sea.

## Mischievous Metal

### Lithium Mining for Electric Vehicles Creating Tension

The proposed Thacker Pass lithium mine in northern Nevada, the largest in the U.S., has passed a review by the Bureau of Land Management (BLM) and construction of mining facilities could begin later this year. But unhappy residents and conservation groups are filing lawsuits. Lithium Nevada expects to pump up to 5,200 acre-feet of groundwater per year, and critics say this may draw down groundwater levels and affect soils, streams and springs. In addition, other expected environmental impacts include groundwater pollution and detrimental impacts to sensitive wildlife.

The challenge is to quickly transition the U.S. economy to carbon-free energy sources by acquiring the vast mineral resources needed, such as lithium, cobalt and nickel for batteries, without endangering biodiversity or the health of nearby communities. John Hadder, executive director of Great Basin Resource Watch, one of the environmental nonprofits suing BLM over the Thacker Pass mine, says, "There is a lot of pressure to extract materials for what we consider to be the new energy economy, but we have to do it in a way which isn't business as usual." The goal is to get the federal government to do a more thorough review of the project so that the surroundings won't become an arid, polluted wasteland.

## Blockage Busters

### World's Largest Dam Removal Project Underway

An agreement finalized in November 2020 between farmers, tribes and dam owners will result in the deconstruction of four aging, inefficient dams along the Klamath River in the Pacific Northwest to restore salmon runs that have



been in decline. The Karuk and Yurok tribes have relied on the salmon for both sustenance and spiritual well-being throughout their history. The project also signals a decline in the hydropower industry, which does not seem as profitable as predicted with the emergence of more cost-effective and sustainable energy sources such as wind and solar.

The World Commission on Dams released a report in November 2000 on the enormous financial, environmental and human costs and poor performance of large dams. The commission analyzed dozens of case studies and more than 1,000 testimonies regarding the outcome of trillions of dollars invested in dams. After decades of rapid construction, only 37 percent of the world's rivers remain free-flowing. River fragmentation has heavily damaged freshwater habitats and fish stocks, threatening food security for millions of people and advancing the decline of other mammals, birds and reptiles.







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# INTEGRATIVE HEALTH FOR MEN

## Natural Approaches for Robust Vitality

by Ronica O'Hara

A shirtless man with dark hair and a beard is running on a sandy beach. He is wearing black athletic pants and black sneakers. The background shows the ocean and a clear blue sky. The man is captured in a dynamic pose, leaning forward with his arms pumping.

Statistically speaking, living long and well is an uphill battle for most American men. Compared to women, they eat worse, smoke more, drink harder, exercise less and suffer more injuries. They live on average five fewer years than women. At birth, they outnumber women 105 to 100, but by age 60, it's flipped to 95 to 100. Of the 15 leading causes of death, the only one men don't lead in is Alzheimer's, because many of them don't live long enough to develop it.

Men are markedly slow to consult doctors. Seventy-two percent would rather do household chores like cleaning toilets, one survey found, and 37 percent admitted that they withheld information from doctors to avoid hearing a bad diagnosis. When more serious symptoms arise like chest pain or painful urination, they can turn to medical specialists and the latest technology to get heart stents inserted, kidneys flushed out and pain lowered with pharmaceuticals. By then, however, disease can be advanced and the prognosis dimmer.

But that "macho man" approach is ebbing as men—especially millennials—increasingly adopt proactive integrative strategies to take control of their health. "As traditional gender roles continue to fade with the times, there will be less of a stigma around men's health care and we'll start to see more and more men placing greater importance on their health," says integrative internist Myles Spar, M.D., co-author of *Integrative Men's Health* and chief medical officer of Vault, a men's health care organization. By dealing head-on with not just a condition's symptoms, but also with its physical, mental and emotional roots, men can become better equipped to enjoy long years of robust health.



## HEART DISEASE

The leading cause of death for men in the U.S., heart disease kills one in four men. Half of those that died suddenly exhibited no previous symptoms. Men develop heart disease 10 years younger than women on average, possibly because estrogen has a protective effect on coronary arteries. Stress, especially in economically beleaguered occupations and areas, takes a toll, as evidenced by rising drug abuse among men nationwide. “Overall, it appears that men’s coping with stressful events may be less adaptive physiologically, behaviorally and emotionally, contributing to their increased risk for coronary heart disease,” concludes a State University of New York at Stonybrook study.

**SYMPTOMS:** chest pain, irregular heartbeat, dizziness, shortness of breath, extreme fatigue, sensations in arms and legs such as pain, swelling, weakness or tingling.

**NEW RESEARCH:** Active, 40-ish men that were able to do 40 pushups had a 96 percent lower risk of cardiovascular disease in the next 10 years than men doing less than 10 pushups, a Harvard study concludes. A 10-year study of 134,297 people from 21 countries found that eating six ounces or more each week of processed meat like bacon, sausages and salami was linked to a 46 percent higher risk of cardiovascular disease and a 51 percent higher risk of death.

**INTEGRATIVE APPROACHES:** “An integrative model for heart disease, when done properly, hunts down chronic inflammation in the body wherever it is and attempts to remedy it naturally, which is why we have had so much more success and significantly fewer side effects than conventional medicine,” says naturopathic cardiologist Decker Weiss, of Scottsdale, Arizona, a pioneer in the field. Typically, integrative cardiologists will interview a patient to determine the root causes of inflammation, including diet, physical activity and emotional stress. After targeted lab tests, they may prescribe botanicals along with pharmaceuticals like diuretics and beta blockers to manage fluids and vital signs. They often focus on repairing the gastrointestinal tract with specific probiotics and restoring the endothelium (the inner lining of blood vessels) with nutrients like magnesium, coenzyme Q10 and alpha-lipoic acid. They’ll encourage patients to switch to healthier, plant-based diets; perhaps to undergo a colon, liver or lymph cleanse; and exercise and use stress-reducing practices like meditation or martial arts.

## ERECTILE DYSFUNCTION

Erectile dysfunction (ED), the inability to get and keep an erection firm enough for sex, often drives a man to seek medical care. An erection—a complex interplay among the brain, hormones, emotions, nerves, muscles and blood vessels—can be

hampered by such conditions as hypertension, diabetes, obesity, high cholesterol, insomnia and alcohol use. Although a quarter of new patients with ED are under age 40, mild and moderate ED affects approximately 50 percent of men in their 50s and 60 percent in their 60s.

Integrative medicine offers potent strategies such as exercise, weight loss, good sleep and a varied diet, factors that can reverse ED, according to Australian researchers. “Men aren’t ever going to stop eating hotdogs in the name of ‘wellness,’ but if you tell a man that eating hotdogs will impact his ability to get erections, he’ll never eat a hotdog again,” says Spar.

**SYMPTOMS:** repeated difficulty getting or maintaining an erection, reduced sexual desire.

**NEW RESEARCH:** In a survey of 12 studies involving 8,300 participants, the longer-lasting erection drug Cialis (tadalafil) beat out Viagra (sildenafil) as the drug of choice by a three to one margin. Cornell researchers found that of the 48 percent of older men in one study with ED, only 7 percent had tried an erection drug, and fewer than half refilled the initial prescription, partly due to unpleasant side effects.

**INTEGRATIVE APPROACHES:** An integrative strategy typically involves a doctor checking and increasing a man’s testosterone levels if necessary; a thorough checkup and lab tests to detect and treat causes such as diabetes and high cholesterol; and vetting and replacing medications such as antihistamines and blood pressure drugs that might cause ED. For relationship problems, anxiety or depression, a cognitive behavioral therapist might be recommended and mindfulness meditation might be encouraged to reduce stress.

A weight-loss plan featuring more produce and less meat is typically suggested: men with a 42-inch waist are 50 percent more likely to have ED than men with a 32-inch waist. Some foods like arginine-rich oatmeal and antioxidant-rich pomegranate juice, as well as supplements like DHEA, L-arginine, zinc and panax ginseng have also proven helpful in studies. Effective exercises include Kegels to strengthen pelvic floor muscles, Pilates to build core strength and aerobic workouts to strengthen blood vessels. Just 30 minutes of walking each day was linked to a 41 percent drop in risk for ED, Harvard researchers found.

## PROSTATE CANCER

Prostate cancer affects one in eight men, 60 percent of which are over age 65. African American men get prostate cancer younger, have more severe cases and are twice as likely to die from it. Although it’s not as virulent as most other cancers, it

requires monitoring, sometimes for decades, which compels some men to get serious about diet and exercise. “If you hear you have cancer, the rug is pulled out from underneath you and you feel you’ve lost your locus of control to surgeons and other doctors,” says integrative oncologist Donald Abrams, of the Osher Center for Integrative Medicine at the University of California at San Francisco. “But lifestyle changes are important, useful and have an impact, and they’re something patients themselves have control over and can decide to do.”

**SYMPTOMS:** They may be silent or involve frequent urination, weak or interrupted urine flow, urinary leaking, needing to urinate frequently at night, blood in the urine, erectile dysfunction or discomfort when sitting.

**NEW RESEARCH:** The more faithfully that men with localized prostate cancer followed a Mediterranean diet, the better their disease fared, report University of Texas MD Anderson Cancer Center researchers. Drinking several cups of coffee every day may be linked to a lower risk of developing prostate cancer, suggests a pooled data analysis in the online journal *BMJ Open*. A new urine test for prostate cancer is so accurate it could have eliminated the need for one-third of biopsies in a recent study of 1,500 patients in the *Journal of Urology*.

**INTEGRATIVE APPROACHES:** In a 2018 comprehensive review of prostate cancer studies published in the *Journal of Alternative and Complementary Medicine*, Abrams recommends a plant-based, antioxidant-rich diet that emphasizes cruciferous vegetables, tomatoes, soy, pomegranate, green tea and fish-based omega-3s; limiting meat, sugary drinks and saturated fats; supplementing with vitamin D<sub>3</sub> and omega-3s while avoiding selenium and vitamin E; exercising daily, with yoga and tai chi especially providing mind-body benefits; and using acupuncture to manage the side effects of conventional treatments. To combat the anxiety that can arise during the period between a diagnosis and surgery, Abrams suggests stress-reducing therapies like mindfulness training, reiki and support groups.



A patient receiving NeuroStar transcranial magnetic stimulation therapy.

## DEPRESSION

Up to one-third of men may experience depression, but it’s marked more by bravado than tears. “Rather than appearing sad, men with depression are more likely to react with anger, self-destructive behavior, self-distract, or numbing of pain with substance use, gambling, womanizing and workaholism,” concludes a major University of Michigan study in *JAMA Psychiatry*. Irritability, blowing up at minor annoyances, sudden spells of aggression and risky behaviors are other hallmarks. Men are far less likely than women to seek treatment and four times as likely to die by suicide.

**SYMPTOMS:** Besides anger and irritability, depressed men are more prone to lose weight rather than gain it, become obsessive-compulsive rather than anxious and experience physical problems like headaches, stomach ailments and chronic pain.

**NEW RESEARCH:** Men with moderate to high levels of what Russian researchers call “vital exhaustion”, marked by excessive fatigue, demoralization and irritability, are 16 percent more likely to have a heart attack within 15 years. The risk doubles for men that never married, were divorced or became widowed.

**INTEGRATIVE APPROACHES:** “First, it is important to get a lab screening to rule out low testosterone, vitamin deficiencies, anemia and thyroid problems,” says holistic psychiatrist W. Nate Upshaw, M.D., medical director of NeuroSpaTMS, in Tampa. He also checks for sleep disorders, treats with cognitive behavioral therapy and after getting lab results, suggests such supplements as vitamins B<sub>12</sub>, D<sub>3</sub> and methylfolate. His lab focuses particularly on transcranial magnetic stimulation therapy, which a 2020 Stanford study found to be 90 percent effective in relieving drug-resistant depression. “It restores healthy brain function without medications, and with essentially no side effects,” says Upshaw, adding that the approach is particularly good for men that want to avoid the sexual side effects of antidepressants.

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

## TO LEARN MORE

**INTEGRATIVE CANCER CARE:** A four-part video lecture series by integrative oncologist Donald Abrams, M.D., of the Osher Center for Integrative Medicine at the University of California at San Francisco. [osher.ucsf.edu/patient-care/patient-care-team/donald-abrams](https://osher.ucsf.edu/patient-care/patient-care-team/donald-abrams).

**HEALTH SELF-QUIZ:** Myles Spar, M.D., co-author of *Integrative Men’s Health*, offers a simple quiz that helps identify health problems and proposes integrative strategies. [Tinyurl.com/DrSparHealthQuiz](https://tinyurl.com/DrSparHealthQuiz).



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## Dandelions are North America's Native Medicine

by Gina Saka



**D**andelions are those pretty, little, yellow flowers commonly referred to as “weeds”, which are routinely removed and discarded from lawns across the country. The truth is, dandelions are not weeds at all, but completely edible flowers with powerful medicinal benefits. The plant is native to North America and Eurasia, and has been used as food and medicine for thousands of years. The roots, leaves, stems and flowers all have vitamins and minerals that support a healthy body and mind.

Dandelions contain high levels of vitamins K, C, A and B6 that support a healthy, balanced diet. There's also a significant amount of iron, calcium, magnesium and potassium that help regulate blood pressure and produce healthy, red blood cells. Here are the benefits and uses of each part of this miracle flower:

### Dandelion Roots

Dandelion roots have long been used to treat liver and stomach issues, and today are commonly used to treat heartburn, gastrointestinal disorders, high cholesterol, diabetes and more. They contain bitter compounds that work as a mild laxative to aid with digestion.

**Usage:** Typically, the raw dried or fresh root is brewed into a tea or infusion. Additionally, the root can be made into a poultice and applied topically to ease acne, eczema, rashes and other skin conditions.

### Dandelion Flower

The dandelion flowers contain high levels of polyphenols, which help fight against cardiovascular disease and cancer. Plus, there are tons of antioxidants in addition to vitamin A and B12 content. The flowers can help relieve headaches, muscle cramps and even boost mood. In Korean folklore, they were used as a powerful antidote to skin infections and tuberculosis.

**Usage:** Dandelion flowers, like the roots, can be used in teas and tincture, in addition to infused into syrups, honeys, wines and cordials. Also, the sweet and crunchy flower can be eaten raw, breaded or fried. Even the sap from the stem of the flower can be used topically to treat rough skin, calluses, corns and warts.

### Dandelion Leaves

Dandelion leaves, also known as dandelion greens, are the greens that grow in abundance directly around the flower. They are packed with vitamins, minerals and phyto-

chemicals that help protect vision, control blood sugar, encourage wound healing, protect heart health and prevent certain types of cancer. They're dense in vitamins A, C, K and calcium.

**Usage:** Dandelion greens are popularly used in salads. The taste is a bit earthy and bitter, kind of similar to radicchio. In a salad, they can be consumed raw and slightly massaged to make them more tender with lemon or dressing. Alternatively, the greens can also be sauteed with garlic and oil for a nutritious side to any meal.

Dandelions are a true medicinal flower that grow abundantly here in the USA. If one picks dandelions for consumption, they must be sure that the lawn has not been treated with any fertilizer or toxic chemicals. In addition, they should make sure that they are not allergic to dandelion or dandelion pollen. If unsure, avoid consumption. Teas and poultices, as well as the flowers and greens, can also be found in many health food stores and organic markets.

*Gina Saka is a freelance writer located in San Diego who writes for Natural Awakenings magazine editions across the country. To connect, email [GinaMarieSaka@gmail.com](mailto:GinaMarieSaka@gmail.com).*



# TrueMedX Bioceuticals

**N**atural Awakenings welcomes Cynthia and Chip Paul of TrueMedX Bioceuticals to the magazine. Cynthia is the graphics and web designer at the company, and Chip is the head of research and development.

The Pauls are a husband and wife team, small business owners and leaders in the vanguard of plant medicine here in Oklahoma. They have a special focus on helping patients with autism. They are able to see positive changes in children, parents, caregivers and families due to the research and products they provide. There can be an immediate benefit for consumers, unlike with traditional pharmaceuticals. Their goal is to make natural product formulations available now rather than waiting on traditional clinical trials and more formal development.

Their specialty is modulating the endocannabinoid system (ECS) to achieve desired health or wellness effects. The ECS, as our master regulatory system, is influenced by two things: diet and environment. Their products target dietary needs. They nutritionally engineer specific formulas and create products to specifically deal with imbalances in the body.

Chip is a mathematician by training. He is considered a world expert on the ECS. As the principal investigator with a grant from the University of Mississippi, he has a team of Ph.D.s working under him on this ground-breaking research. This information has been taught only since 2019 at the graduate level.

Clients and consumers who come to TrueMedX are simply looking for relief. This is done by specialty compounding of



ingredients and focused through one-on-one consultations. With their understanding of the ECS, the Pauls are able to recommend a nutritional program with natural products and supplements that can help bring balance back to those looking for natural relief.

They are passionate about finding natural solutions. Families or caregivers of autistic patients, or anyone looking for education about the master regulatory system known as the ECS, can reach out to Chip and Cynthia. Their goal is to help others truly thrive, not just survive.



Location: 7726 N. Owasso Expy., Owasso.  
For more information, call 918-706-3947, email [Info@TrueMedX.com](mailto:Info@TrueMedX.com) or visit [TrueMedX.com](http://TrueMedX.com). Autism parents can book an appointment online at [GnuPharma.com/book-an-appointment](http://GnuPharma.com/book-an-appointment). See ad, page 15.



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# Higher Health Processing

**N**atural Awakenings welcomes Higher Health (H&H)

Processing to the magazine. Their tablets and capsules are all-natural, vegan, celiac-safe, and gluten- and sugar-free.

Their Blossom mushroom capsules contain five varieties of mushrooms along with Full Extract Cannabis Oil (FECO). The tablets are dissolvable sublingually. Along with Blossom Capsules, they also produce Orion Cannabis Tablets.

Brain Hallum is CEO, and Amber Hallum is CFO of Processing at H&H. Their health and wellness specialty is to create natural, vegan, sugar- and gluten-free tablets and capsules for those in Oklahoma who want, and are eligible for, medical marijuana. They have a team of



professionals with more than twenty years of combined experiences with natural plant medicines.

The Hallums chose this profession in order to give the public a natural alternative that can enhance quality of life. Their typical client is looking for help with sleep issues, anxiety and

pain. The Hallums' goal is to help people find happier, healthier alternatives to traditional pharmaceuticals.

Amber is a native Oklahoman and they both graduated from the University of Oklahoma. They are proud Oklahomans and mention that, "not only are our products (Orion Tablets and Blossom Capsules) unique to Oklahoma, they are unique to the world. We have patents pending on both products, too."

When they talk about FECO, they mention that it is also known as RSO—Rick Simpson Oil. Simpson was a pioneer in the early days of medical cannabis research. In 2003, when he was diagnosed with basal cell carcinoma, he created a highly concentrated topical oil that cured his cancer. Even though there are no scientific studies to prove the effectiveness of RSO, there are thousands of patient testimonials from people around the world.

The craft FECO from H&H is a full-spectrum topical and edible oil. It is independently lab tested and certified. They offer it in microdose and full-strength options. When quality of life matters, the Hallums believe we should turn to nature for a lift up.

*Location: 26428 E. Hwy. 125, Afton. For more information, call 866-726-3420, email [Amber@HigherHealthOklahoma.com](mailto:Amber@HigherHealthOklahoma.com) or visit [HigherHealthOklahoma.com](http://HigherHealthOklahoma.com). See ad, page 14.*

WE SUPPORT FAMILIES

## Are you a family impacted by autism?

Autism spectrum disorder now affects 1 in 68 children. Boys are nearly 5 times more likely than girls to be diagnosed with ASD. Autism spectrum disorder is one of the fastest-growing developmental disorders in the United States. ASD is more common than childhood cancer, diabetes and AIDS combined.

Focus for autism by **TRUEMEDX**  
BIOCEUTICALS

"Autism spectrum disorder (ASD) runs a spectrum from attention deficit hyperactivity disorder (ADHD) to severe autism and is characterized by some fundamental issues within the endocannabinoid system. Under the GnuPharma model, these misbalances can be addressed by providing needed regulatory resources to these points of dysregulations."

Focus for Autism is designed to provide missing resources to the endocannabinoid system that might benefit autism and ASD patients. The products range from tincture, tablets, powders, nasal spray, or gummies. Autism has a range and so should the products!

View the full line of Autism products by TrueMedX at:  
<https://truemedx.com/product-category/focus/>



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# Entheogen & Spirituality Conference

## Evolution Through Psychedelic Education

by Tiffany Stuhr and Leticia Pizano

**T**he Entheogen & Spirituality Conference is brought to you by a coalition of non-denominational sister churches and experienced entheogen facilitators and spiritual guides. We empower others to find their divinity from within and heal themselves through sacred ceremonies, entheogens and other alternative modalities. It is our “soul” goal during this conference to share our practical healing experiences so that you may make a more informed decision about using entheogens for self-discovery and healing.

Entheogens are consciousness-altering substances (i.e., psychedelics) used for spiritual and transformational purposes. When used within this context, entheogens can be deeply healing, shifting perceptions, altering stuck behavior and cognition patterning, alleviating depression and anxiety, bringing about spiritual connectedness and awareness, and so much more.

But how do you know if using entheogens for self-transformation is for you? What are the different types of entheogens, and which do you use? How do you use

them safely and with spiritual intention? What can you expect to happen during an entheogen ceremony? How do you find someone you can trust to guide you on such a journey?

This conference is jam-packed with

- Speakers that will educate on assessing your readiness and preparing for your entheogen journey, different entheogens and their uses, along with real-life examples of profound transformational healing from traumas;
- Critical steps for integrating your entheogen experiences for lasting change, and information about how to use other natural non-entheogens to heal yourself;
- Audience participation in breathwork and sound healing sessions for spiritual insight, lowering stress, removing energetic blocks, clearing old patterns, relaxation, improving awareness and focus;

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■ Live demonstrations of hape, an indigenous energetic clearing snuff and sapo/kambo, a detoxifying and purgative frog medicine; and

■ Food trucks and vendors.

## Things to know

■ This is an EDUCATION ONLY event. The possession or use of alcohol or any other mind-altering substances (including cannabis and any other entheogens) is STRICTLY PROHIBITED.

■ This is an outdoor event. Rain or shine.

■ All ages are welcome. Note: Speakers will neither censor nor downplay vulnerable topics, such as abuse and traumas. We speak our truths.

■ This event will be photographed and video recorded for use in future conference and church promotions. By attending, you grant the Entheogen and Spirituality Conference, OneSpirit NAC, and Two Pillars Foundation permission to the rights of any photographs or video recordings of you, without payment or consideration.

■ Tickets are non-refundable.

*Tiffany Stuhr and Leticia Pizano are the co-founders of Two Pillars Foundation, a non-denominational church. Their mission is to assist like-hearted souls in the awakening and embodiment of their full spiritual potential through community outreach, sacred plant medicine ceremonies and services, and ongoing support. Conference location: 19317 Newsom Rd., Newalla. Conference date: June 19. For more information, email [EntheogenSpiritualityConf@gmail.com](mailto:EntheogenSpiritualityConf@gmail.com). See ad, this page.*



## ENTHEOGEN & SPIRITUALITY CONFERENCE

Evolution through Psychedelic Education



## ENTHEOGEN & SPIRITUALITY

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### WHAT TO EXPECT

#### Speaker Topics

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- Breath Work
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#### Live Demonstrations

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# Men's Health

## Are Toxins Killing Your Sex Drive?

by Dori Abbott

“It’s like shooting darts with a piece of cooked spaghetti...” That’s how one patient recently described his struggles with erectile dysfunction. He is not alone. According to Viagra’s maker, Pfizer, nine tablets are sold every second, and six million doctors have written prescriptions for 20 million men with this condition. In the United States alone, prescriptions for Viagra have tripled in the last decade.

Long-term exposure to hormone-disrupting chemicals, however, can make it... well we could say *hard* to feel like a man, but let’s just say they create unnecessary challenges. Toxic chemicals in common products cause some men to carry excess estrogen, resulting in obesity and “man boobs”, loss of body hair, bloating, feeling exhausted, brain fog, irritability and, of course, erectile dysfunction.

### Microplastics

Most plastic products, like water bottles, leftover containers and food wraps, release chemicals that act like the sex hormone estrogen, according to a study in *Environ-*



*mental Health Perspectives*. We ingest about five grams of plastic every week—a spoonful that weighs about as much as a bottle cap. And after 10 years, we each consume over five pounds of plastic—the equivalent of a standard life buoy. How much over the course of our lifetime? About 44 pounds total. These microplastics disrupt hormones (our chemical messengers) and turn to estrogen in the body.



### Hand Sanitizers

While triclosan (the active ingredient in most hand sanitizers) has yet to be classified as a confirmed human carcinogen, scientists have suggested potential links to hormone-related cancers such as prostate cancer. As an endocrine disruptor, triclosan interferes with the body’s normal hormone systems—sometimes with deadly effects. Research shows that triclosan can be easily stored up by our bodies over time. A 2016 study uncovered that triclosan was found in both water supplies and in humans—in blood, urine, breast milk and even fingernails.

### Glyphosate

Anyone not eating grass-fed meat and organic produce and dairy is likely consuming a lot of this chemical commonly known as RoundUp—the same RoundUp used to kill weeds in the yard or grass in the driveway. It is sprayed on grains and grasses as they are harvested, and it has been shown to disrupt hormones and destroy liver tissue.



### Environmental Toxins

Naturally occurring, but hormone-disrupting, toxins like lead, mercury, radon, formaldehyde, benzene and cadmium are everywhere—in our drinking water, topsoil and even in our homes. Testing for these toxins may be appropriate for many of us.

Endocrine disruptors (EDs) are interesting chemicals because they can mimic hormones. In doing so, they can bind hormone receptors and create a powerful response, *even more powerful than the original hormone*; create a less powerful response than the original hormone; or create a totally different response than the original hormone. In the end, EDs (endocrine disruptors) can contribute to ED (erectile dysfunction), and ain’t nobody got time for that!

*Dori Abbott, Ph.D., of Prairie Hills Health, in Jenks, offers testing and treatment for a variety of disorders and diseases, including hormonal imbalances, Lyme disease, parasites, heavy metal and environmental toxins. With the largest homeopathic pharmacy in Oklahoma, she also offers laser treatments, thermography and bioenergetic body scanning. Location: 715 W. Main St., Ste. M, Jenks. For more information about testing and treatment, call 918-701-0190.*





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## Monthly Business Highlight - Magic Tree Yoga

Magic Tree Yoga is an eclectic studio tucked in the back of the Velvet Monkey Salon at the Plaza. They offer a wide variety of special dance & yoga modalities for beginners, intermediate and advanced alike. You will enjoy Hula Hoops, Aerial Silk Technique, Aerial Yoga, Aerial Hammock, Dance Choreography, Lyra, Pole Dance, Flexability and Kids Aerial Silk. The staff is friendly, gentle and knowledgeable. Minimum donation of \$10-\$15 per class. Bring a mask, water, yoga mat and stretchy well fitted clothing.

1701 NW 16th St, Okc - (405) 406-2024 - [Facebook.com/MagicTreeArtists](https://Facebook.com/MagicTreeArtists)



# Vegan Road-Tripping

## Travel Tips for Plant-Based Eaters

by Carol Sanders

To maximize health and minimize our impact on the planet, a whole-food, plant-based diet reigns supreme. Cooking at home ensures quality-controlled ingredients, but when traveling, extra measures are needed to enjoy healthy options while avoiding the allure of diet-busting, processed foods. The key to success is a combination of planning and resolve.



Much can be done before the trip begins. Research the destination and road trip stops, says Julieanna Hever, registered dietitian and author of *Plant-Based Nutrition (Idiot's Guides)*. She recommends reviewing online menus, calling ahead to clarify options and using apps like *Yelp.com* and *HappyCow.net* to scout for restaurants and grocery stores. Her favorite places are Thai and Mexican eateries, as well as steakhouses for their plant-based side dishes. Upon arrival at her destination, she hits a grocery store to stock up on fresh fruits and veggies.

"We live in an extremely difficult food environment, with a lot of triggers and inputs that don't go away even if you've been eating a healthy diet for a long time," says Micaela Karlsen, Ph.D., senior director of research at the American College of Lifestyle Medicine and author of *A Plant-Based Life*. "For people that are transitioning into this new lifestyle, the highly refined foods they are used to eating are kind of low-grade addictive substances

and what researchers call hyper-palatable foods like added fat, sugar and salt that stimulate the brain in a similar way as addictive drugs like cocaine or alcohol, so it's really a process of withdrawal for people initially."

To combat the temptations, especially when away from home, Hever advises writing down and clearly understanding dietary goals and the reasons for eating this way. "I work with people that are very sick and with elite athletes. Their goals may be different from everyday people that want to have a vacation," she says. "Do you want to have another heart attack or reactivate your diabetes? No. Are you totally healthy and consciously deciding to splurge once in a while? That can totally fit into a healthy lifestyle. What matters most is choosing to eat whole food, plant-based foods most of the time."

Karlsen recommends always carrying snacks. "Don't let yourself get too hungry or too tired, because when people are extra hungry or run-down, the reward experience of eating goes up and willpower goes down," she explains, adding that dried fruit, nuts, rice cakes, individually packaged nut butter and fresh fruits are good portable snacks to carry. At the hotel, microwaveable popcorn, as well as oats and shelf-stable, single-portion almond or soy milk, will help stave off the munchies.

"I love granola, not only for breakfast, but also as a snack in the mid-afternoon," Karlsen says. "Most store-bought granola, however, is akin to food crime. Oats are whole, healthy and cheap, but once oil, sugar and other stuff are added, the commercial product is high in fat, way too sweet and really expensive. The first time I made granola myself, I was amazed at how I didn't even notice that the oil and sugar weren't there. It was delicious and so satisfying."

According to both experts, a cooler in the car or a refrigerator at the destination hotel expands the kinds of home-prepared foods that can accompany travelers, including hummus spread over crudites or sprouted, whole-grain crackers, as well as any kind of leftover dishes. They both

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tout the convenience and tastiness of nori rolls—a wide variety of ingredients wrapped in a sheet of dried seaweed. Among Karlson's favorite nori fillings are tempeh baked with tamari and a little maple syrup, topped with tomato and kale; peanut butter and pickles; avocado rubbed with umeboshi plum vinegar; and sweet potato, avocado, red pepper and thinly sliced carrots.

"Food is intertwined in our culture with entertainment, but thinking about food that way doesn't really serve our biological potential for wellness," says Karlson. "People are so accustomed to these highly rewarding, intense foods like buffalo wings, pizza or chocolate cake that they actually don't know what it feels like to enjoy something that's simple and unrefined. There's a lot of enjoyment in healthy eating. The longer you do it, the more it becomes enjoyable."

*Carol Sanders is a professional writer and can be reached at [GoodEyePress@gmail.com](mailto:GoodEyePress@gmail.com).*

## Japanese Noritos

- 2 sheets nori
- 1 tsp low-sodium miso paste
- ¼ cup cooked brown rice
- ½ small Persian cucumber, julienned
- 1 ½ Tbsp shredded carrots (chard, dandelion greens, kale and/or spinach)
- 1 tsp low-sodium tamari
- 1 tsp sesame seeds

Place nori sheets on a flat surface. Gently and evenly place miso paste on half of each nori sheet. Add brown rice, Persian cucumber and shredded carrots on top of miso paste. Drizzle with tamari and lightly sprinkle sesame seeds over top. Tightly roll the nori sheets like a burrito from ingredient-filled side.

Slice into pieces to make them easier to eat.

*Courtesy of Julieanna Hever. For more information, visit [PlantBasedDietitian.com](http://PlantBasedDietitian.com).*



## Almond Cinnamon Granola

- 1 12-oz jar unsweetened applesauce
- 10 dates, pitted
- 1 Tbsp vanilla extract
- 1 tsp cinnamon
- 6 cups plus 2 Tbsp thick rolled oats
- 1 cup sliced raw almonds (optional)
- 1 cup raisins (optional)

Blend the applesauce, dates, vanilla, cinnamon and 2 tablespoons of oats in a blender until smooth. In a large bowl, combine the applesauce mixture with the remaining oats. Spread mixture evenly onto dehydrator racks or baking sheets. Cook in a dehydrator set on high (160° F) for 7 to 8 hours or in an oven set at 225° F for 1½ hours until slightly brown and crunchy. If using an oven, make sure to break up the granola and turn it every 15 minutes to ensure even cooking. Once cooked, add almonds and raisins, if desired.

*Courtesy of Micaela Karlson.*



## Chocolate Chip Pumpkin Muffins

- 1 medium banana, mashed
- 15-oz can sweet pumpkin puree
- ¼ cup 100 percent pure maple syrup
- 1 tsp vanilla extract
- 2 cups gluten-free, all-purpose, whole-grain flour blend
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground ginger
- 1 cup dairy-free chocolate chips (grain-sweetened)

Preheat oven to 375° F. In a large bowl, combine mashed banana, pumpkin puree, maple syrup and vanilla. In a small bowl, combine flour, baking soda, baking powder, salt, cinnamon, nutmeg and ginger. Transfer dry mixture to large bowl and mix together gently until well combined. Avoid over-mixing to prevent toughness in the final product. Fold in chocolate chips. Spoon batter into silicon muffin cups and bake for 20 minutes or until the muffins are lightly browned. Remove muffins from the oven and let cool for five minutes. Store in an airtight container.

*Courtesy of Julieanna Hever. For more information, visit [PlantBasedDietitian.com](http://PlantBasedDietitian.com).*



ke magoon/AdobeStock.com

# Create a Dog-Friendly Yard

## Plants, Paths and Play Areas to Wag a Tail

by Karen Shaw Becker

**B**ackyards can be sanctuaries, filled with gardens and landscaping. For homeowners with dogs, consider “dog-scaping”. It’s a term coined by landscape designer Maureen Gilmer of Palm Springs, California, who wrote the e-book *The Dog-Scaped Yard*. Gilmer points out that nobody asks Fido his opinion on how to landscape the yard, “yet he spends more time there than anyone else.”

The yard should be a safe and secure place for the family dog, so fencing may be necessary to give ample room to roam. Lawn chemicals on grass are linked to cancer in dogs, so those are best avoided.

Some people choose to go beyond grass to create a rich environment for the dog to explore. Gilmer recommends planting a meadow, complete with tall grasses and perennials, where the prized pet can investigate the terrain. Low troughs of wheat grass are good for a dog to nibble on and may discourage him from chewing on ornamental flowers and plants. Some dogs also enjoy rose hips from *Rosa rugosa* plants.

### Flea-Repelling Herbs

Many herbs were once known as “fleabane” because they could repel fleas. Plant a fleabane garden to discourage these pests from moving in and finding the dogs. “When my dog Dot rubs against them, I can smell the aromatic oils on her fur,” Gilmer notes.

Suitable plants for this garden include pennyroyal (*Mentha pulegium*), wormwood (*Artemisia absinthium*), tansy (*Tanacetum vulgare*), fleawort (*Erigeron canadense*), rosemary (*Rosmarinus officinalis*), sweet bay (*Laurus nobilis*) and eucalyptus. The plants can also be dried and added to a dog’s bedding for a more natural flea repellent.

When choosing the best locations for herbs and flowers, consider keeping about 18 inches around the border of the yard free from plants. Because dogs regularly tend to patrol the boundary of their territory, any plants on this trail may get trampled.

### Provide Thoughtful Areas for the Dog

Dogs love to dig, but if it has become a problem, it could be because the dog is trying to uncover a cool spot to rest. Gilmer recommends being proactive by digging a shallow pit where a dog can comfortably fit in a shady spot. Line it with sand to prevent it from turning into a mud pit and keep it damp. In warm weather, a dog can retreat to this cooling-off spot.

A plastic kiddie pool can be a welcome addition for dogs to escape the summer heat. To incorporate it into the landscape, dig out an area and set it into the ground.

Another thoughtful addition is a post where a dog can mark his territory to his heart’s content. A large piece of driftwood or an upright log works well for this purpose. Logs are also useful as borders along planted areas where the dog is meant to stay out.

Pathways for the dog to run through are also important, as dogs will create their own routes if they are allowed to. Turn the walkways into proper paths by widening them to three feet. Consider creating a designated area in the yard for the dog to relieve himself.

When planting flowerbeds, put sturdier plants such as ornamental grasses at the edge, while putting more fragile plants in the middle, where a dog is less likely to run over them. Choose plants that are sturdy, but soft, without thorns or spines that could scrape a pet.

A doggy play area will also be much appreciated by a pup. Define it by using logs or stone blocks, then set out a few of the dog’s favorite toys for him to discover. For dogs that like to dig, teaching him that this is his play spot where it’s acceptable can save the gardens. Many four-legged diggers enjoy having a sand pit or designated dig spot where they can express this natural behavior.

By paying careful attention to the plants and features in the yard, the perfect pet-friendly environment can be created.

*Veterinarian Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals. Learn more at [DrKarenBecker.com](http://DrKarenBecker.com).*





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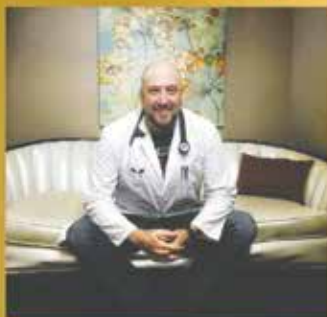
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# The Fit Gardener

## Backyard Workouts Good for Mind and Body

by Marlaina Donato



**B**oth gardeners and researchers know that tilling the soil can lower stress and uplift the mood, and gardening can also foster fitness, burn calories and support heart health. By offering an opportunity for moderate intensity exercise, it provides a challenging workout with aerobic benefits. According to the U.S. Centers for Disease Control and Prevention, light yardwork can help burn 330 calories an hour, so using a trowel, pruning bushes and putting down some mulch can go a long way toward realizing this benefit. Heavy yard work, like hauling buckets of dirt and moving rocks, burns 440 calories an hour.

Time spent in the garden can be a dynamic fitness investment, whether it's for 10 minutes or two hours. "Gardening is a full-body workout that uses every muscle. There's bending and squatting, carrying and lifting, digging, walking and reaching high," says Pollyanna Hale, the British author of *The Fit Mum Formula*. "Another benefit to gardening is that you can go at your own pace."

### Power Up Outside

Staying active fortifies the immune system, and gardening provides a way to work out while working the earth. Cynthia Miller, a seasoned bodyworker and passionate gardener for 30 years in East Stroudsburg, Pennsylvania, attests to the fitness challenge. "Gardening can involve many forms of physical activity, including carrying plants, hoeing, shoveling, lugging buckets of compost, pulling weeds, bending, kneeling and constantly getting up and down. Initially, in the spring, there may



be a lot more intense physical labor involved to get a garden started, especially if you need to break ground. Keeping up with the weeding can be a good workout in and of itself.”

Hale emphasizes working within the scope of our personal fitness level and taking advantage of outdoor perks. “The fresh air and sunshine you get in your garden are benefits not found in a sweaty gym,” she says. “Many people are deficient in vitamin D, which we get primarily from sun exposure. Even if it’s cloudy outside, you’ll still be getting some benefits.”

## Aerobic Gardening

With mindfulness, gardening can be a self-paced power workout, especially when muscle groups are treated equally. “Incorporate some stretches when you’re raking and cleaning up before your session. Engage your core and pull your abs in tight during your movements,” recommends Chicago-based Stephanie Mansour, host of the weekly national PBS health and fitness show *Step It Up with Steph*.

Mansour highlights the power of raking and underscores that any gardening session can become more aerobic by adding quicker movements. “Move quickly with your upper body to get in cardio. Moving faster will get your heart rate going and will help you burn calories. Another strategy to incorporate cardio into your gardening is to encourage yourself to stand up after each flower you plant or run in place for 10 seconds with each task completion.”

## Yoga in the Garden

Incorporating some asanas adds another dimension to garden fitness, offsetting potential bodily discomforts from hours of work. A yoga mat can be used outside to protect from wet or muddy ground. “Additionally, you may find yourself in uncomfortable positions while gardening. Kneeling or squatting can cause aches and pains,” explains Mansour. “I suggest transforming these positions into yoga movements. You can garden in a modified low lunge position, with one leg behind you and the other foot forward, resting on the knee of your back leg while getting a hip flexor stretch in the front leg. While on your knees, put one leg out to the side so that you’re resting just on one knee and stretching the inner thigh and hamstring of your extended leg.”

Depending upon climate and personal ambition, garden workouts can nourish in other ways, as well. “Once you feel the physical and mental benefits of an hour outside in nature, you’ll wonder why you didn’t do it more often,” says Hale.

Miller agrees. “There is nothing like getting your hands in the soil to literally ground you. Nature calms our nervous systems. Watching the tiny seeds you planted burst forth and grow into something you can harvest is a miracle like none other.”

*Marlaina Donato is a body-mind-spirit author and recording artist. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*



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# Beat the Blues Naturally

## Drug-Free Ways to Treat Depression

by Julie Peterson



Lack of interest, low energy, changes in weight, difficulty concentrating and feelings of worthlessness are some of the symptoms that can occur in varying degrees with depression. According to the National Institute of Mental Health, an estimated 17.3 million adults in the U.S. experienced at least one major depressive episode in 2017. With the pandemic, the rate tripled, with 27.8 percent of adults reporting symptoms, according to a September 2020 study published in *JAMA Network Open*.

Mainstream medical doctors typically prescribe antidepressant drugs, but the plethora of adverse effects such as anxiety, digestive disturbances, headaches, weight gain and sexual dysfunction can cause additional woes. In addition, efficacy is in question. In *The*

*Emperor's New Drugs: Exploding the Antidepressant Myth*, Irving Kirsch, Ph.D., professor of psychology at the UK University of Hull, declares, "The belief that antidepressants can cure depression chemically is simply wrong."

Antidepressants may merely mask symptoms. "Covering over symptoms is a missed opportunity to resolve the root cause of the problem," says Manhattan-based holistic psychiatrist Kelly Brogan, author of *A Mind of Your Own* and co-editor of the textbook *Integrative Therapies for Depression*.

Further, because many depressed people do not receive treatment due to financial, cultural or personal reasons, effective alternative therapies are necessary for improving public health.



## Nature's Medicine

Before starting any treatment, it's important to verify that depression exists and rule out potential conditions like nutritional deficiencies, low thyroid function, food allergies or other issues.

Many people find that herbs provide gentler action and fewer adverse effects than conventional antidepressants. Even some conventional health practitioners are beginning to get on board. Women's health expert Nicole Galan, RN, wrote in a 2019 article in *Medical News Today*, "Medications and counseling are conventional ways to alleviate the symptoms of depression. However, some herbs and supplements may also help."

Common herbs include St. John's wort (*Hypericum perforatum*), which has been shown to work about the same as antidepressants for mild and moderate depression; American ginseng (*Panax quinquefolius*) and Asian ginseng (*Panax ginseng*), which improve mental clarity and energy, and reduce the effects of stress; and saffron (*Crocus sativus*), which is safe and effective, although expensive. While herbal medicines are available over the counter, it's important to consult with a doctor or herbalist, as some are not safe in conjunction with other medications or during pregnancy.

Homeopathic remedies are more complex, personalized and diluted, but have no contraindications. Lone Pedersen, a certified classical homeopath in Seattle, says that homeopathy treatments are "gentle, safe, non-toxic and side-effect free."

## Clean Food Improves Mood

Several studies have found that eating a poor-quality diet high in processed meat, sweets, fried food, refined cereals and high-fat dairy leads to a higher likelihood of depression. "The single greatest thing anyone can do for their health is to eat whole foods, including organic vegetables, fruits, high-quality proteins, whole grains and healthy fats," says Dorothy Calimeris, an author and wellness coach in Oakland, whose cookbooks promote anti-inflammatory diets for optimal health.

Inflammation has been linked to numerous health issues, including depression. To start an anti-inflammatory diet, eliminate

foods that commonly trigger inflammation, starting with gluten, soy, corn and the biggest culprit of all, sugar. A 2019 study by University of Kansas researchers and other studies indicate that sugar itself is a trigger for mental health issues.

Don't forget about the "food" the skin absorbs. Switching to organic body care and home cleaning products minimizes exposure to biology-disrupting toxins that have been linked to depression.

## Set the Endorphins Free

Many studies have shown that exercise reduces the symptoms of depression. Extra boosts come from getting outside to increase levels of vitamin D and exercising with a friend to enhance social support. Just 20 to 30 minutes of activity several times each week improves well-being. The

best news is that any movement helps—walking, tai chi, gardening, dancing—anything that feels good.

"Taking a yoga class helps to relieve depression by increasing focus and attention, releasing endorphins and oxytocin, stretching the body, relaxing tension, creating community and adjusting breathing patterns," says Rose Kress, owner and director of LifeForce Yoga Institute, in Lebanon, Oregon, and author of *Awakening Your Inner Radiance with LifeForce Yoga*. She recommends determining one enjoyable pose and practicing it every day: "Five minutes a day is enough to make a change."

*Julie Peterson writes about wellness and environmental issues and has contributed to Natural Awakenings for more than a decade.*

## Next Steps

"Mental health requires the 'whole enchilada,' as the saying goes. Bring it all in! I use crystals, music, meditation, chanting, massage, painting, images, vitamins, essential oils, prayer, food, exercise, nature, friends and psychotherapy to remind me that I am already whole. Yoga is just one ingredient in the enchilada of mental health," says Rose Kress, owner and director of the LifeForce Yoga Institute, in Lebanon, Oregon, and author of *Awakening Your Inner Radiance with LifeForce Yoga*. "If it brings you a sense of ease around your feelings of depression, use it. If you are not sure, ask your support network for help."

Psychologists, support groups and counselors can be found through the Anxiety and Depression Association of America or by calling 1-800-662-HELP (4357), the national helpline of the U.S. Substance Abuse and Mental Health Services Administration. Both are free, confidential referral and information services.

Depression can become severe and warrant intervention. If someone is suicidal, stay with them and contact the National Suicide Prevention Lifeline at 1-800-273-8255, a 24/7 national network of local crisis centers, providing free and confidential emotional support to people in emotional distress.

Alternative modalities for depression could fill volumes, and they have. Check these out for more information:

- *Eat to Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks*, by Drew Ramsey, M.D.
- *Ayurveda for Depression: An Integrative Approach to Restoring Balance and Reclaiming Your Health*, by L. Eduardo Cardona-Sanclemente
- *How Come They're Happy and I'm Not?: The Complete Natural Program for Healing Depression for Good*, by Peter Bongiorno, ND
- *How to Heal Yourself from Depression When No One Else Can: A Self-Guided Program to Stop Feeling Like Sh\*t*, by Amy B. Scher
- *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga*, by Amy Weintraub

"While it may take dedication to embody the peace you seek, the glimpse of that peace can be enough to fuel you through the times you want to give up," adds Kress.

## calendar of events

### PLANS CHANGE - CALL AHEAD

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



#### TUESDAY, JUNE 8

**Tulsa Chautauqua: 20th Century Visionaries** – 6/8-6/12, 7pm. This thought-provoking program offers multiple days of workshops, living history events and nightly entertainment. Talented scholars will deliver entertaining, insightful and educational historical presentations and workshops. Attendees frequently bring brown bag lunches to enjoy during breaks. Each night, a different scholar will give a presentation in character followed by a Q&A session from the audience, first in character, then as a scholar. Free. Tulsa Historical Society & Museum, 2445 S Peoria Ave, Tulsa. 918-549-7492. TulsaChautauqua.org.

#### FRIDAY, JUNE 11

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

#### SUNDAY, JUNE 13

**Live from the Lawn: OKC Philharmonic & Home Spun Featuring Kylie Morgan OKC** – 7:30pm. Live music under the stars. Music fans are invited to bring out blankets, picnics and camping chairs to delight in a great and varied lineup of music from local, regional and national touring musicians. Free. Love's Travel Stops Stage and Great Lawn. Scissortail Park, 300 SW 7th St, OKC. 405-445-7080. ScissortailPark.org.

#### SATURDAY, JUNE 19

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#### SATURDAY, JUNE 19

**Conference - Entheogen & Spirituality - Evolution through Psychedelic Education** – 8am-8pm. Entheogens are consciousness-altering substances used for spiritual and transformational purposes. Speakers at this educational conference will discuss personal readiness and preparation for entheogenic journeys. Attendees will learn about different entheogens and their uses and will hear real-life examples of profound transformational healing from traumas, the critical step of integrating your entheogen experiences for lasting change, how to use other natural non-entheogens to heal yourself and so much more. \$30/early bird online; \$40/regular admission. Newalla. Facebook.com/EntheogenSpiritualityConf. See ad, page 17.

**Native Indian Taco and Arts & Crafts Sale (drive-thru only) OKC** – 11am-7pm. Pull up to the Indian Taco & Native American Arts and Crafts Sale in Oklahoma City. This modified drive-thru event invites guests to feast on delicious Indian tacos stuffed with meat, lettuce, cheese, tomatoes, onion and sour cream, or enjoy juicy Pow Wow burgers. Church of the Open Arms UCC, 3131 N Pennsylvania Ave, OKC. 405-213-9862. Facebook.com/OklahomaCityPowWowClub.

#### SUNDAY, JUNE 20

**Family Builders' Father's Day Event OKC** – 11am-3pm. Family Builders will be hosting a free,

fun-filled festival at Scissortail Park celebrating the awesome fathers in our lives. There will be food, games and many more activities for Dad and the entire family to enjoy. Free. Love's Travel Stops Stage and Great Lawn. Scissortail Park, 300 SW 7th St, OKC. 405-445-7080. ScissortailPark.org.

#### TUESDAY, JUNE 22

**Festival of the Arts OKC** – 6/22-6/27. Six days of spring fun. The Festival of the Arts is a community celebration of the visual, performing and culinary arts, bringing a variety of talented artists together in downtown OKC. Free. Bicentennial Park, 500 Couch Dr, OKC. 405-270-4848. ArtsCouncilOkc.com/Festival-Of-The-Arts.

#### FRIDAY, JUNE 25

**OKC Pride Alliance Parade and Festival** – The festival will be 6/25-6/27, beginning Fri, 4pm. The Pride Parade through the Arts District will be 6/26, Sat, 10am. This historic event will encompass music, film and art in a way the state has never seen before. Elements of the festival will also be presented in a virtual format for those who aren't comfortable attending the in-person events. Free. Love's Travel Stops Stage and Great Lawn. Scissortail Park, 300 SW 7th St, OKC. 405-445-7080. ScissortailPark.org and OkcPrideAlliance.org/AllianceParade.

**Tulsa Pride Festival** – 6/25-6/26. This free event for all ages features live music, food, various vendors in a marketplace setting, a children's zone and much more. On Friday, participate in or enjoy watching the Rainbow Run. On Saturday at 6pm, the Tulsa Pride Parade will feature everything from floats to decorated vehicles. The Parade begins at 13th and Boston, goes north on Boston Avenue to 4th Street, and then east on 4th Street to the Tulsa Pride Celebration at the Dennis R. Neill Equality Center. Afterwards, enjoy a celebration full of live entertainment and festival fun. Free. Dennis R Neill Equality Center, 621 E 4th St, Tulsa. 918-743-4297. Okeq.org/Tulsa-Pride.

#### SATURDAY, JUNE 26

**Caribbean Vibes – A Reggae Carnival Tulsa** – Time TBA. Bring an island state of mind to Tulsa with Caribbean Vibes – A Reggae Carnival! Catch tropical waves with a weekend packed full of live dancing, Caribbean music, food and more dancing. Enjoy a calypso-inspired reggae carnival with unique vibes only found here. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

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### OPPORTUNITIES

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

### RESEARCH PARTICIPANTS WANTED

- Have you had an NDE – a Near Death Experience? Have you had an ADC – an After Death Communication? Doctoral student seeks research participants. If you are willing to discuss your experience, please contact our office to be connected to ongoing research. Email [Publisher@NAOklahoma.com](mailto:Publisher@NAOklahoma.com) or call Shanna at 918-805-0546. All information remains confidential.

**STYLIST NEEDED** – Busy OKC salon looking for full-time booth rental hair stylist. Sustain Salon is dedicated to Earth-conscious practices, recycling 95% of their waste while providing high-end hair services. Located in the Metro Park neighborhood. Call or text 405-208-8068..

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### SERVICES

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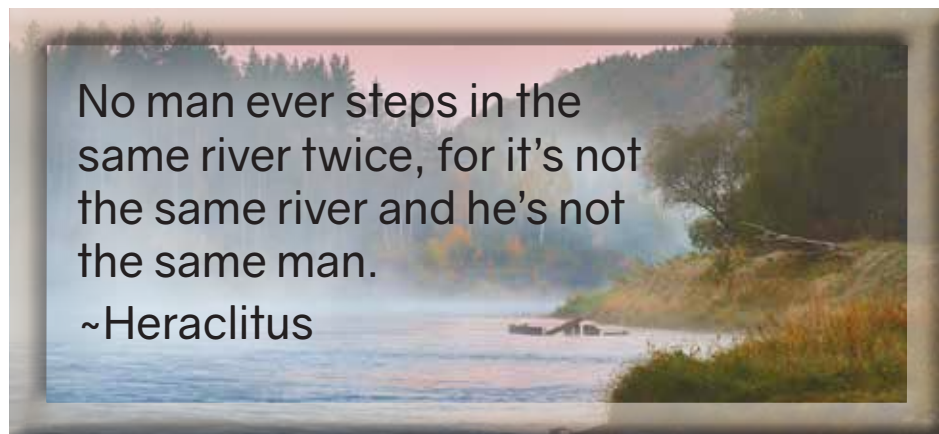
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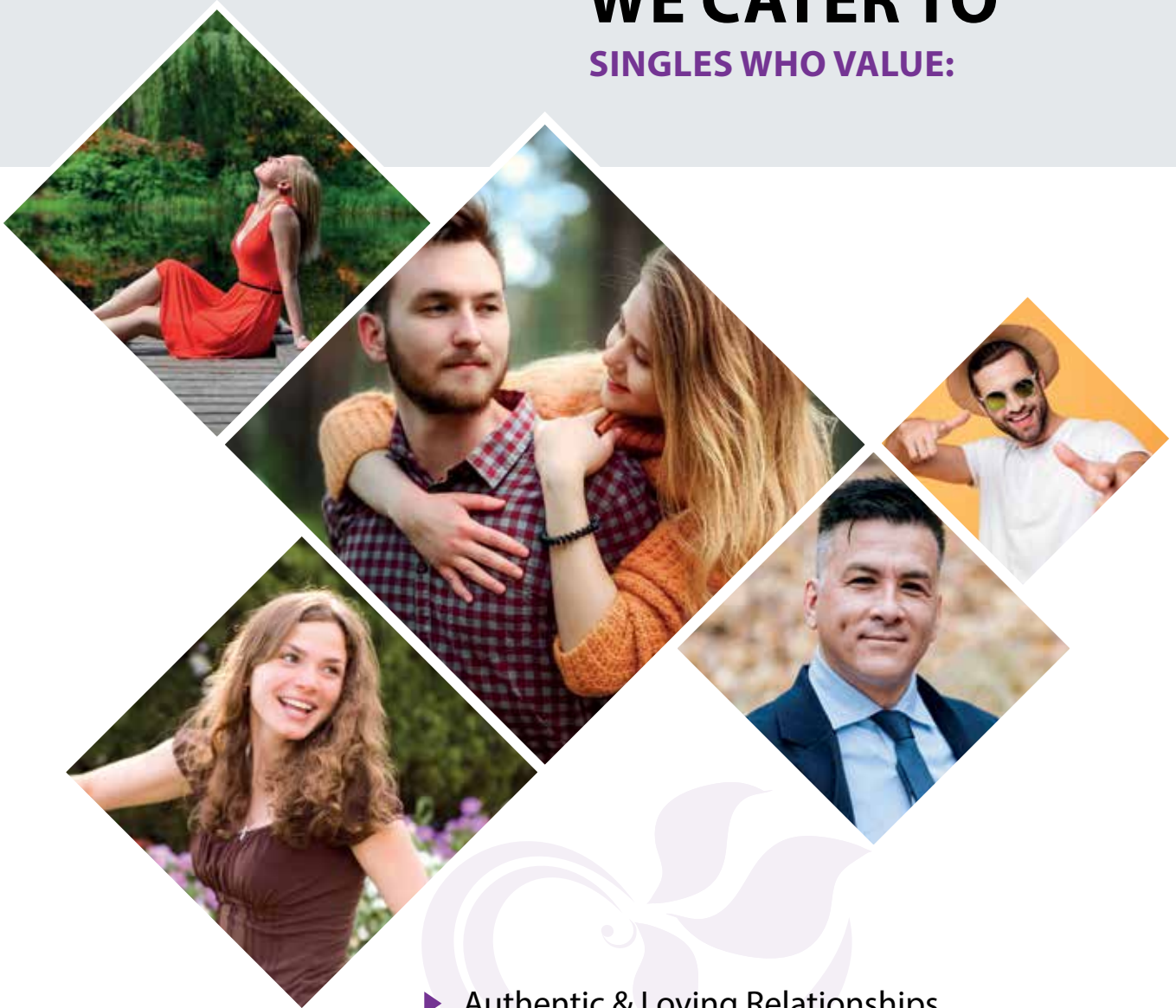


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## ongoing events



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## various

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

**Tulsa Farmers' Market Tulsa** – Every Wed and Sat, 7:30-11am. More than 75 Oklahoma Grown-certified vendors from across Eastern Oklahoma. Free. Kendall Whittier neighborhood. Admiral & Lewis, Tulsa. 918-633-1934. [TulsaFarmersMarket.org](http://TulsaFarmersMarket.org).

## sunday

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

## wednesday

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

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

## thursday

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

**Kendall Whittier After Five Tulsa** – 5pm. Featuring an exciting lineup of music, community and fun on Thursday evenings. Enjoy a safe, outdoor concert and entertainment in downtown Tulsa during this all-ages event. Free. Lewis Ave and Admiral Blvd, Tulsa. 918-633-1934. [VisitKendallWhittier.com/Afterfive](http://VisitKendallWhittier.com/Afterfive).

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

**Zumba in the Gardens OKC** – 5:45pm. 3rd Thur. The very popular Evelin Pino will be the instructor from the YMCA. This class combines Latin and international music with a fun and effective workout system. Free. Devon Lawn, Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. [MyriadGardens.org](http://MyriadGardens.org).

## friday

**First Friday Art Crawl Tulsa** – 6-9pm. 1st Fri. Visitors can explore artwork inside galleries, studios and museums and catch a few live music performances or even an exciting fireworks display. As an added bonus, art crawlers can take advantage of free museum and gallery admission while shop-

ping later than normal business hours would allow. Free. Northern section of downtown. 918-492-7477. [TheTulsaArtsDistrict.org](http://TheTulsaArtsDistrict.org).

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

**Norman Art Walk 2nd Friday** – 6-9pm. 2nd Fri. Norman Arts Council is excited to announce the return of in-person 2nd Friday Art Walks. Free. Downtown Norman. 405-360-1162. [2ndFridayNorman.com](http://2ndFridayNorman.com).

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

## saturday

**Adult Birding Walk OKC** – 8-9:30am. 2nd Sat. These walks in Martin Park offer adults the opportunity to go birding and socialize with other birders in the quiet hours of the morning. No binoculars needed. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. [Okc.gov](http://Okc.gov).

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

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

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

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

**Explore the Flora Tulsa** – 10:30am-noon. 4th Sat. Come out and explore the beautiful Oxley flora. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. [OxleyNatureCenter.org](http://OxleyNatureCenter.org).



## community resource guide

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

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combines depth and subtlety to amplify the health in every system. *See ad, page 9.*

### BOOK STORE

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[GardnersBooks.com](http://GardnersBooks.com)

Gardner's buys, sells and trades almost every imaginable form of media, from books, dvds, and video games to vinyl records. Bring the items you're finished with in for trade credit and get your pick of all of their merchandise for next to nothing.

#### PEACE OF MIND BOOKS

1401 E 15th St, Tulsa  
918-583-1090  
[PomBookStore.com](http://PomBookStore.com)

Books, herbs, incense, jewelry, gifts and more are available. One of the nation's largest collections of conscious living and metaphysical books. They also carry over 175 different herbs as well as stones, crystals, runes, tarot cards and other wonderful gift items.

### COMPOUNDING DISPENSARY

#### TRUEMEDX

7726 N Owasso Expy, Owasso  
Chip and Cynthia Paul: 918-949-6699  
Store: 918-443-7041 • [TrueMedX.com](http://TrueMedX.com)



TrueMedX uses the patented science of GnuPharma Corp

to produce natural products targeting common human conditions. With autism, our specifically targeted formulations address dysregulations autistic people have within the endocannabinoid system. Some of our formulas are CBD-based. Others contain NO cannabinoids, based instead on herbal and natural ingredients. While autism will likely never be "cured", conditions that arise from autism can be treatable. Our therapeutic formulations have been life-changing for many. *See ad, page xx.*

### DENTIST - HOLISTIC

#### HEALTHY ROOTS DENTISTRY

John Garrett, DDS  
6128 E 61st St, Tulsa  
918-982-6644  
[HealthyRootsTulsa.com](http://HealthyRootsTulsa.com)



Enhancing health through comprehensive dental care. Holistic dental care examines the relationship between oral health and the entire body. Mercury-safe and fluoride-free, also offering non-metal crowns and fillings. Laser treatments for pediatric and adult patients. Call for an appointment. *See ad, page 9.*



#### PROUD TO SERVE DENTISTRY

Audrey May-Jones, DDS  
6401 N Interstate Dr, Ste 156, Norman  
405-256-4325  
[ProudToServeFamilyDentistry.com](http://ProudToServeFamilyDentistry.com)



CentralOklahoma's home for holistic and biological dentistry. With

safe mercury amalgam removal techniques, BPA-free tooth-colored restorations and ceramic implants. Featuring the HealthyStart Appliance system and Vivos Life method for treating sleep apnea and underdeveloped jaws. *See ad, page 6.*

### FUNCTIONAL MEDICINE

#### AGING GRACEFULLY

Michelle McElroy, DO  
715 W Main, Ste K, Jenks  
[AgingGracefully.co](http://AgingGracefully.co)



Discover a natural approach to your health. Aging Gracefully was

founded more than 15 years ago by Dr. Michelle McElroy, an OB/GYN and functional medicine physician with more than 20 years of medical experience. *See ad, page 23.*

### MASSAGE

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

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



Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. *See ad, Body Works page 19.*

### MASSAGE - CLINIC/SCHOOL

#### LIKEMINDED THERAPIES

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



Holistic massage clinic and school. Offering classes and massage therapy, corrective bodywork, yoga, meditation, sound/light therapy, GNM consultations, aromatherapy and energy healing. Call to schedule treatments with student practitioners and licensed professionals. *See ad, page 29 and Body Works page 19.*



Rest is not idleness, and to lie sometimes on the grass on a summer day  
listening to the murmur of water, or watching the clouds float across  
the sky, is hardly a waste of time.

~John Lubbock



## MEDICAL MARIJUANA

### H&H PROCESSING

26427 S Hwy 125, Afton  
866-726-3420  
Amber@HigherHealthOklahoma.com



H&H Processing produces Orion Cannabis Tablets and Blossom Canna Capsules as well as craft FECO (Full Extract Cannabis Oil). The tablets and the capsules are all-natural, vegan, celiac-safe, gluten-free and sugar-free. Blossom mushroom capsules contain FECO and five varieties of mushrooms. The tablets are dissolvable sublingually. *See ad, page xx.*

## OZONE / SAUNA THERAPY

### BALANCE 1 SELF

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



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

## QIGONG

### QIGONG OF TULSA

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



Qigong of Tulsa is a wellness center specializing in Clinical Qigong treatments and Qigong exercise training. Certified by the National Qigong Association as a Clinical Qigong Practitioner and an Advanced Qigong Instructor with over 20 years of experience. Training includes exercises, meditation and self-treatment techniques. Clinical practice includes energy work, cupping, acupressure and more. Email Tom@QigongOfTulsa.com. *See ad, Body Works page 19.*

## REAL ESTATE

### EDWARD OLIVER

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



Let me help you buy, sell or invest in a beautiful home for yourself and your family. Each office is independently owned and operated. *See ad, page 25.*

## REIKI

### CARI REIF, LAP, RMT, CHHC

918-401-0377  
TulsaHealing.com



Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a physical, emotional, mental or spiritual nature. *See ad, Body Works page 19.*

## SALON

### SUSTAIN SALON

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



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

## TAI CHI

### THOMAS ACADEMY

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



Thomas Academy Tai Chi Kung Fu teaches only the highest quality traditional Tai Chi Chuan, Kung Fu, and other Chinese martial arts and weapons to all ages: kids and adults alike! Tai Chi has been shown to improve balance and have a positive effect on cardiovascular health, blood pressure, stress management, chronic pain and arthritis. Seminars, workshops and private lessons are also available. *See ad, Body Works page 19.*

## VETERINARIAN - HOLISTIC

### HEALING HANDS VET

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



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. *See ad, page 25.*

## THE NATURAL VET

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



Integrative pet care includes: vitamin therapy, homeopathy, acupuncture, herbal medicine and electro-medicine. Decades of experience with integrative and conventional methods. Complementary care does not invalidate any current treatment plans. *See ad on back cover.*

## WELLNESS CENTER

### FULCRUM HORMONE AND WELLNESS CENTER

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



Fulcrum embraces a holistic approach to health and wellness. They offer culturally sensitive, safe and affordable services to all individuals. Family practice, hormone therapy, women's health, PCOS care, LGBT health care, IV infusion and more. *See ad, page 23.*

## WELLNESS AND LONGEVITY

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



Integrative Medicine embraces personalized care. It combines the best of traditional western medicine with evidence-based natural medicine. Offering advanced anti-aging and regenerative medicine, along with cutting edge testing, dietary and fitness counseling, bio-identical hormone replacement and intravenous therapies. *See ad, inside front cover.*

## EAST WINDS WELL BEING CENTER

Sarah Cochran  
Norman  
EastWinds.WellBeing@aol.com



Our mission is to provide a fresh approach and encourage community members to re-center and reconnect with themselves for a better state of personal existence. We are a startup venture looking for investors to co-create our unique multiple modality healing facility. If you are interested in co-creating this venture, please contact us for more information.



## YOGA

### FREE SPIRIT YOGA AND MEDITATION SANCTUARY

Dee Mathis  
405-412-3582 • [YogalnOKC.com](http://YogalnOKC.com)



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

Beginners welcome. All body types welcome. First class free. *See ad, Body Works page 19.*

### I AM YOGA STUDIO

Melissa Cameron Fullerton  
2633 E 15 St, Ste D, Tulsa  
918-640-5180 • [IAmYogaTulsa.com](http://IAmYogaTulsa.com)



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

with almost 20 classes to choose from each week. *See ad, Body Works page 19.*



### SUNDAY KUNDALINI YOGA FOR PEACE

Melissa Nikhila, MA, KYT  
72nd & NW Expy, #106, Warr Acres  
[Yoga-For-Peace.com](http://Yoga-For-Peace.com)



Practice yoga and meditation to heal your body, mind and emotions. Kundalini yoga helps you achieve wellness through postures, breathwork and mantra.

Calm your mind, release negative thoughts and trauma while uplifting your spirit. Hatha yoga improves balance, flexibility and strength, and relax deeply with healing sound and crystals. *See ad, Body Works page 19.*

### YOGAQUEST

Dee Day  
3325 E 31st St, Tulsa  
918-622-5454  
[TulsaYogaQuest.com](http://TulsaYogaQuest.com)



Add yoga to your fitness routine now. Reach your performance potential. Increase your flexibility so you bend, not break. Improve your lung capacity and elasticity to increase energy. Recover quicker. Get a free body assessment and a free class. *See ad, Body Works page 19.*

### YOU POWER YOGA

Denise Shaw  
1904 E 2 St, Edmond  
405-348-9979 • [YouPowerYoga.com](http://YouPowerYoga.com)



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

15 students. For either option, book online or via their free You Power Yoga app or the online schedule. Teacher training available. *See ad, Body Works page 19.*

Listen to the mustn'ts, child.

Listen to the don'ts.

Listen to the shouldn'ts,  
the impossibles, the won'ts.

Listen to the never haves,  
then listen close to me ...

Anything can happen, child.

Anything can be.

~Shel Silverstein



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HEALTHY LIVING HEALTHY PLANET  
**natural**  
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# Holistic Pet Care Center



**We are your source for:**

Acupuncture

Chiropractic

Electro-Medicine  
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Young Living Essential Oils

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Affordable dental work

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*Comprehensive Healthcare for Man's Best Friend*



I recently started bringing my dog to Dr. Roach for treatment of a lung tumor. As a veterinarian with little holistic experience or knowledge, I am very happy with the alternative options he has offered us, and the results. Dr. Roach and his team are very good with the animals and treat clients and other veterinarians with kindness and respect. I recommend anyone looking for alternative options to see the Holistic Pet Care Center and have recommended them to several of my own clients and patients.

Holistic Pet Care Center  
3001 Tinker Diagonal Street  
OKC, OK 73115 • 405-605-6675

Best Friends Animal Clinic  
1313 North Harrison Avenue  
Shawnee, OK 74801 • 405-275-9355

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