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Publisher/Editor **Kris Urquhart**
Managing Editor **Laurie Davey**
Contributing Writer **Julie Peterson**
Design & Production **Courtney Ayers**
Advertising Consultants
Main Office **Kris Urquhart**
321-426-0080
Space Coast **Kasey Knight**
321-684-9026
Treasure Coast **Marie Mocerì-DiCanio**
772-444-7739
Webmaster **Zach Davey**
Social Media **Amy Hass**
Distribution Team **Sugey Bernal**
Shawn Richter
Tri-County
Distribution

CONTACT US

Main Office & Advertising: 321-426-0080
Distribution: 321-421-7817
Email: Kris@my-NA.com
myNaturalAwakenings.com

NATIONAL TEAM

CEO/Founder **Sharon Bruckman**
COO/Franchise Sales **Joe Dunne**
Layout & Design **Gabrielle W-Perillo**
Financial Manager **Yolanda Shebert**
Asst. Director of Ops **Heather Gibbs**
Digital Content Director **Rachael Oppy**
National Advertising **Lisa Doyle-Mitchell**
Administrative Assistant **Anne-Marie Ryan**

Natural Awakenings Publishing Corporation
4851 Tamiami Trail N., Ste. 200
Naples, FL 34103
Ph: 239-434-9392 • Fax: 239-434-9513
NaturalAwakeningsMag.com

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letter from the publisher

The Way to a Man's Heart is Literally Through His Stomach



I have a house full of men. It's surprising how much knowledge a woman can accumulate in 25 years of motherhood. Toss in years of husband and parent care and experience with health issues can run the gamut. From thyroid disorders to heart disease, I've discovered that food is foundational to all aspects of our health. With an eye on our retirement years, my husband and I are focused on nutrition and exercise. We want to ensure we maintain positive heart health indicators and continue to enjoy life's activities.

"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," says Ronica O'Hara in our feature article *Integrative Health for Men* [page 22]. That was certainly the case with my late father. He was slim, exercised, ate a healthy diet and ended up needing open heart surgery. It illustrated that knowing the symptoms and ways to prevent heart disease is crucial.

In honor of Father's Day, this month's issue explores men's health. "Up to one-third of men may experience depression," says O'Hara. In *Drug-Free Ways to Treat Depression* [page 28]. Julie Peterson shares that "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." Often a poor diet is driven by convenience. Finding healthy food while on the go can be challenging, so we've included travel tips and recipes for plant-based eaters [page 26].

Also in this issue, discover how backyard workouts are good for mind and body [page 32]. Learn simple ways to calm anxious children [page 30]. And be inspired to make a difference with simple acts that can change the world [page 38].

This month, I hope you enjoy the men in your life as we celebrate fatherhood.

Happy Father's Day!

Kris Urquhart, Publisher



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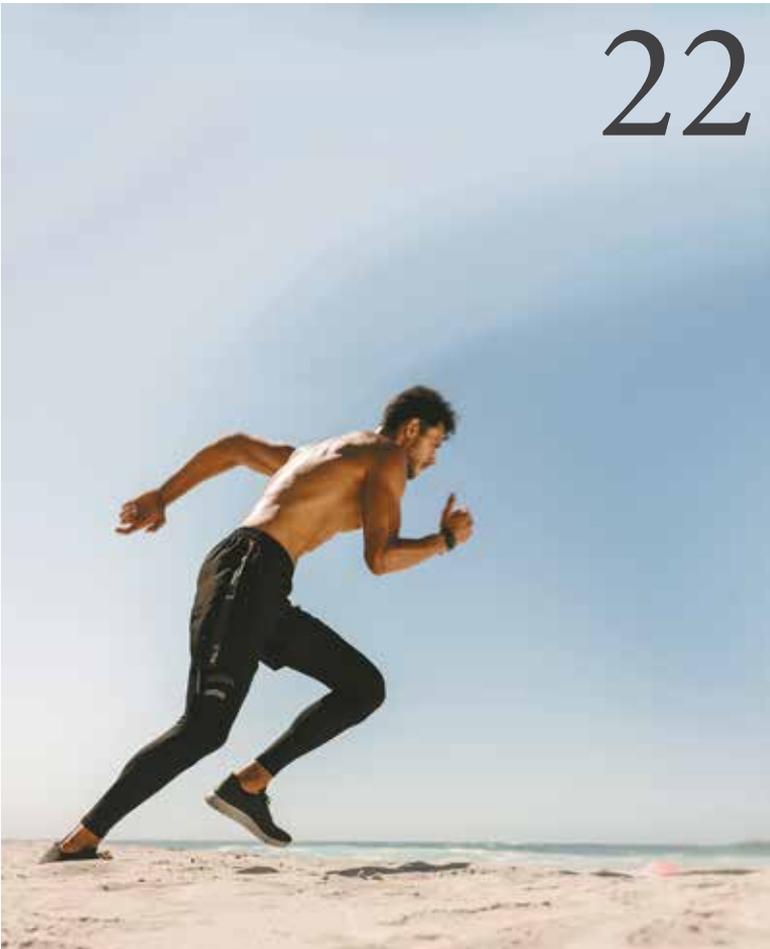
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Natural Awakenings practices environmental sustainability by using newsprint on uncoated stock. This choice avoids the toxic chemicals and high energy costs of producing shiny, coated paper that is hard to recycle. For more information, visit My-NA.com.

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

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

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Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

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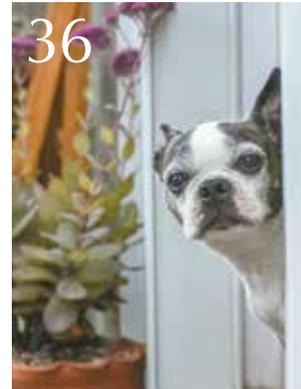
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Herpes Cream Provides Natural Relief

Lelia Cahill, Founder of Royal John, is pleased to offer natural relief for those that suffer from genital herpes. Royal John's Genital Herpes Cream is comprised of all-natural ingredients including echinacea, lady slipper, purslane, golden seal, lemon balm, witch hazel, licorice, tea tree and black cumin.

"35% of American adults have genital herpes," says Cahill. "While there is not currently a cure, it is important to find comfort and relief from symptoms naturally with a product you can trust."

The formula is designed to temporarily relieve pain and swelling due to genital herpes using all-natural plant-based ingredients and no chemicals. This cream-based formula is easy to use for management of bothersome symptoms.

Cahill brings more than 28 years of expertise in development and research. She has worked with the National Development and Research Institute, as well as many brilliant doctors.

"Statistically speaking everyone knows someone who has herpes, but not many people talk about it because of the stigma it carries. It's a normal, non-life-threatening part of a lot of people's lives. My hope is to remove the stigma of genital herpes and give relief to the symptoms until we find a cure," says Cahill.

For more information or to order, visit RoyalJohn.com, email info@RoyalJohn.com or call 570-730-8153. See ad, page 37.

Free E-book Explores the Power of Healing Energy

Mary Jane Ward, D.C., is pleased to offer the free e-book, *Healing Energy: The Mind Body Link A Spirit Filled Journey*. Dr. Ward encourages the reader to open their mind to the possibilities of energy healing with personal stories challenging them to step out of their comfort zone. She brings science-based evidence, including diagnostic results and published studies, to the power of energy healing.

According to Dr. Ward, energy healing is the clearing, unblocking, removal, connection restoration, harmonizing and/or balancing of interference(s) of that which animates us so that full capacity whole functioning can be reinstated.

Dr. Ward explores the connection between beliefs, values and healthy behaviors. "Healing Energy is a practice that can aid in establishing harmony and balance where conflict resided. From that space, healthy decision making and problem solving can follow," says Dr. Ward.

To receive a free copy of the e-book *Healing Energy: The Mind Body Link A Spirit Filled Journey*, email BodyTalkDr.M.J.Ward@gmail.com. For more information and appointments, call 321-453-7005. See ad, page 17.



Enter to Win Natural Awakenings' Summer Fun Giveaway

In May, *Natural Awakenings* held a Mother's Days Gift Basket Giveaway and the winner received a basket full of health goodies including natural bath products, tea, chocolate and even an insulated infuser travel bottle. The winner, Connie Doane, shared that she "loved everything in the basket!"



This summer, *Natural Awakenings* is giving away a Summer Fun Basket to one lucky winner. "We had so much fun with our Mother's Day Giveaway that we decided to do it again," says Publisher Kris Urquhart. "Anyone can enter, simply visit my-NA.com."

This basket is sure to include natural goodies to keep you healthy this summer. "While there is no purchase or requirement needed to win, we hope you'll sign up for our email newsletter to keep up with online exclusive articles, new podcast episodes, recipes, special events and more," says Urquhart.

The basket will be awarded in July and participants can submit multiple entries, one per day.

For more information, to enter and to join our email list, visit my-NA.com.



Virtual Reiki I Certifications Now Offered Monthly

Kumari Mullin, founder of Kumari Healing and Divine Human Institute, is now offering virtual Reiki 1 Certifications monthly for greater accessibility. All courses are taught live online and students receive downloadable video demos, handouts and PowerPoint presentations.

Reiki is a Japanese word that can be translated as universal life energy. The Usui System of Reiki can be a personal tool for healing and growth, a way to give vital energy to others or a gentle complementary therapy. Mullin shares that a recent virtual Reiki student reports that after learning and using Reiki her acute anxiety was gone and she “slept like a baby for the first time in four years.”

“A Reiki treatment supports the whole person (even animals) physically, emotionally, mentally and spiritually and heals the core issue,” says Mullin. “It is simple to learn and can be applied in a clinical setting or given as self-treatments to enhance health and emotional well-being.”

Reiki 1 classes are scheduled the 3rd weekend of every month. June classes will be held Saturday, June 19 and Sunday, June 20.

7 CEUs are offered for Florida massage therapists. For more information or to register, visit DivineHumanInstitute.com/reiki-certification-classes.

 Find out how sending love from your heart can be empowering in our Natural Inspirations Podcast with Kumari Mullin at my-NA.com/NIPKumari.

It's Time to Take Control of Your Health

Regular Cancer Screening Saves Lives

Make a Plan of Action

- Follow the recommended screening guidelines.
- Talk to your doctor about your family history to see if you're at higher risk.
- Learn about your testing options.

When should I start screening?



If you're a woman over 45, you should get a mammogram every 1-2 years.



All women 25-65 should be screened for cervical cancer. Screening includes a Pap exam every 3 years and HPV test every 5 years.



Men at high risk for prostate cancer should talk with their doctor at age 40. Those at average risk should talk with their doctor at age 50.



If you are at average risk for colorectal cancer, you can begin regular screening at age 45.



If you are a current or former smoker, talk with your doctor about starting a yearly low-dose CT scan to screen for lung cancer.



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New Location for Whole Body Wellness in Vero Beach

Diane Kingsley, Licensed and Registered Dietitian and owner of Whole Body Wellness, is proud to announce her center has expanded



into a beautiful new office at 333 17th St. Suite W, Vero Beach. The services offered are nutritional and holistic health counseling, massage therapy, and mental health counseling. Kingsley specializes in nutritional counseling for diabetes disease. She also assists patients with weight loss, high cholesterol, hypertension, and works with her patients to get them on a more healthful and holistic track.

“I now have three Licensed Mental Health Counselors working with me in addition to a second Licensed and Registered Dietitian,” says Kingsley. “Nutrition and exercise are key to optimal health and wellbeing and our mental health and wellbeing is also just as important. The mental health counselors in my office offer counseling for addictions, trauma, depression and anxiety and use tools such as EMDR (Eye Movement Desensitization and Reprocessing). It’s a dream fulfilled to see my center grow to meet the wellness needs of the community.”

For more information, call 772-228-6778 or visit SimpleHealthOptions.com. 333 17th Street, Suite W, Vero Beach. Most insurances are accepted, and Medicare covers nutritional counseling for diabetes and chronic kidney disease. Telehealth is also available for most services. (MA50325, MM36640)



Find out how to manage diabetes with nutrition in our Natural Inspirations Podcast with Diane Kingsley at my-NA.com/NIPKingsley

Yoga Shala & Wellness Center Opens in Titusville

Sharon Lacy, owner, Level Two Bikram Yoga Teacher and Licensed Massage Therapist, is excited to announce the opening of Yoga Shala & Wellness Center in Titusville. The center offers group and personalized coaching sessions, as well as both studio and virtual classes for all levels. Their continually expanding list of yoga styles includes Traditional Hot yoga, Yin yoga, Gentle Flow yoga and Vinyasa Flow yoga.

In addition, Yoga Shala offers massage therapy in a cozy, yet modern massage environment. “Massage has been shown to help improve overall health and wellness. In addition to increasing the blood supply to muscles and improving circulation, massage lessens pain, facilitates movement and decreases stress,” says Lacy.

Yoga Shala is committed to bringing therapeutic yoga and massage to all those who seek physical and mental improvement to their bodies and minds. “In everything we do, we empower seekers to create stronger, healthier bodies and offer them the tools to improve their lives. We teach the art of mind and body connection,” says Lacy.

For more information, visit YogaShalaTitusville.com or call 321-749-9642. Yoga Shala & Wellness Center is located at 2855 S Hopkins Ave. in Titusville. (MM41260, MA81216).



Tickets Now Available for Ancient Healings Conference

The 2021 Ancient Healings Conference will be held in Melbourne on July 10 and 11 from 9 a.m. to 6 p.m. The conference will feature two full days of seminars and workshops with over 20 speakers and a large exhibition area boasting up to 30 exhibit booths. Trained teachers and healers will provide classes and personalized healing sessions.

Conference attendees will explore a wide array of topics and healing methods including herbs, crystals, ancient mystery schools, dragons, fairies, hypnosis, angels, past lives, elementals, remote viewing, astrology, meditation, energy work, tarot, jewelry, apothecaries, Pranic healing, visionary art, candles, integrative healing, and much more.

The conference producer, Duncan Bowen, Ph.D., is the founder of Atlantean Healing Arts, where students explore ancient traditions, teachings and healing methods.

For information and for tickets, call 407-864-4362 or visit AncientHealingsConference.com. Weekend Pass (\$75) and single Day Admission (\$45) available. Exhibiting opportunities available. Event location: Melbourne Auditorium, 625 E. Hibiscus Blvd, Melbourne. Atlantean Healing Arts, 1680 Hwy A1A, Satellite Beach. See ad, page 43.

Elements Organic Salon Accepting New Clients

Elements Organic Salon is accepting new clients at their Melbourne salon. They perform all hair services using a luxury biodynamic, organic, and natural Italian color and haircare line; Organic Way (OWay) is formulated with essential oils and plant butters to nourish the hair. The color line offers 100% gray coverage, is ammonia-free, and partners as a conditioning treatment while being 98.6% naturally and organically derived. The haircare line offers a variety of shampoos, conditioners, and styling aids that are free of harsh ingredients. These products can also be purchased for home use.

“You can look great and feel great about using these organic products without compromising your health,” say owner and master stylist Sarah Finney. “Call for an appointment with one of our talented stylists. I reassure you that we are using the best products for your health and wellness.”

Elements Organic Salon is offering 20% off the first service for new clients. They are located at 3800 W Eau Gallie Blvd, #106, Melbourne. To make an appointment, call 321-349-0389 or visit ElementsOrganicSalon.com.



Time to Schedule School Physicals

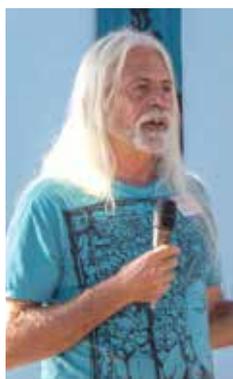
Margaret Witzleb, MSN, ARNP, and owner of Children's HealthCare of Brevard, recommends scheduling school physicals as soon as possible with your child's pediatrician, since appointments are going fast.

Children's HealthCare of Brevard is a full-service pediatric practice providing quality care to both well and sick children ages birth to 18 years, including school physicals, sports and camp physicals, and newborn care. The practice offers services to infants born at home and does not deny health care to children based on immunization status. They are only accepting newborns into the practice currently.

“Even though we provide and encourage vaccines, we strive to support our parents in the informed decisions they choose to make for their children,” states Witzleb. “We also offer both an alternative approach to health care for children, including homeopathy and Chinese Herbals, as well as the traditional approach.”

For more information or to schedule a school physical for already established patients, call 321-775-0477. Children's Healthcare of Brevard, 2351 W Eau Gallie Blvd, Ste 4, Melbourne.

Professional Astrologer's Course with Bruce Orion



Aquarian Dreams is pleased to host courses taught by Bruce Orion, a professional astrologer in Sedona for more than 25 years.

On Wednesday, June 23, at 5:30 p.m., Orion will lead a Professional Astrologer's Course (for professional or personal practice). This 8-week course will cover everything needed to be able to read and interpret an astrology chart, as well as its predictive aspects.

The course will cover the following topics: The Planets and the areas of human experience that they rule over; The Signs, their meaning, and how they define the character of the planets; The Houses, the areas of our lives where the planets will seek to find expression; The Aspects showing the inter-relationship between the planets and the internal conflict; and

The Transits, the movement of the planets as they trigger the planets in a fixed chart.

Cost for the course is \$300. It will run from 5:30-7 p.m. on Wednesdays. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Register online at AquarianDreams.com/special-events or call 321-729-9495. Aquarian Dreams, 414 N Miramar Ave (Hwy A1A). Cheri@AquarianDreams.com. AquarianDreams.com. For more information, visit BruceOrion.com. See ad, page 3.

Massage Therapist Offers Technique for Fascial Restrictions

Danielle Dempsey, LMT, has completed the Graston Technique training. The Graston Technique (GT) Therapy is an evidence-based



form of instrument-assisted soft tissue mobilization that allows for precise detection and treatment of fascial restrictions as well as muscle and tendon dysfunction. Therapists using the GT therapy can target and treat affected tissues often resolving issues once thought to be permanent utilizing specifically designed instruments.

The technique increases the blood flow to the given area, which then allows beneficial oxygen and nutrients to help heal the damaged tissue. “This helps improve the strength of the muscle, expand the range-of-motion of injured limb, and restore the proper functioning of the body,” says Dempsey. The Graston Technique has also been used to break down scar tissue.

“I'm pleased to offer this technique to my clients in addition to my regular massage services,” says Dempsey.”

“My goal is to help every client live an active, productive life with less pain and stress, therefore, improving their quality of life.”

Dempsey's other offerings include: Therapeutic/Deep Tissue, Swedish, and Pregnancy Massage. Hot stones, infrared lights, and aromatherapy are complimentary with any service.

Danielle Dempsey, LMT can be reached at 321-431-8280 for more information or to make an appointment. West Melbourne.

St. Lucie Cultural Alliance Offers Support for Artists and Creative Talents

The St. Lucie Cultural Alliance is dedicated to expanding and empowering authentic local talent, enhancing the creative economy, and transforming St. Lucie County into a cultural destination by promoting the arts and cultural sector.



Painters, sculptors, photographers, dancers, musicians and many other artist talents likely focus their attention on the creative process. They often lack the time and added energy to market themselves or find the tools to grow their business. By becoming a member of the St. Lucie Cultural Alliance, artists receive marketing assistance and tools as well as help shape the culture and creative economy of St. Lucie County.

“Members of the Cultural Alliance have numerous opportunities for direct participation in shows, performances and festivals. Our exhibition and performance venue partners are snowballing, and we are committed to increasing that list even further,” says Alyona Ushe, St. Lucie Cultural Alliance Executive Director.

For more information, residents of St. Lucie County interested in joining the Cultural Alliance, can visit ArtStLucie.org and click on the membership tab or call 772-462-2783. To support the Cultural Alliance and its members, view a calendar of events, art and members bios on their website.

Scented Dragon Port St. Lucie Hosting Summer Solstice Psychic Fair



Scented Dragon is excited to host their annual Summer Solstice Psychic Fair on Saturday, June 19, from 11 a.m. to 6 p.m. at their Port St. Lucie location. “As always some of the Treasure Coasts’ favorite psychic readers and mediums will be available for private readings all day long,” announces owner, Maria Torres.

Having hosted psychic fairs on the Treasure Coast for the past five years, Scented Dragon’s fairs are a seasonal favorite and scheduled around nature’s transitional shifts. “Planning our fairs seasonally during the planet’s seasonal changes seems to work out well for our customers and clients. Our Psychic Fairs are a customer favorite; people can call ahead to book a specific time and reader, or just drop-in and enjoy the atmosphere and see who they are drawn to.”

Scented Dragon has stores in Ft. Pierce, Port St. Lucie, and Jensen Beach with the Port St. Lucie venue hosting seasonal fairs, weekly drum and Reiki circles and daily readers.

To make an appointment in advance, call 772-877-2102, or stop by during the event at Scented Dragon’s Port St. Lucie store. 6993 Hancock Drive (just off US Hwy 1). See ad, page 15.

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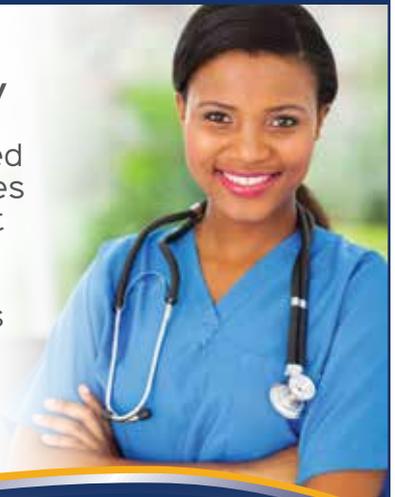
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New Healthcare Model Offered at Southern Comfort Health Direct Primary Care

Southern Comfort Health Direct Primary Care (DPC) is restoring the doctor patient relationship and giving high-quality healthcare at an affordable and transparent price. A DPC is a membership-based practice that offers patients easier and faster access to physicians through a variety of virtual and in-house options.



Their Fort Pierce clinic simplifies addressing general medical needs by avoiding the use of insurance plans. And by doing so, reduces the costs of care, medications, and labs, as well as allowing greater ease for creating a meaningful relationship with the physician, Dr. Jessica McCain. "Having direct access to your doctor is a valuable benefit today in a world where we seem to have become a number in the system instead of a person with specific needs," says Dr. McCain.

Southern Comfort Health DPC patients visit the clinic's "primary care home" for all routine and preventive services, including check-ups, urgent care, and chronic care management. Most notably, patients receive dedicated primary care, essential for the patient's wellbeing and the ongoing maintenance of health.

Their members receive direct access to Dr. McCain via in-person, text, email and video chat. There are no extra costs for office visits, which equals no copays or deductibles. Members get wholesale-priced medication and labs.

For more information and to learn the membership benefits, visit SoCoHealthDPC.com or for appointments, call 772-252-0140. Southern Comfort Health DPC, 305 S 7th Street, Fort Pierce. See ad, page 12.

 Find out the benefits of medical marijuana in our Natural Inspirations Podcast with Dr. Jessica McCain at my-NA.com/NIPMcCain

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treasure coast news briefs

Free Meditation and Herbal Medicine Class in Jupiter

Herbs & Owls is pleased to offer two free classes on the first Saturday of each month. First is a free Flower Essence Guided Meditation where participants can experience the subtle energies of flower essences as they're guided through a grounding and relaxing meditation.

The meditation will be followed by a free Intro to Herbal Medicine class where Gina Kearney, Clinical Herbalist, explains what herbal medicine is, ways to select helpful herbs and how vibrational flower essences and shamanism fit into a holistic health model that aims to address the whole person.

"We want to be able to share the ancient wisdom and healing benefits of the plants with our community and this free offering is a way to reach people who are interested in learning more and experiencing the benefits first-hand," says Kearney.

Herbs & Owls offers herbal consults with Kearney, herbal and Shamanism classes as well as a full organic herb shop.

This month's meditation will be held June 5 at 10:30 a.m. followed by the Intro to Herbal Medicine at 12 p.m. Herbs & Owls is located at 725 N. Highway A1A, D-103 in Jupiter. For more information, call 561-768-9005 or sign up at HerbsandOwls.com/classes.



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Chair Yoga Sessions at Ohana Tree Massage and Yoga

Jeannie Plummer of Ohana Tree Massage and Yoga in Jensen Beach is excited to be offering local seniors and mobility restricted individuals weekly chair yoga sessions on Tuesday mornings. "This has been a popular choice within the community, we are offering it at \$10 per session or as a free gift with any massage package," says Plummer.

After experiencing her own mobility challenges due to personal health issues, Plummer has been practicing the power of touch for over fifteen years. In the last few years, she has become dedicated to assisting clients interested in maintaining flexibility and freedom of movement, to enhance a healthy lifestyle into their golden years.

"Yoga strengthens muscles, reduces pain, improves your cardiovascular system, improves immune function and treats the nervous system to a toning and calming experience," says Plummer. "Flexibility and strength are achieved slowly, mindfully and at your pace. Our goal is for you to be pain free and capable of living an active lifestyle."

Plummer also offers retired and active military personnel special discounted rates.

Ohana Tree is offering a new client special: One-hour deep-tissue massage for \$45, gift certificates are available. Ohana Tree Massage and Yoga, 1020 NE Jensen Beach Blvd., Jensen Beach, 888-229-7255, Ohanatreamassageandyoga@gmail.com



The Treasure Coast Medium Offers Virtual Readings and Classes

Tess Tetrault, the Treasure Coast Medium, has joined forces with QuantumShiwa.com to offer group readings, regressions, and many other classes over the Zoom platform. The first virtual class, Akashic Records and You, will be held Saturday, June 19 from 11 a.m. to 1 p.m.



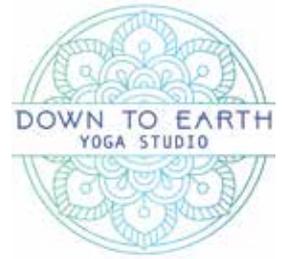
A group reading will be held Wednesday, June 30 from 7 to 8:30 p.m. Monthly group readings will be held on the last Wednesday of each month. "Join me as I connect you to the world of spirit, loved ones, angels and guides without leaving your living room," says Tetrault.

Tetrault was born psychic and saw spirits as a child. "During a reading the information from spirit provides proof that when we die only the body is lost; the energy of the person remains intact including their essence, personality, quirks and traits," says Tetrault.

Also a Reiki Master and Energy Practitioner, she is passionate about helping others connect to their own spiritual nature and feels that there is great guidance available to all. "I love to teach others how to 'tap-in' and connect to not only their own soul, but the collective conscious, and the many spiritual helpers available to each of us."

For more information and class schedules, call 772 200-0016 or visit QuantumShiwa.com.

New Yoga Classes at Down to Earth Yoga



Down to Earth Yoga is pleased to introduce new classes to their yoga lineup. An early morning class designed to prepare the body and mind for the day will be held Tuesdays and Thursdays at 6 a.m. Pre-work Flow Yoga is a moving meditation focused on breath and proper alignment.

In addition, Warm Flow Yoga will be held on Saturdays and Sundays at 4:30 p.m. This class is held in a gently heated room to help to lengthen muscles and relax connective tissue as participants connect breath to movement in this meditative flow.

Open since 2021, their classes and workshops are offered in a quiet, calming space that inspires peace, balance, and transformation. "Our nurturing staff provides personalized instruction to ensure you're getting the most from every session," says manager Gina Baldo.

Down to Earth Yoga offers a variety of classes including Beginners Foundational Yoga, Gentle Yoga, Hatha Yoga, Slow Flow Vinyasa Yoga, Warm/Hot Vinyasa Yoga, Yin Yoga, Restorative Yoga, Kundalini Yoga, Candlelight Meditations, Weekly Reiki and Workshops.

Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. For more information call 772-224-2444 or visit DTE-Yoga.com or ScheduleBliss.com/dte-yoga. See ad, page 31.



Learn yoga poses you can do at home in our Natural Inspirations Podcast with Down to Earth Yoga owner, Michelle Miles at my-NA.com/NIPMiles

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Improve Sleep with a Weighted Blanket



Weighted blankets that provide a cozy, swaddled feeling have been big sellers during the trying days of the pandemic, and a new study verifies that they do provide mental health benefits. Researchers from Sweden's Karolinska University tested 120 patients

with depression, bipolar disorder, anxiety disorder or attention deficit hyperactivity disorder for four weeks. They found that a weighted blanket led to better sleep and reduced fatigue, depression and anxiety, and increased levels of daytime activity. Weighted blankets are comforters with tiny pellets or metal chains woven throughout so that weight is distributed across the body; researchers recommend using a blanket that is about 10 percent of a person's body weight.

Consider Depression Treatment to Fight Ulcers



Research from the University of Queensland, in Australia, has found that peptic ulcers and irritable bowel syndrome, along with other gut disorders, are linked to depression. The researchers analyzed health data from more than 450,000 people and found eight genetic variants that predispose people to peptic ulcers and other gut diseases, often with depression as a comorbidity. Lead author Yeda Wu says the research supports a holistic approach to identifying and caring for patients with gastrointestinal diseases, noting, "As a medical student, I noticed how some patients' gastrointestinal symptoms improved after psychotherapy or psychiatry treatment."

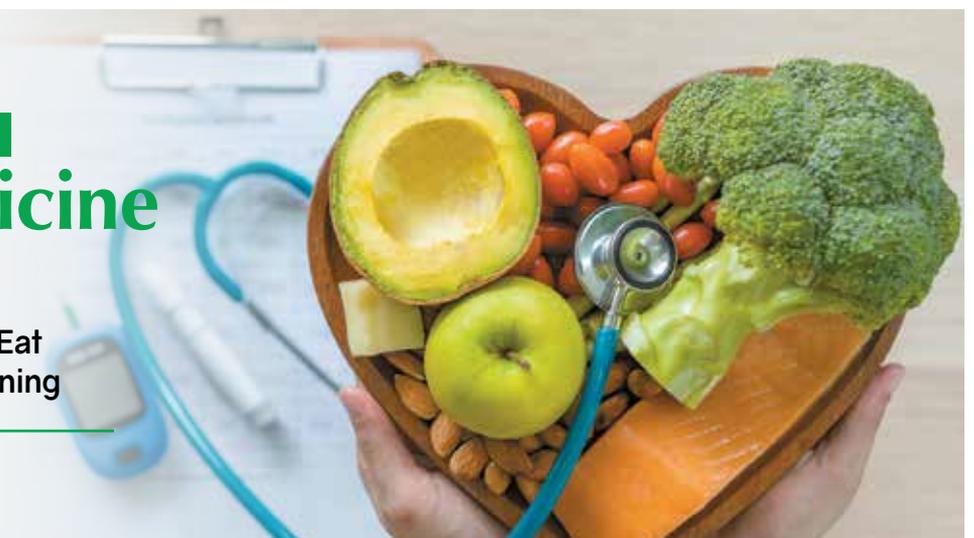
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JULY

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Better Sleep
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natural
awakenings



Building Positive Dental Habits for Kids

5 Tips to Brush Little Teeth

by Claire Stagg, DDS

Parents of small children often ask, “When should my child visit the dentist?” The typical answer is, “When they have teeth.” However, home care and proper dental care starts long before the teeth come in.

Many factors play a role early on that are crucial to the quality, and sometimes quantity, of teeth that the child will develop. The mental and physical constitution of the parents play a role pre-pregnancy. The mother’s diet and sleeping habits impact development during pregnancy. And the birthing process, as well as the infant’s ability to latch on for breast feeding, can also impact oral development.

Thereafter, it’s important to avoid plaque depositing and sticking on the teeth that can lead to decay. Here are a few important steps to prevent this from happening.

1 USE WASH CLOTHS. In very early childhood, use wash cloths after each meal, no matter how small, to wipe away deposits in the child’s mouth. Parents can use little fingertip brushes with some xylitol gel to help avoid decay.

2 USE VERY SOFT, BRUSHES TO CLEAN TEETH. Choosing a soft brush is best because the bristles will easily mold around all the surfaces of the teeth.

3 MAKE IT FUN. As the child grows older, a little dye is helpful for them to “see” their plaque. Disclosing tablets can make it easy to identify plaque and fun to eliminate the “sugar bugs.”



4 FLOSS SOONER RATHER THAN LATER. Once a child develops some finger dexterity, flossing can be introduced. This allows the child to “brush” between the teeth. Some parents find that doing it for, then with them, helps to introduce the habit sooner.

5 BE EFFICIENT WITH IRRIGATION. Irrigation with high-pressure water can be used before flossing and brushing to flush out food particles and other debris. A water pick or similar device can reduce the amount of work and time spent in the bathroom.

Claire Stagg, DDS, is the author of the children’s book *Captain IFBI*, which introduces young children to the importance of dental care. Dedicated copies of *Captain IFBI* will be available at Health Connections Dentistry, 2120 Highway A1A, Indian Harbour Beach. SmileProfessionals.com. 321-777-2797. The book can also be ordered on Amazon or from Ingram Sparks. See ad, page 36

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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.

Surprising Health Benefits of Aerial Yoga

by Eden Shaw

Aerial yoga uses a hammock or swath of soft fabric that is suspended from the ceiling. It has many benefits, most are based on inversions of the body, the cocooning feel of the hammock, and achieving deeper stretches since the hammock stretches with the body. Each of these three aerial techniques offer benefits for all ages. It is suited for anyone who can get in and out of the hammock themselves.

INVERSION

Best for: Structural alignment.

Benefits: May lower blood pressure, relieve back compressions, support a strong immune system.

Inversion of the body is when the heart is above the head. When the body is inverted, many different things happen to the body. A person's blood pressure goes down, the spine elongates relieving any compression issues in the spinal column (and in some cases growing taller), and the lymphatic fluid is flushed into the blood system creating a strong immune system. Additionally, being inverted can offer another perspective on life. Inversions are best for people that aren't structurally aligned, experience back pain or have high blood pressure. Holding an inversion for more than 5 minutes can be harmful. Instead, to feel the benefits it's best to hold the position for about 2 minutes.

COCOONING

Best for: Sensory Issues and high stress levels.

Benefits: Comfort, reduced stress and relaxation.

Cocooning is when you lay in the hammock or sit in a saddle pose so that the hammock hugs the body from all sides. Some people have compared this sensation to being in the mother's womb and even experience re-births (memories of one's birth) in a cocooning position. This cocooning is best for people that have sensory issues and high stress levels. It creates comfort in a nostalgic way which makes the hammock a nice option for meditation. People sometimes see colors during a hammock meditation creating a color therapy effect.



STRETCHING

Best for: Tight muscles, post-workout rejuvenation.

Benefits: Increased core and grip strength and flexibility.

Stretching in the hammock can be more relaxing than floor stretches since the hammock supports and stretches with the body. The hammock contours to the body, allowing the body to sink into deeper stretches using the stretch of the fabric against gravity. By standing outside of the hammock and using the fabric to lift the legs high in the air, this provides a stretch without activating all of the body's muscles. This passive stretching can increase flexibility which in turn can help with a yoga practice or workout routine. It can even improve grip strength. Aerial yoga classes can be designed to target core strength followed by passive stretches.

Eden Shaw, owner of Blissful.Energy, teaches Aerial Yoga for all levels including kids and mentally handicapped adults. She is presenting a Summer Fun Pack program for kids. Kids Aerial Yoga on Monday evenings and a Kid's Mindfulness Retreat and Aerial for Autism on Friday mornings for ages 6-12. Blissful.Energy, 240 S. Wickham Road, West Melbourne. For more information call 321-327-8741 or visit Blissful.Energy. See ad, page 33.

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Gale Force

Offshore Wind Power Gaining Momentum



An 800-megawatt 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.



Leftover Love

Olio App Prevents Food Waste

Uneaten food often ends up in the trash, but Olio, an app created in 2015 by English entrepreneurs Tessa Clarke and Saasha Celestial-One, allows people with extra food to post a picture

online. Anyone that wants the food can respond and pick it up as a gift. There is no money exchanged, and no swapping or bartering. Almost 3.5 million people use Olio in 50 countries. The app claims to have prevented “3,775 tonnes of CO2 emissions from entering the atmosphere and eliminating 12,171,045 car miles from the road.”

Nonprofit Project Drawdown notes, “Almost 1.4 billion hectares of land; close to 30 percent of the world’s agricultural land, is dedicated to producing food that is never eaten; and the carbon footprint of food wastage makes it the third emitter of CO2 after the U.S. and China, according to the UN Food and Agriculture Organization. Reducing food waste is one of the most effective ways of tackling the global climate crisis.”

Avian Assistants

Wild Birds Trained to Pick Up Litter

Crows, capable of complex thought and skilled problem solvers, can also make and use tools.

Now, several projects aim to enlist crows and other wild creatures as volunteers to keep the environment tidy. A Dutch company, Crowded Cities, has a device called the CrowBar (Tinyurl.com/CrowBarInvention) that trains birds to collect discarded cigarette butts in exchange for food, creating a low-cost solution to a problem that is labor-intensive for humans.

The machine presents a piece of food next to a cigarette butt on a platform, training the crow to expect food there. Then it starts dispensing the food only after the crow arrives, teaching the crow how the machine operates. Next, it presents only the cigarette butt, with no food. The crow starts looking around for the food and accidentally knocks the butt in, which releases a treat. The last step is to scatter a few cigarette butts on the ground around the CrowBar. When the training is complete, the crow will start collecting butts from the surrounding area and bringing them to the machine for a reward.



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global briefs

Burn Notice

Sunscreens Harm Hawaiian Reefs



Bill 132, banning sunscreens containing the chemicals avobenzone or octocrylene, has progressed through the Hawaiian House and Senate. If it passes, the bill will go into effect January 1, 2023, to prohibit the sale or distribution of any sunscreen

containing the targeted chemicals unless the buyer has a valid prescription. The outlawed chemicals can make corals more susceptible to viral infections and bleaching. Octocrylene can disrupt human hormones and harm marine animals. Avobenzone is an endocrine disruptor and can make coral less resilient to high temperatures.

Maxx Phillips, Hawaii director and staff attorney at the Center for Biological Diversity, says, "This is great news for our imperiled coral reefs and marine life. People can protect their skin without harmful petrochemicals while Hawaii protects public and environmental health." For those needing to protect themselves from the sun without harming ocean life, scientists and the National Oceanic and Atmospheric Administration recommend products containing non-nanoized titanium dioxide and non-nanoized zinc oxide.

Calendar Conundrum

Summer Season Projected to Last Longer



A new study by scientists at the State Key Laboratory of Tropical Oceanography, in China, and published in the journal *Geophysical Research Letters*, predicts that if emissions of greenhouse gases go unchecked, summers in the Northern Hemisphere could last nearly six months by 2100. The impacts will be felt on

human health, agriculture and ecology, such as the timing of animal feeding, breeding and migration, as well as promoting more heat waves, droughts and wildfires.

The research analyzed six decades of historical daily climate records and employed climate models to project future trends. Summer was defined as the onset of temperatures in the hottest 25 percent of the year and winter as temperatures in the coldest 25 percent. The number of summer days in the Northern Hemisphere increased from 78 to 95 between 1952 and 2011.

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Rethinking Fireworks

Greener Ways to Celebrate the Fourth

Synonymous with American Independence Day, fireworks have been around for thousands of years. Earliest versions originated in China, where people tossed bamboo stalks into a fire to ward off evil spirits, which exploded as the hollow areas of the stalks heated up. Later, a Chinese alchemist invented gunpowder—a mixture of potassium nitrate, sulfur and charcoal—that when poured into bamboo sticks, created the first fireworks.

Environmental and Health Impacts

Today, most fireworks are made of non-biodegradable plastics and harmful chemicals. When set ablaze, they release smoke and particulate matter, polluting the ground, air and water. Viewing fireworks poses health risks, particularly to people with preexisting ailments. It's best to watch them from far away and upwind of the launch site or indoors through a closed window. Pet owners lament the noise pollution these pyrotechnics produce, and

every year injuries and fires result when people unsafely light their own rockets at home.

Greener Fireworks

While climate-neutral fireworks don't exist, some products are more eco-friendly. The Walt Disney Company has patented a new technology to replace gunpowder by using compressed air to launch fireworks—a potentially safer, quieter and less polluting alternative. European fireworks manufacturer WECO Feuerwerk (weco.de) is gradually replacing plastic components with compostable, plant-based fibers.

A particularly troublesome compound is perchlorate, which helps fireworks burn longer, but inhibits thyroid function after repeated exposure. A cleaner alternative is nitrogen, which produces less smoke and fewer dangerous byproducts. With less smoke, smaller amounts of toxic metal salts are needed to produce the brilliantly colored flames. For

now, nitrogen-based fireworks are much more expensive and not widely used in outdoor settings. Indoor, low-smoke pyrotechnics are available through DMD Systems at AngelFire.com.

Planet-Friendly Alternatives

Drone light shows involve the launching of hundreds or even thousands of unmanned aerial vehicles equipped with powerful LEDs that light up the sky. The drones are reusable, silent and do not release chemicals. Because they are controlled digitally, an almost infinite combination of movements, colors and artistic expressions are possible.

Lasers can also paint the night sky. The most compelling displays are done professionally, but a colorful and exciting light show can be created at home with a portable projector.

To add red, white and blue charm both indoors and out, solar-powered or LED string lights or lanterns can decorate the home.

INTEGRATIVE HEALTH FOR MEN

Natural Approaches for Robust Vitality

by Ronica O'Hara

A shirtless man with dark hair and a beard is captured in a dynamic running pose on a sandy beach. He is wearing black athletic shorts and black sneakers. The background shows a clear blue sky and the ocean waves in the distance. The lighting is bright, suggesting a sunny day.

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.

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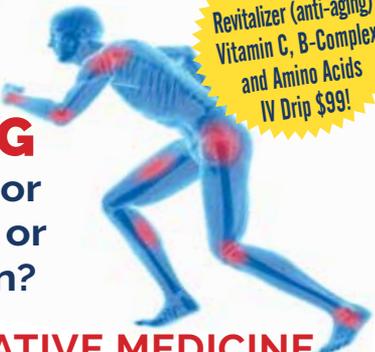
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Although it's not as virulent as most other cancers, it requires monitoring, sometimes for decades, which compels some men to get serious about diet and exercise. "If you hear you have cancer, the rug is pulled out from underneath you and you feel 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 D₃ 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.

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-distraction, 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.

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A patient receiving NeuroStar transcranial magnetic stimulation therapy.

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 B₁₂,

D₃ 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.

TO LEARN MORE

ERECTILE DYSFUNCTION PODCAST: Yale Smith, M.D., speaks about the possible causes and treatment options for erectile dysfunction in Natural Awakenings’ Natural Inspiration Podcast at my-NA.com/NIPSmith

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.

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.

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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 tout the convenience and tastiness of nori rolls—a wide variety of ingredients wrapped in a sheet of dried seaweed. Among Karlsen'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 Karlsen. “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.

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.



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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 Karlsen. For more information, visit MicaelaKarlsen.com.

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.

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.

Relaxed Kids

Simple Ways to Calm Anxious Children

by Sandra Yeyati



It doesn't take a full-on tantrum for children to experience or exhibit stress. According to licensed school psychologist and spiritual counselor Zemirah Jazwierska, anxiety is a child's natural response to not having consistency or predictability in their environment. During the pandemic, with school closings, social isolation and associated challenges, childhood angst is on the rise, says the Boulder, Colorado, blogger at KidsRelaxation.com.

Setting a Calm Example

Jazwierska believes that it's never too early to expose kids to relaxation practices. She invites moms to incorporate meditation even while they're pregnant, "to bathe their little babies in lots of good-feeling hormones and chemicals." After birth, while an infant may be too young to learn how to meditate, she recommends that parents create relaxing home settings where

impressionable kids will naturally learn to chill out. "Babies are continually sensing their environments," she says. "Just speaking in a calm voice or slowing down the pace of life, taking time to connect or practicing infant massage can prime their little minds and bodies for learning how to self-regulate, cope with life and default to relaxation mode just as soon as they feel stressed."

Benefits of Kid Relaxation Techniques

From breathing games and animal-like yoga positions to meditative art activities and mindful nature walks, child-friendly relaxation techniques are limited only by our imagination. When practiced consistently, they offer numerous benefits, including increased awareness, attention, empathy, resilience and generosity; less emotional reactivity; and improved memory, according to Whitney Stewart, meditation teacher and author of *Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm* (BarefootBooks.com/mindful-kids).

Getting Started

Stewart recommends that parents and caregivers consider adopting their own mindfulness or meditation practices before introducing them to their children. "The next step could be to invite children to practice with you," she advises. "With toddlers, this may be an invitation to sit or lie down with hands on their tummy or chest to let them feel their breath coming in and going out of their body. Young children don't always have an awareness of their breath. Parents and caregivers can help them understand how we breathe in different situations; how breath can speed up or slow down in response to our physical and emotional state."

Making Relaxation Fun

According to Stewart, small children respond best to mindfulness exercises that are both physical and fun. Her Animal Antics is one example, in which kids explore movement meditation by pretending to be different animals. Another is Shake the Sillies Out, which involves

“happy-shaking until you finally flop on the floor with a deep exhalation, followed by three mindful breaths. This one really helps work out kids’ excess energy,” she says.

On her website, Jazwierska offers myriad examples of fun and creative activities to calm and awaken children. She teaches breathing techniques by offering imagery kids can understand, like smelling a flower to learn deep inhalations and blowing out a candle for the exhalations. When kids are overcome with strong emotions, she offers a snow globe. “It’s a great tool for seeing how things start to swirl when our emotions are too strong and our minds too worried. As you take a deep breath and stop moving the globe, the snow settles. We have to stop moving, or move very slowly, for everything to settle for ourselves.”

Jazwierska’s Rock and Floppy Sock exercise instructs a child to make a tight fist—the rock—when they feel anger or another strong negative emotion, and then release their grip, turning it into a floppy sock. “It’s related to progressive muscle relaxation where you provide tension in the body and then you provide the contrast and let go, training the mind. Next time they feel tension, they’ll know how to relax,” she says.

Planting Seeds for Inner Happiness

As children grow older, they can add visualization to their repertoire, like Stewart’s Heart Garden exercise, in which the child sits mindfully while relaxed, takes three mindful breaths and then thinks of a word that makes them smile. “That can be anything—like butterfly, rainbow or watermelon,” she explains. “Imagine planting that word like a seed in your heart. Repeat the word and imagine watering the seed in your heart garden. Repeat the word and imagine the seed opening and growing in your heart. What does it become? See it blossom. True happiness comes from inside. Everyone can plant their own inner happiness.”

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

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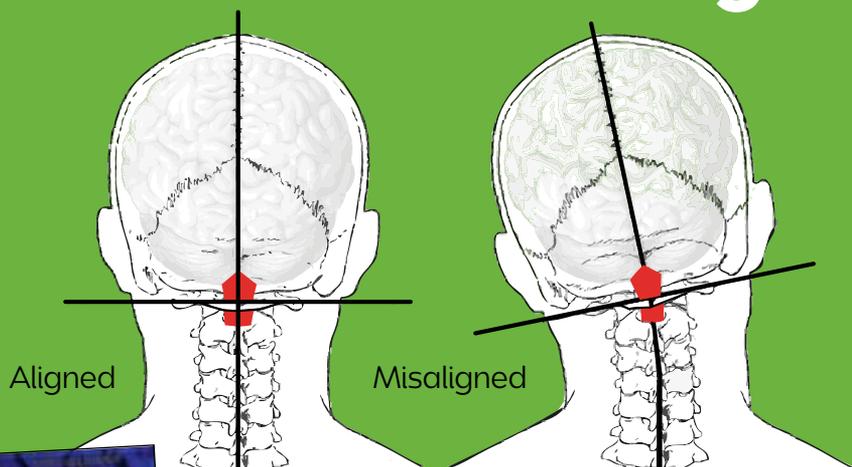
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The Fit Gardener

Backyard Workouts Good for Mind and Body

by Marlaina Donato



Both 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.

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Traveling for the Planet

Sustainable Ways to Explore the World

by Sandra Yeyati



After more than a year in social isolation, many of us are ready to hit the road, meet new people, fly to exotic locations and enjoy the sights and flavors of anywhere-but-here. Although the travel industry is raring to serve pent-up demand, this unprecedented respite can be an opportunity to reset priorities. When choosing hotels, modes of transportation, places to shop and dine, and other activities, consider their sustainability. Tourism need not harm the planet. With proper planning, it can enrich it while benefiting the people living in the places we visit.

Fly Direct and Economy

“Flying is the most carbon-intensive thing we can do in our lives,” says Holly Tuppen, author of *Sustainable Travel: The Essential Guide to Positive Impact Adventures*. To reduce emissions, she recommends flying direct in space-saving economy seats; taking longer, less frequent vacations; and using trains or other overland transportation whenever possible.

Take it Slow

In 2010, Tuppen travelled around the world without flying for 20 months. “We walked, biked, sailed across the Atlantic, got on a container ship across the Pacific, took trains, hitchhiked—a whole heap of transport cobbled together,” she recalls. “It’s not

that bucket-list idea of flying into a place, doing everything quickly and ticking off experiences. With slow travel, you’re letting the journey be part of the experience and inevitably, you meet more people along the way.”

Don’t Overdo It

In another eco-friendly aspect of that excursion, Tuppen visited places that weren’t tourism hotspots. “From Venice to Bali to Mexico, there are examples of places that before the pandemic had too many visitors—more than the infrastructure could handle,” she says. “That’s a massive problem, because it harms the life of local people. When the cruise industry started to stop in Dubrovnik, Croatia, for example, local amenities like hairdressers and grocery stores became souvenir shops.”

Keep it Local

According to Tuppen, the needs of locals should take precedence over those of tourists. A related problem is tourism economic leakage. “If you spend \$2,000 on a trip to Thailand, my hope would be that I’d be contributing \$2,000 to the economy in Thailand, but in reality, the way that the tourism supply chain is set up, a huge proportion of that money will end up in the hands of international companies,” she explains. “Ideally, we should be looking for

accommodations, experiences, stores, restaurants that are all locally owned rather than being part of an international chain. If you're booking a hotel, 70 percent or more of the workforce should be local."

Pack for a Purpose

To help travelers express their gratitude to a community for their hospitality, Rebecca Rothney founded *PackForAPurpose.org*, which lists items locals need and the accommodations and tour companies that deliver them to more than 450 community projects worldwide. Travelers dedicate a portion of their luggage space to carry in-kind donations and drop them off when they arrive at their hotel or meet their tour guide. Common items are medical and school supplies, as well as crafting materials for women to make and sell items like jewelry and trinkets, providing money to pay for their children's education. "A stethoscope weighs less than a kilo, but it can touch 10,000 hearts," she says.

Book Kind Hotels

Finding sustainable accommodations can be challenging and time-consuming, but *KindTraveler.com* is helping to change that. Recognized by *Travel + Leisure* as a 2020 Global Vision Award recipient, the hotel booking platform offers exclusive rates and perks from vetted, Earth-friendly accommodations when travelers make a nightly donation to a local charity that positively impacts the community visited.

"A \$10 donation will provide care for a rescue kitten for one month in Belize, clean 250 pounds of trash out of a waterway in Sonoma, California, or provide 40 nutritious meals to individuals in need in New York City," says co-founder Jessica Blotter. There are hundreds of participating hotels in 22 countries benefitting 70 global charities with an emphasis on fighting poverty, advancing environmental sustainability and reducing inequalities in communities.

"It's a way to connect, feel good and have meaningful experiences, knowing that your travel dollars are leaving the destination better than before you arrived," Blotter says.

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

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Create a Dog-Friendly Yard

Plants, Paths and Play Areas to Wag a Tail

by Karen Shaw Becker



Backyards 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.

Plants to Avoid in Pet Yards

An outdoor area for pets must be free of hazards that could cause illness. This includes cocoa bean mulch, which contains the chemical compounds theobromine and caffeine, which are highly toxic to dogs and can be fatal. Specific plants can also be poisonous to pets and can cause a variety of conditions, including diarrhea, vomiting, internal bleeding, respiratory distress, seizures, organ damage or failure, coma or death.

Research any plants in the yard for safety, and be sure to keep the yard clear of the following poisonous plants, as compiled by the Pet Poison Helpline, to create a backyard that's both fun and safe for pets:

*Autumn Crocus • Azalea • Cyclamen
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Lily of the Valley • Oleander • Sago Palm*

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Simple Acts Can Change the World

by Julie Peterson

It's easy to feel small and helpless in a world full of big problems, but there are simple, daily actions we can take to change it for the better.

BE THE CHANGE. If the park needs more shade, ask permission to plant a tree. If there is trash on the sidewalk, pick it up. An eyesore building could be a community art project. The possibilities are endless. Sometimes the very things that we complain about can be turned into action items, improving conditions for everyone. Fix something.

CHOOSE GRATITUDE. It's difficult to miss the news as it pops up on phones, computers and TV. But media outlets can offer a repetitive loop of negativity and conflict. When exposed to this for hours, it can erode faith in humanity and hope for the future. To prevent feeling a sense of soul-crushing doom, we must tune out of the constant chatter. Select 30 minutes every other day to read news. We will become more positive if we spend the former news time listening to music or writing in a gratitude journal. Appreciate the good.

FIND COMPASSION. When there is no shortage of road rage, angry customers and political divisiveness, don't engage. We never know what another person has gone through in life or earlier that day. Don't be a judge; be a vector to peace. Let the driver merge, let others be right, let our buttons get pushed without escalating the situation. Loving kindness for others involves wishing them health, happiness and safety. It doesn't need to be outwardly expressed; it can be an internal thought. Respect everyone.

BE KIND. Perhaps there is someone that would appreciate a meal or help with chores. Offer time without expectation of a reward. Random acts of kindness can be done anonymously: pay the toll for the next car, deliver a care package, donate

supplies to a local nonprofit or simply smile at strangers. Give freely.

Every time we fix, appreciate, respect and give with a genuine heart, there is a ripple effect. Everyone we touch feels better. Moving forward, these people likely will be kinder to others. Envision each genuine act pouring forth like a wave of light, gathering momentum as others add their light. Imagine it can wash over the Earth, touching everyone. We can make a difference. Start now.

Julie Peterson is a Random Acts of Kindness activist (RAKtivist.com), an assistant to the Wisconsin Kindness Angel and an advisor for Kindness Bank, a nonprofit invested in improving community health and well-being.



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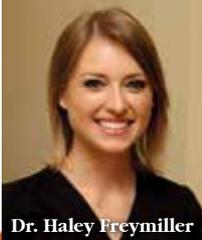
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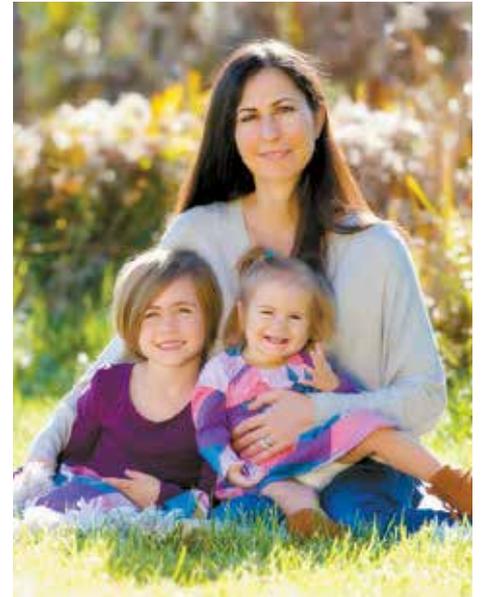
Andria Somers on Being United for Better Parenting

Andria Somers is the executive director of the Holistic Moms Network (HMN), which connects families interested in positive, holistic parenting, health and green living, providing them with helpful information and other support. The organization was formed in Essex County, New Jersey, in 2002 by a handful of mothers seeking to associate with others sharing the same goals. One of the moms, Nancy Peplinski, decided to expand the vision of the informal group and established it as a nonprofit in 2003.

Rapid growth made apparent the need for community support of naturally minded families across the country. In its first year of operation, HMN evolved from a local group to a nationwide organization with more than 25 chapters in 14 states. Founded on the cornerstones of community and connection, the mission of HMN is to provide a safe, supportive environment in which families can access resources and experience camaraderie in attaining natural living and gentle parenting.

How has HMN impacted your life?

I attended my first HMN meeting in 2012, after my oldest daughter was born. I became a member after learning about the organization and all that they offered. That was a life-changing moment for me. HMN very quickly became a central aspect of my mothering journey. I joined the national team in November of 2012, and my role evolved to executive director in 2017. Parenting has been my most transformative experience thus far, and HMN inspires me every day on this journey with all that its volunteers,



members and advocates give as far as support, knowledge, ideas and most importantly, community.

What is holistic parenting?

Holistic parenting begins with an understanding and respect for how all living things are connected and how we impact one another. Holistic parenting embraces green and non-toxic living, non-violent communication and natural health. We believe there are seven guiding principles for holistic parenting which we follow: make informed and educated parenting decisions; seek respectful and nurturing relationships with others; actively participate in one's own healing process; balance and integrate physical, emotional and spiritual aspects of being; teach children how to respect and care about the natural world; limit children's exposure to advertising, marketing and a consumer-driven culture; and live more simply and consume less.

How does HMN differ from other parenting groups?

The heart and soul of HMN is to connect families through volunteer-led chapters and intentional communities across the country. We are authentic, passionate about our purpose and committed to our mission. HMN is how we bring together local parents for support and join our voices as a national community. We recognize that everyone is on their own path, yet on this journey together. Members are encouraged to respect one another's views, offer support and learn from each other. HMN wants to generate national awareness, education and support for holistic parenting and green living. Our groups meet about once a month in a public venue where all are welcome. We provide nurturing, open-minded and respectful local community networks that encourage families to share these ideals and learn from each other.

What advice would you offer to a new parent just beginning their journey of holistic parenting?

As a parent, it's important to have a network of support. Being connected to like-minded individuals who do not judge makes all the difference in the world. It truly does take a village to raise a child, and you can choose how you build your village. There will be countless people offering advice, so be discerning and see what resonates with you. I truly believe that we are all here to help and support one another. HMN is a way to build relationships and connect with other parents to form friendships that last a lifetime.

For more information, including on becoming a member, visit HolisticMoms.org.

This article was written by a KnoWEwell (KWW) staff member. Holistic Moms Network and Natural Awakenings are collaborative partners of KWW, a benefits and services company that operates the global Regenerative Whole Health community and marketplace platform KnoWEwell.com. See ad, page 55.

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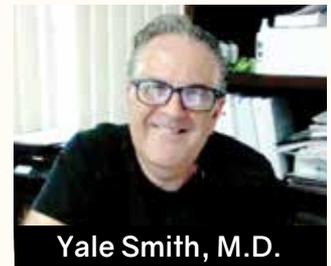
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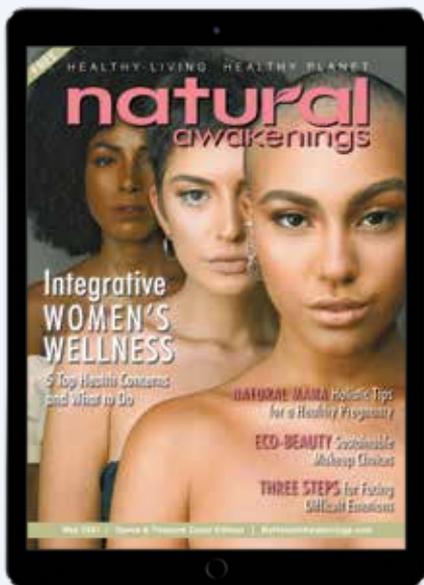
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calendar of events

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

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

SPACE COAST EVENTS

WEDNESDAY, JUNE 2

Chakra Balancing: Guided Mantra & Sound Meditation – 5:30-7pm. The seven chakras are the body's major energy centers through which our life energy flows. Anthony Profeta guides us to healing and attunement by playing the crystal bowls to help remove and break up blocked energy. Then as we move one by one up through the chakra system, he will introduce the Bija (seed) Mantras which the group will chant together to help align, balance, and purify our 7 energy centers. The bowls & mantras together will create a one-of-a-kind meditative experience, immersed in soundwaves, pure frequencies, & vocal tones. \$20. Please bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

FRIDAY, JUNE 4

Yoga Nidra Training – 5:30-8:30pm. 2 weekends of training with Karen Hedley and Maria Banas held on June 4, 5, 6 and June 12, 13. Saturday and Sunday classes are 10am-5pm with lunch break. Rejuvenate yourself while learning how to teach others the transformational power of Guided Rest Yoga Nidra (yogic sleep). This training will give you all the material and practice you need to guide Yoga Nidra with confidence and authenticity. \$499 (includes certificate, manual, 2 beanbags, and therapeutic grade essential oil). \$499 includes certificate, manual, 2 beanbags, and therapeutic grade essential oil, and 30 CEU credits for Yoga Alliance Registered Yoga Teachers. Call 321-729-9495 or visit AquarianDreams.com/special-events to pre-register. Aquarian Dreams, 414 N. Highway A1A, Indialantic.

MONDAY, JUNE 7

Guided Rest Yoga Nidra with Soundscape Workshop – 5:30-7pm. Combining the healing properties of sound (singing bowls, chimes, voice, etc.) with Yoga Nidra, you enter a state of profound rest and peaceful bliss. Yoga Nidra (yogic sleep) is guided meditation done lying down. Free of resistance, tension, and thought, you tap into the body's innate healing abilities and creative energy. Led by Karen Hedley. 45 minutes of Yoga Nidra is as restorative as 3 hours of sleep. Please bring a yoga mat, blanket, and pillow. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Call or pre-register at AquarianDreams.com/special-events. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495.

TUESDAY, JUNE 8

Natural and Permanent Weight Loss Solutions – 7-8pm. ChiroThin Weight Loss Program that blends science and physiology may be the answer. Hidden causes that hinder weight loss such as food sensitivities and environmental toxins will also be discussed with Dr. Brian Walsh. Free but call 321-728-1387 to register. CARE Natural Wellness Center, 1051 Eber Blvd, Suite 102, Melbourne. 321-728-1387. CareWellnessFL.com.

WEDNESDAY, JUNE 9

Soul Empowerment: Reiki Journey into the Field of Possibilities – 5:30-7pm. A Reiki Journey is a technique used with the intention to obtain spiritual and inner guidance, information, healing and empowerment from higher sources of consciousness. Includes the River of Life healing experience to release what is no longer needed and receive the gift of empowerment. Led by Maria Banas. Bring yoga mat or pillow. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended, visit AquarianDreams.com/special-events. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

THURSDAY, JUNE 10

New Moon Guided Meditation – 7-8:30pm. During this meditation, you may lie on a mat, sit in a chair, or sit on a cushion. Anthony Profeta takes us on this meditative journey of healing, relaxation, & connection. The Crystal & Himalayan Bowls will be played during the entire meditation. Suggested: Bring yoga mat or pillow. \$20. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495.

FRIDAY, JUNE 11

Sacred Women's Cacao Ceremony – 6-8pm. An Ancient Mystical ritual and Sound Healing with Pam Peach and Maria Banas. A celebration of the ancient Cacao ceremony while we are carried on the mystical vibration of singing bowls. Cacao serves as a tool for connecting to the energetic space of our hearts, as well as a powerful tool to go deeper in your inner work. It will assist in energetic healing and receiving clarity in the areas of love, purpose, intuitive abilities and personal growth. Register online or call. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Please bring a yoga mat or pillow. \$35. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

MONDAY, JUNE 14

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

WEDNESDAY, JUNE 16

Group Past Life Regression with Singing Bowls – 5:30-7:30pm. According to many traditions, we've been stuck in a cycle of birth, death, and rebirth for numerous lifetimes - each time learning lessons, making mistakes, & having experiences necessary for our soul's growth & development. This regression will be led by meditation teacher & ARE certified past life regression therapist, Anthony Profeta, who in addition to guiding, will also be using singing bowls to help us access a deep, relaxed state. Access the deep unconscious memories to help fit together pieces of a puzzle and to understand ourselves better. \$40. Bring yoga mat or pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

space coast save the date

SATURDAY, JULY 10 & SUNDAY JULY 11

2021 Ancient Healings Conference – Find top experts, teachers, and guides from various fields or disciplines for you to rediscover the healing and empowering techniques of our ancestors which have long been protected, hidden or thought lost forever. The Ancient Healings Conference will be held at the Melbourne Auditorium. Currently accepting applications for speakers and exhibitors. Call for vendor information. Melbourne Auditorium, 625 E Hibiscus, Melbourne. AncientHealingsConference.com.

FRIDAY, JUNE 18

Yoga Nidra, Reiki, and Aromatherapy for Chakra Balancing – 5:30-7pm. Your chakras or energy centers affect you physically, emotionally, and spiritually. Each chakra will be invited to open and balance through sound, mudras (hand position), essential oils, and affirmations. Reiki healing touch will be given on or above the body, whichever you prefer. Class begins with a gentle body warm up and ends with Guided Rest Yoga Nidra. \$25. Register online or call 321-729-9495. Led by Karen Hedley. Please bring a yoga mat, blanket and pillow. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events/ Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

SATURDAY, JUNE 19

Reiki 1 Certification Course – 11am-5pm. Reiki 1 with Usui/Holy Fire III consists of an Attunement/Placement given to the student and teaching by Usui,

recognized worldwide. Holy Fire energy is a more refined source of higher consciousness that empowers the energies of the symbols and techniques used in Usui and Karuna Reiki. Topics covered: How Reiki works, The Holy Fire, Chakra functioning and balancing and more. 7 CEU's for Yoga Alliance teachers. Maria Banas is a certified Reiki Master-Teacher. \$160. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. AquarianDreams.com/special-events. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

WEDNESDAY, JUNE 23

Professional Astrologer's Course – 5:30-7pm. This 8-week course with Bruce Orion will teach you everything you will need to know to be able to read and interpret an astrology chart, as well as its predictive aspects. Class is for professional or personal practice. Class will cover the planets, the signs, the houses, the aspects and the transits. Bruce Orion has been a well-known professional astrologer in Sedona for over 25 years. For more information, visit BruceOrion.com. Due to current social distancing protocol, class size will be limited, and

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Nancy Solook	Victoria Goetz MD.	Diane Sageser	Mary Devereaux DOM, LAc
Jeanifer Archipolo	Christina Ray	Nikki Malay	Leo Williamson
Katheryn Napier	Shannon Davis	Marianna Kaiser RN, CCRN	Noco Zabalza
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Questions? Contact
Duncan Bowen Ph.D. 321 - 543 - 8882

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pre-registration is recommended. 321-729-9495. \$300. Aquarian Dreams, 414 N. Highway A1A, Indialantic. 321-729-9495. AquarianDreams.com/special-events.

THURSDAY, JUNE 24

The Mysteries of the Thyroid Revealed – 7-8pm. Learn what interferes with normal thyroid function as well as natural tips for improving and maintaining the health of your thyroid. Dr. Brian Walsh speaks at CARE Natural Wellness Center, 1051 Eber Blvd., Suite 102, Melbourne. Free but call 321-728-1387 to register. CareWellnessFL.com.

Full Moon Ocean Meditation – 7-8:30pm. Full moon meditation is powerful for releasing things from your life, old negative emotions and thinking, and transformation. Session begins with a Crystal and Tibetan bowl meditation and if weather permits will go across street to the ocean for silent meditation under the moon. Bring a mat or towel. \$25. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. To preregister visit: AquarianDreams.com/special-events or call 321-729-9495. Aquarian Dreams, 414 N. Highway A1A, Indialantic.

Full Moon Meditation – 7:15-8pm. We will be focusing on the full moons energy to make our intentions the most powerful. This is a 45 min meditation amplifying the energies within. Enjoy this amazing opportunity to rise your vibrations. \$12. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

SATURDAY, JUNE 26

Weekend Meditation Course – 10am-6pm. Work-

ing the Practices with Others - Saturday 10am-6pm. & Sunday 1-7pm. Learn about the different types of settings and environments of conducting a practice, the ethical guidelines of being a teacher and working with private, one-on-one students, working in group settings and working in healthcare institutions. Get tips and guidance in establishing a career as a mindfulness and meditation teacher. Led by Anthony Profeta this training immersion will help you gain a more complete understanding of mindfulness meditation with a thorough exploration into Buddhist philosophy and its meditation techniques, especially its mindfulness and compassion practices and more. Bring a yoga mat or pillow. \$375. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Pre-register at AquarianDreams.com/special-events or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic.

MONDAY, JUNE 28

Past Life Healing with Reiki Meditation and Sound – 5:30-7pm. A Reiki journey technique is used with the intention to obtain spiritual and inner guidance, information, healing, and empowerment from higher sources of consciousness. Includes the River of Life healing experience to let go of what is not needed any longer and receive the gift of Empowerment with Maria Banas. Bring: yoga mat, pillow, blanket, and water. \$25. Register online at AquarianDreams.com/special-events or call 321-729-9495. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Highway A1A, Indialantic.

classifieds

BUSINESS OPPORTUNITIES

NEED A NEW LOOK FOR YOUR ADVERTISING AND PROMOTIONAL MATERIAL? Graphic designer with 15 years' experience in the wellness and holistic industry. Fully bilingual: English & Spanish. Call 787-297-8818 or email Waleska@PRnatural.com

BOOKS

THE GREAT COSMIC TEACHINGS of Jesus of Nazareth. This ancient knowledge, the law of the All-Highest, is again available to all people. www.Gabriele-Publishing-House.com Toll-Free: 844-576-0937.

COMMUNITY

DONATIONS NEEDED FOR WILD FLORIDA RESCUE (WFR) – WFR provides safe and compassionate emergency first response service for wildlife in need of urgent medical attention. They operate on the generosity of our community. Visit WildFloridaRescue.org to donate, “adopt” an animal (virtually), or to set your amazon smile charity to WFR. 321-821-7881.

PRODUCTS

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TREASURE COAST EVENTS

THURSDAY, JUNE 3

Candlelight Sound Bath Meditation - 6:30-8:30pm. Sound Meditation assists in bringing the body's 7 major energy centers (chakras) back into alignment and balance, by quieting mental chatter and allowing for peace and tranquility. Led by Anthony Profeta. \$25 Bring your own mat & blanket. Facilitated by Divine Soul Wellness held at Your CBD Store 2818 SW Port St Lucie Blvd. 954-646-4374.

FRIDAY, JUNE 4

First Fridays Kundalini Meditation - 8pm. Led by Bryan Nevin. Experience deep meditation with gong healing. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. dte-yoga.com.

SATURDAY, JUNE 5

Free: Flower Essence Guided Meditation - 10:30-11:15am. Treat yourself to the healing benefits of a Flower Essence Guided Meditation where you'll experience the subtle energies of flower essences as you are guided through a grounding and relaxing meditation. You'll leave feeling grounded, relaxed and refreshed. Free. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

Free: Intro to Herbs - Noon-1pm. Curious about herbalism? Come discover what herbal medicine is, how herbs are used, and ways to select helpful herbs. You'll also discover how vibrational flower essences and earth-based practices fit into a holistic health model that aims to address the whole person. Free. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

WEDNESDAYS, JUNE 9 & 23

12 Power Centers: VIRTUAL - 7pm. Deepening spiri-

tual understanding and practice of our 12 power centers. Spiritual Soul growth class designed to support students in living aligned with their spirit. June 9 is the Divine Order; June 23 is Enthusiasm. Class led by Rev Janice. Zoom login ID is 772-461-2272. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272.

SUNDAY, JUNE 13

Affirmative Lifestyle Workshop - 11:15am-12:15pm. Shift from a problem-oriented mindset to an affirmative solution-oriented mindset. We are here to evolve and support one another. It all begins in our mind. (Love offerings) UnityofFortPierce.com. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft Pierce.

Mini-Retreat: Letting Go in Restorative Yoga - 2-4pm. Led by Gina Buse. Explore the mindful attitude of letting go in restorative yoga, from edgy and stressed to harmonious and relaxed. 7 students max. \$40. DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

THURSDAY, JUNE 17

Shamanism Workshop - 6:30-8:30pm. Join us each month as we explore the teachings and practices of the medicine wheel, spirit animals and guides and nature-based ceremony. Bring a notebook and pencil. \$35. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

FRIDAY, JUNE 18

Shamanic Drumming Circle - 6-7pm. with Trish. Experience Bring a drum. (Love Offering) Drumming will be followed by Reiki Circle. Unity of Fort Pierce 3414 Sunrise Blvd, Ft Pierce. UnityofFortPierce.com.

SATURDAY, JUNE 19

Reiki II Workshop - 10am-2pm. Facilitated by Reiki Masters Rev Janice Cary, and Trish Gable. Cost \$75

includes materials for manual. Unity of Fort Pierce 3414 Sunrise Blvd, Ft Pierce. UnityofFortPierce.com.

Scented Dragon Psychic Fair - 11am-7pm. Celebrate Summer Solstice with us at this annual event. Experience Treasure Coast's most popular readers as they once again gather in one place to provide attendees answers to their most important questions. One-on-one sessions providing guidance and validation. Admission is free, prices vary per reader. Call to book in advance or just stop by. Scented Dragon 6993 Hancock Dr., Port St. Lucie (just off US 1 north of Rio Mar) 772-877-2102.

Your Akashic Records and You: VIRTUAL - 11am-1pm. An informative and experiential workshop and learn to read your Akashic records that can be accessed anytime, or anywhere. Learn what your soul's purpose is, in this lifetime. The A. records are the sum of all experiences and emotions of each soul, ie: 'soul record', by definition. \$50. 772 200-0016. QuantumShiwa.com

THURSDAY, JUNE 24

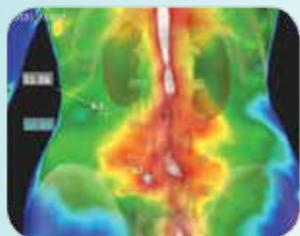
How to Make Herbal Lip Balm & Salve - 2-4pm. In this hands-on class you'll learn how to transform an herbal oil into a soothing lip balm and salve that will nourish and soothe you lips and skin. All materials are included, and you'll leave with 2 lip balms and one 1oz. salve. \$45. Herbs & Owls, 725 N. Highway A1A, D-103, Jupiter. 561-768-9005. HerbsAndOwls.com/classes.

Soul to Soul: Night of Spirit Connections: VIRTUAL - 7-8:30pm. Allow Tess- the Treasure Coast Medium, to connect you to the spirit realm of loved ones, guides and angels. Whether you seek guidance about your life situations, or closure with a loved one, it is her purpose to help you! Tess will deliver as many messages as possible during this event. Questions are welcomed and encouraged. Not everyone may get a reading, but all present will be affected by divine presence. \$45. 772 200-0016. QuantumShiwa.com.

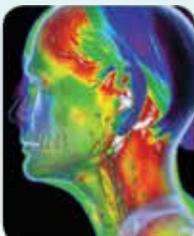
STUART THERMOGRAPHY

Early Detection Is Key To Overall Wellness

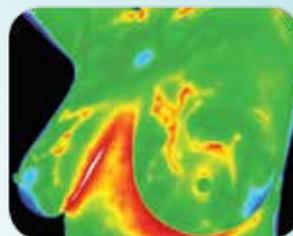
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on going events

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

THANK YOU FOR YOUR UNDERSTANDING AND STAY WELL.

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

sunday

SPACE COAST

Aerial Restorative – 11am-noon. Eden will be guiding you through 5 to 7 different postures that will restore the body and mind. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

TREASURE COAST

Unity of Ft. Pierce – 10am. Practical spiritual teachings that support people in cultivating and living from their spiritual awareness. In the sanctuary or the service can be viewed through VIRTUAL OPTION: Facebook Live Stream at facebook.com/unity.fortpierce/. Unity of Ft. Pierce 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFortPierce.com.

Unity of Port St. Lucie – 10am. In person (masks required) or viewed on YouTube. Prayer, special music, metaphysical and spiritual teachings. Crowne Plaza 8645 US Highway 1 Port St. Lucie. 772-878-9819. UnityOfPortStLucie.org.

Unity on the Space Coast – 11am. VIRTUAL OPTION: Live youtube.com/c/UnityontheSpaceCoast. USC provides a positive, practical approach to spirituality. This is demonstrated through music, prayer, meditation, classes, workshops, book studies, and practicing wellness, abundance and a positive approach to the issues, goals, and desires of humanity. Masks required. Our calendar of events can be found at UnityontheSpaceCoast.org. Unity on the Space Coast 2000 South St, Titusville. 321-383-0195.

monday

SPACE COAST

Gentle Hatha Yoga – 11am-12:15pm. A gentle approach to Hatha including asana (postures) and

Yoga Nidra meditation with Patti Akers. \$10 or Yoga Memberships accepted. To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Peaceful Flow Yoga - 12:30-1:30pm. Gently and peacefully improve range of motion while grounding, centering, and developing a deeper sense of inner peace. Led by Brooke Daratany Goldfarb. \$10 (or Yoga Membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Kids Aerial Yoga – 5:45-6:30pm. Kids ages 6-12 will love hanging in the air and swinging in this fun aerial for kids' class. Parents are welcome to stay and watch or support their child or leave and come back after the class. \$20. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

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

Core Aerial Yoga – 7-8pm. In this class we will be working on our core, doing crunches, leg lifts and finally stretching. This will help anyone build the strength to have an amazing Aerial practice. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

TREASURE COAST

Warm Vinyasa Flow Yoga – 9:30-10:45am. Led by Mike Vidalakis for all levels. A gently heated room helps loosen muscles to help expand postures and work more deeply. This practice is a moving meditation to encourage focus on breath and proper

alignment as we flow together. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. dte-yoga.com.

Chair Yoga - 10-11:15am. For seniors and those with limited mobility. Enjoy stretching for relaxation and ease of movement with Lana. Chair yoga is helpful for those who find it difficult to get up and down off the floor. \$10 per class or purchase two classes and get the third one free (Good through September 2.) La Buona Vita Club House, 8601 US Hwy 1 (across from Savanna Club Blvd), Port St. Lucie. 845-489-7976.

Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. VIRTUAL OPTION: Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Aura photography. Walk-ins Welcome. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Community Acupuncture – 2-4pm. This treatment model offers effective individual treatments to multiple patients at reduced fees and is recommended for some types of headaches, allergies, knee pain, carpal tunnel syndrome, and maintenance. Saint Lucie Acupuncture & Integrative Medicine, 1775 SW Gatlin Blvd, Suite 204, Port St Lucie, 772-444-7172. SaintLucieAcupuncture.com.

Mindful Yoga Mondays - 6:30-8:30pm. This is a gentle class focusing on breathwork and stretching with an extra bonus of sound therapy and mantra work. From beginners to experienced, all are welcome. Please bring your own mat, blanket, props, \$10. Facilitated by Matt Swanner and Divine Soul Wellness held at Your CBD Store 2818 SW Port St Lucie Blvd. 954-646-4374.

A Course in Miracles Study Group - 8:15pm. Experience the miracle of a shift in perception. Everyone is invited, newcomers welcome. Bring your book or we have some to share. Held in our sanitized sanctuary. (Love-Offering appreciated). Facilitated by Kathryn Joy. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

tuesday

SPACE COAST

Yin Yoga – 12:15-1:30pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Leah Dubois. \$10 (or yoga membership) To preregister



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Sunday: Service at 10 a.m. in sanctuary & on FB Live

Monday: A Course in Miracles 7 p.m. Conf. call

Wednesday: Meditation at 11 a.m. FB Live & Zoom

Friday: Reiki at 7 p.m.

Classes and info: unityoffortpierce.com



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visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Hatha Yoga – 5:30-6:30pm. Multi-level class for beginners and intermediates. Led by Ellen Cameron whose experience allows her to modify asana to the students' ability, so they get the benefits of the practice without strain. \$10 (or yoga membership). To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TREASURE COAST

Yin Yoga at District 108 Yoga – 9am-10am. Yin Yoga is a quietly radical practice that welcomes all body types and sizes. Beginner's welcome. In Yin practice any idealized notions of how a pose 'should' look are relinquished, in favor of exploring our bodies' particular needs as individuals. Come to class with a willingness to unwind. Led by Nancy Clark. \$15 for Drop-ins, or class packages are available. District 108 Yoga 290 SE Florida Street, Stuart. District108Yoga.com

Tune-Up Tuesday at The Elliot Museum - 4-5pm. Certified Sound Therapist, Deena Rahill, facilitates this weekly Crystal Bowl Vibrational Healing experience. During this one-hour session, participants lie down on mats and are bathed head to toe in sound vibration. Sign up to enjoy this ethereal experience and leave with a feeling of peace and harmony. Please bring a yoga mat, (if you want a blanket and pillow) and wear comfortable clothes. Contact Deena for more information or to reserve your spot, 786-488-7782. \$25. Elliot Museum, 825 NE Ocean Blvd., Stuart.

Little Seeds Kids Yoga (Ages 4-8) – 4-4:45pm. After months of staying inside, give your child the gift of safe play within their bodies and mind as well as a practice that will stay with them a lifetime. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

Big Seeds Kids Yoga (Ages 9-12) – 5-5:45pm. After months of staying inside, give your child the gift of safe play within their bodies and mind as well as a practice that will stay with them a lifetime. Tuesdays & Thursdays. Little Seeds Yoga (4-8) at 5pm. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

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

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

wednesday

SPACE COAST

Kids Mindfulness Retreat – 9am-noon. Kids, ages 7-10, will spend the morning learning how to become

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COMMUNITY GUIDE

COCOA BEACH	PORT ST LUCIE
FULL CIRCLE YOGA 320 N. Atlantic Ave, #3A-B 970-333-4777 FullCircleYogaSchool.com 	DOWN TO EARTH YOGA 1649 SE Port St Lucie Blvd. 772-224-2444 DTE-Yoga.com 
INDIALANTIC	SATELLITE BEACH
AQUARIAN DREAMS 414 N. Miramar Ave. (Hwy A1A) 321-795-9495 AquarianDreams.com	HATHA YOGA WITH MARILYN Pelican Beach Clubhouse 1495 Hwy A1A 321-773-6458
MELBOURNE	
THE YOGA GARDEN 1482 Pineapple Ave 321-345-6197 YogaGardenFL.com 	ZEN YOGA 1024 Hwy A1A #150 866-820-YOGA ZenYoga321.com
THE YOGA GARDEN 5270 N. US Hwy 1 (inside Adventure HQ) 321-345-6197 YogaGardenFL.com 	TITUSVILLE
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myNaturalAwakenings.com

natural awakenings

mindful in their day-to-day life. We will be doing obstacle courses, yoga, Aerial yoga, arts and crafts, breathing exercises, music and meditation. Check out our website for more details. \$240. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy

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

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

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

Aerial Yoga – 6:30-7:30pm. This is a high energy class that will be using an Aerial Hammock that is meant to warm the muscles, stretch them out then finally relax in a meditative state. \$15. Blissful.Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741.

TREASURE COAST

Chair Yoga - 10-11am. For seniors and those with limited mobility. Enjoy stretching for relaxation and ease of movement with Lana. Chair yoga is helpful for those who find it difficult to get up and down off the floor. \$10 per class or purchase two classes and get the third one free (Good through September 2.) Unity of Port St Lucie, 8645 US Hwy 1, Port St. Lucie. 845-489-7976.

Insight Meditation on Zoom and Facebook Livestream: VIRTUAL – 11-11:30am. Holding meditations in our sanctuary or join via Zoom with meeting ID of 840-3552-6522. Love Offerings appreciated. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. 772-461-2272. UnityofFtPierce.com.

Crystal Light Therapy – 12:30-4pm. Are you ready to take your bodywork sessions to a whole other level, embracing Body, Mind & Spirit? Crystal Light Therapy (CLT) takes energy healing to the next level by combining crystals, guided imagery, sound, color & light. Call Lifestyle Goddess for availability 772-801-3044. Event held at The Scented Dragon, 6993 Hancock Drive, Port Saint Lucie.

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

SPACE COAST

Gentle Hatha Yoga - 5:30-6:30pm. Gentle Hatha yoga classes with a focus on healing and meditation.

Instructor Teren Nichols is a licensed intuitive massage therapist. \$10 (or yoga membership). To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TREASURE COAST

Warm Vinyasa Flow Yoga – 9:30-10:45am. Led by Cassi Brooks for all levels. A gently heated room helps loosen muscles to help expand postures and work more deeply. This practice is a moving meditation to encourage focus on breath and proper alignment as we flow together. \$18 drop in or packages available at DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444. dte-yoga.com.

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

Reki Healing Circle – 8:30-9:30pm. Join us every Thursday as we reach out to each other while we reach within through meditation & Reiki healing on Zoom. For more information & link call Ann Marie 772-801-3044. \$10. AnniesMyCoach.com.

thursday

friday

SPACE COAST

Yoga for Beginners – 11am-12pm. Support and instruction about foundation poses, proper alignment

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Aerial for Autism – 11-11:45am. Bring your child 6-12 to relax and swing in an aerial hammock. They will learn basic moves and will have the freedom to create their own practice in a safe and fun environment. Only 7 spots available. \$20. Blissful Energy, 240 S. Wickham Rd, West Melbourne. 321-327-8741. Blissful.Energy.

Yin Yoga – 12:15-1:30pm. Yin Yoga is a profound, meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body. Led by Cindy Jovanovich. \$10 (or yoga membership) To preregister visit: AquarianDreams.com/weekly-yoga-calendar. Due to current social distancing protocol, class size will be limited, and pre-registration is recommended. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

TREASURE COAST

Community Acupuncture – 2-4pm. This treatment model offers effective individual treatments to multiple patients at reduced fees and is recommended for some types of headaches, allergies, knee pain, carpal tunnel syndrome, and maintenance. Saint Lucie Acupuncture & Integrative Medicine, 1775 SW

Gatlin Blvd, Suite 204, Port St Lucie, 772-444-7172. SaintLucieAcupuncture.com.

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

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

Reiki Circle – 7-8pm. Experience the transmission of Universal energy which activates inner calm and peace. Led by Reiki Master Trish Gable. Love offering. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-812-2895. UnityofFortPierce.com.

saturday

TREASURE COAST

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

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

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Psychic Medium Readings & More – 10am-4pm. Psychic Medium & Aura Readings with Christopher Johansen Daily. VIRTUAL OPTION: Readings also available via Skype, FaceTime, Zoom and Facebook messaging. Psychic Medium Readings, Aura photography. Walk-ins Welcome. Psychic & the Genie, 313 Colorado Ave. Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

Reiki Healing Circle - 7pm. Led by Pat Monaghan, Level 2 Reiki Healer and Lightworker. Open to all energy healers and all people. The circle offers a space to release all the stress and tension we hold inside while also letting in the universal energy with our highest good and healing as the focus. \$15. DTE-Yoga.com. Down to Earth Yoga Studio, 1649 SE Port Saint Lucie Blvd, Port Saint Lucie. 772-224-2444.

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ad, page 15.

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Two convenient locations in downtown Stuart and Hutchinson Island offering a wide assortment of incense, candles, books, sage, crystals, salt lamps and more. Psychic Medium, Aura Photography available. Open 7 days a week. Monday-Saturday 10am-6pm. Sunday 10am-5pm.

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Port St. Lucie, 772-877-2102
Ft. Pierce, 772-302-3814
Jensen Beach, 772-208-5592



Treasure Coast's premier metaphysical store, now with three locations. Incense, crystals, stones, sage, candles, jewelry, workshops & more. Daily Readers and knowledgeable staff always on hand. Open 7 days. See ad, page 15.

NATURAL MEDICINE

BEACHSIDE NATURAL MEDICINE CLINIC & APOTHECARY

200 Ocean Ave, Ste 202
Melbourne Beach, 321-848-4914
BeachsideNaturalMedicine.com



Your local resource for Natural Family Health, Nature Cure, Ayurveda & Homeopathy specializing in Digestive Disorders/IBS, Food Intolerance Evaluation, Complex Chronic Diseases, Infertility & Natural Pediatrics. See ad, page 20.

NEUROPATHY

DR. STEVE CANUEL

Board Certification Nephropathy
490 Center Lake Dr, Ste 100A
Palm Bay, 321-499-4608
WestMelbourneChiropractor.com



A long-term solution you can do at home! Our scientific, proven approach heals your nerves and reverses your symptoms. Relief without Surgery, Shots, Addictive Medications. See ad, page 37.

NUTRITION

VITALITY WELLNESS AND NUTRITION CENTER

Christi Buck, RDN, LD, CLT-Owner/Founder
772-218-0858
vwanc.com



Customize a natural and holistic plan to meet your wellness and nutrition goals. Can address gut issues, autoimmune issues, hormones, weight management, thyroid issues, and more.

PATIENT ADVOCATE

CORINA SAVELA, LLC

Ins. Agent & Certified
Patient Advocate
Melbourne, 321-209-2998
CorinaSavelaLLC.com



Assistance with preparing for and managing Medicare costs and benefits. Support for those without family and caregivers of a loved-one. Registered Guardian, Community Speaker and Educator. (Ins. Agent FL#W412514, Registered Guardian FL#1433)

PEDIATRICIANS: HOLISTIC

RUTH M. RODRIGUEZ, DO

Natural Solutions with Dr. Ruth
Space & Treasure Coast, 321-427-6538
NaturalSolutionsWithDrRuth.com



Dr. Ruth Rodriguez, board-certified Osteopathic Pediatrician provides sick and wellness guidance using holistic and plant-based therapies. Pediatric telemedicine consultations and in-home physicals.

PET SUPPLIES: NATURAL

NATURAL PET SPECIALTY SHOP

398-B N. Harbor City Blvd
Melbourne, 321-259-3005
NaturalPetSpecialtyShop.com



Featuring: grain-free, high-quality protein, raw & organic pet foods, treats, supplements, homeopathic and herbal remedies, chemical-free grooming products, natural flea & tick supplies and much more. See ad, page 43.

PODCASTS

NATURAL INSPIRATIONS PODCAST

Produced by Natural Awakenings
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myNaturalAwakenings



Each episode features conversations with local natural health experts on the Space and Treasure Coast helping you to make lifestyle choices to enhance your wellbeing. See ad, page 41.

PSYCHIC MEDIUMS

CHRISTOPHER JOHANSEN

Psychic & the Genie
Downtown Stuart, 772-678-6170
PsychicTheGenie.com



Third-generation psychic medium and Reiki Master, Christopher sees past, present and future events by tuning into the spirit energy surrounding you. Connect with your Spirit Guides and deceased loved ones.

TESS, THE TREASURE COAST MEDIUM

Intuitive Medium, Reiki Master,
Past Life Regressions
By appointment: 772-200-0016
TessTheHealer@gmail.com
TreasureCoastMedium.com



Are you grieving the loss of a loved one and need closure? Did you miss the chance to say 'Goodbye'? Or are you in need of divine guidance about your career, love life, or finances? Allow the Angels to help you make the right decisions. Learn how to cultivate your own intuition through classes offered in spiritual development.

REGENERATIVE MEDICINE

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2708 Garden St
Titusville, 321-267-4324
DalyIMG.com



We are a leader in alternative therapies to avoid surgery and addictive pain medicine. For those suffering from pain, we offer Prolozone, TPI, PRP, and stem-cell therapies. See ad, page 24.

REIKI

SPARK OF DIVINE LLC

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

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

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ERIKA PREISLER, FACIAL SPECIALIST, MUA

Beauty By Esthetics
Melbourne, 321-372-5000
BeautyByEstheticsFL@gmail.com



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SPIRITUALITY

UNITY OF FORT PIERCE

3414 Sunrise Blvd.
Fort Pierce, 772-461-2272
UnityOfFortPierce.com



A positive, practical approach to living life on Purpose. Services 10 a.m. in our sanctuary (social distancing & masks). Facebook livestream at Facebook.com/Unity.FortPierce. See ad, page 46.

UNITY ON THE SPACE COAST

2000 South St, Titusville
321-383-0195
UnityontheSpaceCoast.org



A positive, practical, progressive approach to Christianity based on the power of prayer, celebrating personal and spiritual diversity. Watch us on YouTube on Sundays 11am.

UNITY SPIRITUAL CENTER OF VERO BEACH

950 43rd Ave
Vero Beach, 772-562-1133
UnityOfVero.org



Join us for live streamed Facebook services at 10 am Sundays. For recorded services, search Facebook and YouTube for Unity Spiritual Center of Vero Beach.

THERMOGRAPHY

STUART THERMOGRAPHY

Dr. Steven Zanfini
Stuart, 772-781-5353
CompleteCareTC.com



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 45.

THERMOGRAPHY OF BREVARD

Melbourne, Merritt Island, Vero Beach
321-312-0363
ThermographyofBrevard.com



Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 49.

WELLNESS CENTER

OHANA TREE MASSAGE AND YOGA

1044 NE Jensen Beach Blvd
Jensen Beach, 888-229-7255
OhanaTreeMassageandYoga.com



Specializing in Deep Tissue and Trigger Point Therapeutic Massage. Individual and group Yoga sessions. Serving Jensen Beach and surrounding cities for over 10 years.

YOGA

HATHA YOGA WITH MARILYN

Pelican Beach Clubhouse
1495 Highway A1A
Satellite Beach, 321-604-0767

Balance your Body, Mind & Spirit with Hatha Yoga. Gentle, guided yoga postures with Stretching, Deep Breathing, and Relaxation. \$5 per class through Satellite Recreation Department. See ad, page 11.



DIRECTORY

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Dr. Tom O'Bryan
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"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

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(many types offered)
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- Nutritional Programs
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- Preventative Medicine
- Vitamin Evaluation
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- *Plus many other
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