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natural awakenings

SPECIAL EDITION
**HEALTH
& WELLNESS**

LOSE WEIGHT
AND GAIN HEALTH IN 2021

**HOSPITALS
GO HOLISTIC**

TIPS FOR MANAGING
ECO-ANXIETY

**FITNESS TRENDS
FOR 2021**

2021
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END

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OUR PEOPLE

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Contents

13 CLIMATE ANXIETY

Navigating Our Emotions as the Planet Changes

14 HOLISTIC PET CARE FOR YOUR BEST FRIEND

18 INTEGRATIVE HOSPITAL CARE

Medicine Embraces Holistic Modalities

22 LOSE WEIGHT WITHOUT DIETING

How to Eat to Feel and Look Your Best

24 FRUGAL WELLNESS

Healthy Living on a Tight Budget

26 HEALING PETS HOLISTICALLY

Integrative Vets Treat Root Causes

28 TERRY WAHLS

on Taking Control of Chronic Conditions

30 STAYING FIT IN 2021

Workout Trends Bend to the Times

31 HOUSE BLESSINGS

for Clearing and Protecting Spaces

DEPARTMENTS

6 news briefs

8 health briefs

10 global briefs

12 eco tip

13 green living

14 business spotlights

22 conscious eating

24 healing ways

26 natural pet

28 wise words

30 fit body

31 inspiration

32 calendar

33 classifieds

34 resource guide

13



30



31



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Natural Awakenings is printed on recyclable newsprint with soy-based ink.

letter from publisher



Mark and Shanna Warner

those extra pounds and be better human beings. Great goals for sure, but good intentions at the first of the year often fade by February. It's just human nature. Most of us focus on real change only when a crisis happens—like a health emergency, a job loss or broken relationships.

So, how do we create true, lasting change instead of broken yearly resolutions? Instead of crisis motivation, try for daily, internal inspiration instead. Here are three ways to get inspired:

- Start small and celebrate each success.
- Stay clear on your reason WHY.
- Keep your dreams in front of you.

Start small. Choose one, single goal. You may have more, but don't work on them all at the same time. Celebrate each little win because each little change adds up to big, lasting change. Stay clear on your reasons for making changes. A deep and personal WHY will be your best internal inspiration on the days when you want to give up. And there will be days; there are always days like that. Keep your goals and dreams right in front of you to stay excited. Write them down or journal about them.

Or make a dream board! This is one of my favorite ways to keep my goals right in front of me—and it is much more fun than some old, moldy resolution. Get a poster board, some markers and some stickers. Find pictures that represent your dreams and goals. Look in old magazines before you recycle them or find some online to print off. Write your dreams and goals on the poster board, glue on some pictures, add some stickers and decorations, and then you have a dream board. Mark and I make one together each year to hang in our bedroom. Yes, it is messy and looks like kindergarteners did it, but we are okay with that.

Keeping your dreams and goals alive in 2021 takes effort. It takes daily focus on the small steps and each success, the clarity of why and how, and the persistent knowledge that you can! Because you really can make lasting changes in your life. Through Natural Awakenings, Mark and I are here to help bring some inspiration to you; along the way, we will be inspired by you, too!

Thankfully, 2020 is over. We know there are still tremendous challenges ahead for all of us in 2021. Our hope for this new year is that it will be your best year yet. And ours.

With love,

Shanna

Shanna Warner

New Year's Resolutions? None For Me

After years of making and breaking some really great new year's resolutions, I decided to quit. No more self-recrimination, existential guilt or all those "I should have" statements made after breaking a resolution I knew I would not keep anyway.

During January, millions of people decide they will eat more veggies, get more exercise, lose



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Myers' Cocktail and More at Yukon Infusion Center

Wellness & Longevity infusion center, located at 400 Grant Boulevard, in Yukon, is offering cutting-edge intravenous (IV) therapies.

The rationale for giving IV therapies is simple. A vast number of Americans have lost the ability to properly absorb essential nutrients via the intestinal tract. Whether it be maldigestion, over-use of acid suppressing drugs, gluten or other nutrient intolerance leading to gut inflammation, or an imbalance of gut bacteria, known as the gut microbiome, millions of Americans suffer from the inability to maintain a healthy gut. Intravenous therapies bypass the gut allowing for essential nutrients, including vitamins, minerals and other supplements, to actively and effectively reach the vital organs of the body. A great example of this benefit is demonstrated by the IV Myers' Cocktail.

Myers' Cocktail, named after Dr. John Myers, is a proprietary blend of B vita-

mins, vitamin C, minerals and magnesium that has been used safely for well over two decades as an IV therapy for various maladies. Myers' Cocktail has offered relief in many cases, including chronic fatigue, migraine headaches, muscle spasm, anxiety-depression, fibromyalgia and many other disorders. It has been used as a "tune up" for stress and low energy. Some positive benefits have also been noted in various collagen vascular disorders, such as lupus. This IV may be followed by IV glutathione push, which can help with body detox.

Myer's Cocktail is only one example of several IV therapies offered by the infusion center at Wellness & Longevity. Led by Paul Rothwell, M.D., this center follows national infusion center standards and offers these therapies as an adjunct to traditional medical treatments. This type of therapy is best obtained through an M.D. certified in IV therapies, who works with registered nurses experienced in



infusion therapy. Wellness & Longevity offers individualized care to patients in a state-of-the-art, positive atmosphere while building bridges to the traditional medical community and other healthcare professionals.

Source: Paul Rothwell, M.D., has practiced functional medicine for over 15 years. He is dual board-certified by the American Academy of Family Practice and the American Academy of Anti-Aging & Regenerative Medicine. To schedule a complimentary appointment to discuss IV therapy, call 405-470-8200 or visit WellnessOK.com. See ad, inside front cover.

Pursue a Healthcare Career at Ankrum Institute



Leigh Ankrum

Classes begin soon for advanced holistic and integrative body work at the Ankrum Institute. They offer a 2-year and 2-month, 500-hour advanced bodywork certification program, training students for a new future of healthcare.

By teaching manual therapy with myofascial work, visceral manipulation and craniosacral therapy, the Ankrum Institute trains students to become holistic, integrative practitioners. It is a fundamental change in bodywork that brings body systems together, practitioner and client together, and teacher and student together—fostering true partnership that leads to increased wellness.

The institute opened in 2016 as a way for the founder, Leigh Ankrum, to share her decades of education and experience, training bodywork practitioners for a new future of healthcare. Ankrum's ability to bring decades of experience and education into a synergistic whole is the basis of the Institute's curriculum. After training around the world—including studies in Germany, Canada, the United Kingdom and the USA—Ankrum brought together multiple systems and styles into one comprehensive program. The next training session begins on January 21.

Location: 3331-A E. 31st St., Tulsa. For curriculum and enrollment information, email Leigh@AnkrumInstitute.com or visit AnkrumInstitute.com. See ad, page 17.



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Shanna

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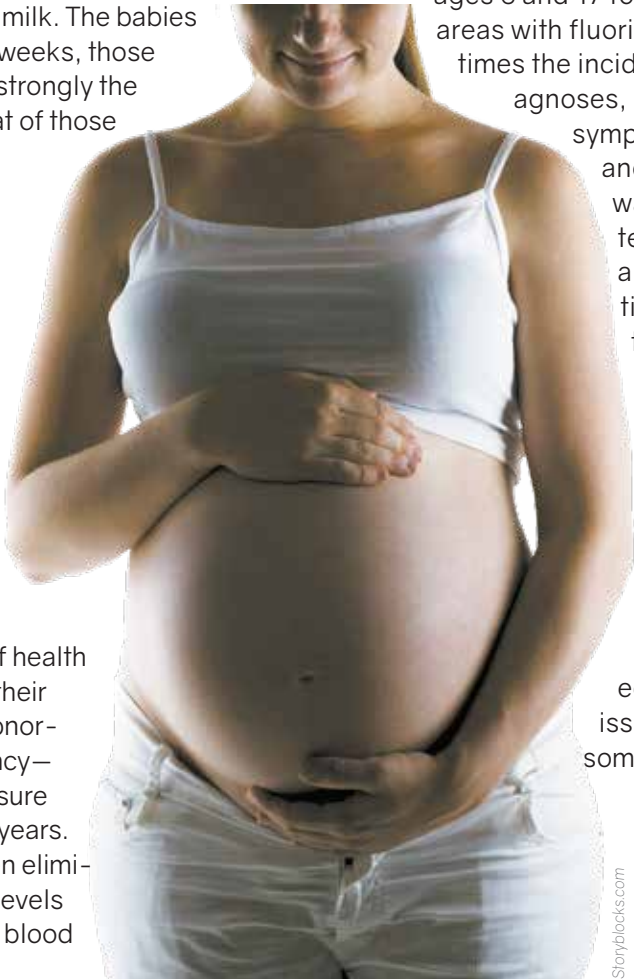


A downside of the rising number of caesarean (C-section) births is that it deprives babies of contact with bacteria from the mother's gut microbiome, which impoverishes the baby's own microbiome and raises the risk of allergies and obesity later in life, as studies show. Previously, researchers swabbed C-section babies' mouths with vaginal bacteria, but it had no effect. In fact, the valuable gut bacteria are released in the mother's fecal matter during the messy process of birth.

In a pilot study, doctors from the University of Helsinki tested 17 mothers that were about to need C-sections and chose seven that had fecal matter free of pathogens and antibiotics. After the babies were born, doctors used a syringe to feed the infants a tiny amount of the previously harvested fecal matter mixed with breast milk. The babies had no negative responses. Within three weeks, those babies' gut flora came to resemble more strongly the gut flora of babies born vaginally than that of those born through C-sections.

Vitamin D Important for Reducing Risk of Preeclampsia

Something as simple as a mother's vitamin D level can have a future impact on her children, a study from Johns Hopkins Bloomberg School of Public Health shows. Researchers examined 20 years of health data from 754 Boston-area mothers and their children and found that preeclampsia—abnormally high blood pressure during pregnancy—was linked to a higher systolic blood pressure in the children during their early and teen years. However, the effect was minimized or even eliminated among children exposed to higher levels of vitamin D in the womb, as measured by blood levels in the umbilical cord.



Avoid Fluoride to Lower Risk of Behavioral Issues in Children



Fluoride is added to public water supplies to reduce tooth decay, but its effects on health are contentious enough that only 38 percent of Canadian and 3 percent of European public water supplies are fluoridated, compared to 74 percent in America. Its effects on neurodevelopment in children are a particular concern: a meta-analysis correlated high levels of fluoride in water with a seven-point drop in children's IQ scores. Two new studies have linked fluoride exposure to ADHD and other behavioral issues in children.

Canadian researchers that collected urine samples and tap water information on 1,877 children between ages 6 and 17 found those that lived in areas with fluoridated water had 2.8 times the incidences of ADHD diagnoses, as well as increased symptoms of hyperactivity and inattention. The effect was most pronounced in teenagers, suggesting a cumulative effect over time, wrote the authors in the journal *Environment International*. In a Chinese study published in the *International Journal of Environmental Health Research*, 325 children between ages 7 and 13 were studied, and higher levels of fluoride exposure were correlated with rises in behavioral issues, especially psychosomatic symptoms.

Try Ashwagandha for Anxiety



In just the first month of the 2020 pandemic, the use of antianxiety medications increased by 34 percent among Americans, according to pharmaceutical surveys. Because select serotonin reuptake inhibitors (SSRI) in particular tend to lose their effectiveness over time, some sufferers may take heart in a new study in *Current Clinical Pharmacology*. Iranian researchers gave one gram of ashwagandha root extract (*Withania somnifera*) each day for six weeks to 22 patients with generalized anxiety disorder and a placebo to a second group of 18. People in both groups were also put on SSRIs. Anxiety scores for the ashwagandha group improved by week two and kept improving during the study, significantly outperforming the scores of the control group. The extract was considered safe and free of side effects.

Improve Muscle Strength with Schisandra

Schisandra chinensis, an ornamental, woody vine with pink leaves and bright red berries, has long been used as an adaptogen in China and Russia to lower stress, improve immunity and enhance energy. Korean researchers in a new study in *Phytochemical Reviews* report it may also be a boon for aging muscles. They tested 45 post-menopausal women that were given 1,000 milligrams of *Schisandra chinensis* or a placebo for 12 weeks. Compared to the control group, the Schisandra group had significantly increased quadriceps muscle strength and lower lactate levels, indicating greater endurance.



Try Ginger Extract for Hay Fever



For people suffering from the miseries of allergic rhinitis, better known as hay fever, ginger extract can be just as effective as the popular pharmaceutical product loratadine (Claritin), concludes a study from Thailand's Thammasat University. Eighty hay fever patients were given either 500 milligrams of ginger extract or loratadine. After three and six weeks, the ginger group's improvements in nasal symptoms and quality of life matched those of the loratadine group, but those taking ginger had fewer side effects such as drowsiness, fatigue, dizziness and constipation.



Winning Grins Smiling Makes for More Positive Thoughts

According to research from the University of South Australia published in *Experimental Psychology*, the act of smiling and moving facial muscles can trick our mind into taking a more positive attitude. The study evaluated a real smile as well as an artificial one induced when participants held a pen between their teeth, finding that in either case, this facial muscular activity alters our perception of facial and body expressions and generates more positive emotions. The research found that the practice of forcefully smiling will stimulate the amygdala, the emotional center of the brain, which releases neurotransmitters to encourage an emotionally positive state. By inducing the brain into perceiving stimuli as happy, the mechanism could potentially be used to boost mental health.

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong, because someday in your life you will have been all of these.
~George Washington Carver

Grateful Giving

Generosity Fosters Increased Longevity



A new study published in the journal PNAS suggests that people that share more live longer because the act of giving and receiving increases well-being. The recipient benefits directly from the gift, while the giver benefits indirectly through emotional satisfaction. Co-authors Fanny Kluge and Tobias Vogt found a strong relationship between a society's generosity and the average life expectancy of its members. Researchers at the Max Planck Institute for Demographic Research, in Rostock, Germany, conclude that people are living longer in societies where members support each other with resources.

Residents of African countries such as Senegal and South Africa share the lowest percentage of their lifetime income and have the highest mortality rate of the countries studied. Western European countries and Japan transfer more to the youngest and oldest, and their mortality rates are lower. Kluge notes that the relationship between generosity and lifetime income doesn't depend on whether the benefits come from the state or from the wider community.

Ill Wind

Nitrous Oxide Hastens Global Warming

Rising nitrous oxide (N₂O) emissions are jeopardizing the climate goals of the Paris Climate Agreement, according to a study published in the journal *Nature*, which was spearheaded by professor Hanson Tian at Auburn University, and included scientists from 48 research institutions in 14 countries. Researchers report that the growing use of nitrogen fertilizers in world-wide food production is causing the alarming increase in atmospheric concentrations of this greenhouse gas, which is 300 times more potent than carbon dioxide and remains in the atmosphere for more than 100 years. N₂O is considered the most significant human-induced agent depleting the stratospheric ozone layer. Notably, the study shows that the colorless gas has risen 20 percent from pre-industrial levels—from 270 parts per billion (ppb) in 1750 to 331 ppb in 2018—with the fastest growth observed in the last 50 years, due to emissions from human activities.

Microscopic Compass

Bacteria Powers Animal Magnetic Sense

A new paper in *Philosophical Transactions of the Royal Society B* may explain why some animals, including birds, fish and lobsters, are able to sense the Earth's magnetic fields. It allows sea turtles to return to the beach where they were born. Researchers hypothesize that this ability comes from a symbiotic relationship with magnetotactic bacteria that are influenced by magnetic fields, including the Earth's.

In support of this theory, Robert Fitak, assistant professor at the University of Central Florida Department of Biology and co-author of the paper, drew from one of the largest genetic databases of its kind, the Metagenomic Rapid Annotations using Subsystems Technology, to identify the presence of these magnetotactic bacteria in animal samples. The researchers are working to develop a genetic test to help with further study. They have not yet identified exactly where the bacteria live in the animals, although they theorize that it could be associated with nervous tissue like the eye or brain.

Learning how organisms interact with magnetic fields could facilitate our use of them for navigation, while also understanding how human modifications of magnetism—such as constructing power lines—might be affecting biodiversity. This knowledge may also help develop therapeutic drug delivery systems.

Techno-Threads

New Fabric Generates Solar Energy



Scientists at the Swiss Federal Laboratories for Materials Science and Technology have developed a material that works like a luminescent solar concentrator

for producing energy directly where needed that can even be applied to textiles. Because people are constantly on the move and dependent on a power supply to recharge smartphones, tablets and laptops, the needed electricity will come from our clothing by means of the new polymer applied on textile fibers, jackets and T-shirts.

Based on amphiphilic polymer co-networks already available on the market in the form of silicone-hydrogel contact lenses, this new material is permeable to air and water vapor, as well as flexible and stable. The luminescent solar concentrators capture and transfer diffuse ambient light to a solar cell that converts it into electrical energy. By adding two different luminescent materials to the gel tissue, the solar concentrator becomes flexible, preventing the textile to which it is attached from becoming brittle or susceptible to cracking, or accumulating water vapor in the form of sweat.

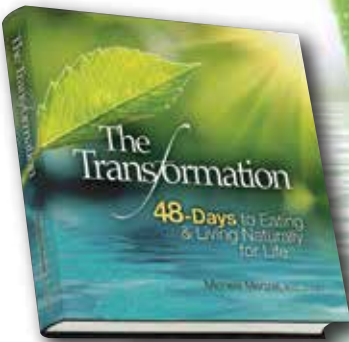


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Slow Fashion

Mending to Extend the Life of Clothing



Globalization and cheap labor have lowered clothing prices so much that many people view garments as disposable—a phenomenon called “fast fashion”. Magazines and other influencers create demand for trendy items each season, inciting us to overfill our closets and toss last year’s fads, leading to a more than doubling of worldwide consumption since 2000. It’s a vicious cycle with a huge pollution footprint. The textile industry expels about 1.2 billion tons of CO₂ per year.

According to the United Nations Environment Programme, the fashion industry produces 10 percent of

humanity’s carbon emissions and 20 percent of global wastewater. Every second, the equivalent of one garbage truck of textiles is either landfilled or burned. Polyester, a petroleum-based plastic found in about 60 percent of garments, doesn’t break down in the ocean, where half a million tons of microfibers end up every year. It takes about 2,000 gallons of water to manufacture just one pair of jeans, and textile dyeing is the second largest polluter of waterways.

To embrace a more sustainable lifestyle, reject fast fashion; buy good-quality, longer-lasting gar-

ments; and mend them to prolong their useful life. Whether it’s reattaching a button, patching a worn sleeve or sewing a hem, mending is a way to love and care for clothing and reject the notion that new is always better.

Another option is to rely on a local seamstress or tailor to take care of mending needs. For the do-it-yourselfer, there are many ingenious products available besides needle and thread to help complete simple repairs—iron-on patches, fusible interfacing, mending glue and tape—as well as helpful instructional online videos and sewing classes at local fabric stores. SewGuide.com is an excellent resource for step-by-step instructions and creative ideas.

Building upon the vintage-wear market, a new trend has emerged called visible mending. In the past, mended clothes might have been interpreted as exposing a family’s lack of funds or status, but today it’s a concept we proudly embrace. Mending a hole or tear with embroidery is a great way to add whimsy and creative expression. By incorporating colorful threads and fancy stitching techniques, as well as beads, decorative buttons, ribbons and appliqués, we can turn off-the-rack items into unique, wearable art. To cover stains, consider using fabric paint to add a pretty flower or bold political slogan.

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~Tom Peters



CLIMATE ANXIETY
Navigating Our Emotions
as the Planet Changes

by Sandra Yeyati

Following a record-breaking hurricane season, out-of-control wildfires and a deadly prolonged pandemic, many of us are anxious and fearful, prompted by the growing realization of being in a state of environmental insecurity. These inklings of impending doom are nothing new for members of the youth climate movement—kids in their teens or younger—succumbing to hopelessness, anger and rage as they learn the science and watch leaders do nothing to address it.

Hardest hit are “marginalized communities, including indigenous people, climate refugees, farmers struggling with drought and communities of color, who disproportionately suffer from the health effects of polluting industries,” says Jennifer Atkinson, associate professor of environmental studies at the University of Washington-Bothell.

Some of us are affected in more subtle ways. Perhaps we’re noticing slow-moving changes around us, like the gradual loss of bees or a disappearance of trees, and we develop a sense of loss the philosopher Glenn Albrecht coined “solastalgia,” which plays on the concept of nostalgia—a longing for a time or place we can’t go back to.

Or, we’re standing in front of a package of blueberries at the grocery store feeling confusion and ambivalence. A desire to be healthy and adopt a sustainable, vegetarian lifestyle is playing tug-of-war with the fact that these blueberries were flown in from South America, are wrapped in plastic and were grown in a monoculture that depletes the soil. It’s hard to know whether to eat or boycott them. “The greater this dissonance grows, the more likely we’ll tell ourselves that the problems are too big. We decide that we can’t make a difference, so why try? We check out,” says integrative psychotherapist Leslie Davenport, author of *Emotional Resiliency in the Era of Climate Change*.

The first step to alleviate this anguish is to validate and normalize the dark feelings. “It’s important to remember that there’s nothing wrong with you. What’s happening is actually painful and difficult; there’s a lot of loss involved. Eco-anxiety is a natural response to having your heart and mind open, being an attentive and caring person, if you tune in to what’s happening in the world,” says Davenport, adding that good self-care, including mindfulness practices, will expand our tolerance for

dealing with tough times.

Another powerful antidote can be found in community, according to Sarah Jaquette Ray, associate professor of environmental studies at Humboldt State University, in Arcata, California, and author of *A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet*. “People feel like they can’t impact the world because they’re only one person. But when they start to shift the lens toward the collective, it allows them to realize that the positive things that are happening in the world are actually happening at scale, and it allows them to feel like they’re part of some larger purpose,” says Ray.

As we accept climate-related anxiety and seek the company of like-minded people to affect change, surprisingly positive emotions will arise, including joy, laughter, dancing and camaraderie at street protests. “Those positive feelings help us process grief and anger, engage us in the work long term and help us maintain the stamina we need for sustained work,” Ray says.

“Think of climate anxiety as a kind of superpower, a signal that goes off to tell us something’s wrong and needs to be addressed,” says Atkinson, the creator and host of the climate-anxiety podcast *Facing It*. She points to grief as a compelling motivator. “You can’t feel grief without love,” she explains. “Grief is an expression of compassion and connection to others and to the pain we feel when those lives are destroyed. Love is far more powerful in motivating us to fight than any other affect. There’s no limit to the lengths we’ll go to protect what we love.”

We are only limited by a lack of ecological imagination, Davenport proposes. “Our contemporary Western culture emphasizes the rational, cognitive way of thinking, which is linear and analytical. But another part of the brain—the imaginative, creative and intuitive part—views the world synergistically and holistically. If we open up to this ecological imagination, we can have a visceral knowing of interconnectedness, making it simpler to act in a way that’s beneficial to all of us.”

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



Brad Roach and friend

Holistic Pet Care for Your Best Friend

by Shanna Warner

Combining state-of-the-art practices with holistic therapies to treat man’s best friend is the specialty of the Best Friends Animal Clinic in Shawnee and the Holistic Pet Care Center in Del City. Since 1990, Brad Roach, DVM, and his staff have been using an increasing arsenal of cutting-edge practices to treat their fuzzy and furry patients. Dogs are often known as man’s best friend, but Roach and his staff know that any animal can be your best friend, from rats to cats and everything in between.

Roach practices integrative veterinary medicine and has an open mind about what is best for each pet. His staff is committed to education, research, developing new skills and finding new solutions. He combines regular medicine with holistic therapies and is experienced at blending different types of holistic medicine for a tailored approach that focuses on results. The clinics offer acupuncture, herbs, chiropractic and other holistic therapies.

Conventional medicine and surgery are also available if needed to get results. The

clinics use digital radiography and in-house blood machines to get answers quickly. Recently, they added new equipment that uses artificial intelligence to diagnose urine specimens. They can even test to see if vaccines are necessary for each individual patient. Side effects of many traditional medications can be avoided in many cases because of this open and integrative approach.

Pets and their human family members might notice a few differences when they walk in the door. The clinics are calm and quiet, and the smell of essential oils infused at the front desk provides a welcoming ambiance. The calm, gentle style of the staff goes a long way to making patients feel more comfortable. Roach says, “Our customers always feel heard. They always have choices in health care, and with us, they do not feel like their pet is on an assembly line, because every step is customized.”

His goal is simply to expose as many people as possible to the concepts of holistic medicine. He does this through the successful treatment of pets in an inspiring way so that pet owners have confidence to try holistic medicines. According to Roach, “Many times when an animal becomes very ill, it leads the pet parent to research and to learn about holistic modalities for themselves as well.” He admires the bond between humans and animals and knows that what matters most is getting results that bring pets and owners into a happier state.

Roach has a special bond with patients and clients. From an early age, back in the 4th grade, he knew he was going to become a veterinarian. He enjoys the freedom to practice and use any appropriate modality without the constraint of insurance coverage or legal interference. He especially values the freedom “to change and pivot to other new skills quickly without having the big machinery of multi-doctor practices and a corporate mentality.” The clinics offer customizable health care plans with easy monthly payments, which makes even the best of care affordable.

Roach and his team see traditional ailments in their patients—mostly skin issues and earaches that can often be treated without the use of steroids. They are getting great results with arthritis issues like elbow and hip dysplasia since their expansion into chiropractic and laser therapy. But they have gained a widespread reputation for treating cancer, which Roach says is far more prevalent now than it was in the past three decades. This is my 30th year in practice, and we now have Sanawave for cancer therapy, a laser for arthritis and other ailments as well as entire

lines of vitamins and herbs that have had clinical studies to prove how well they work.”

There are many exciting treatments on the horizon.

“Electromedicine is expanding exponentially and we can already deliver healing frequencies through magnetic waves, song frequencies, other sounds and visual stimuli like color. It may be a bit

confusing now if you’re not exposed to this yet, but many modalities like homeopathy, essential oils and electro-acupuncture already deliver frequencies.” Roach goes on to mention that every tissue, organ and organism has a frequency and that “our ability to diagnose will explode in the next five years due to handheld machines that operate like a sonar system detecting abnormal frequency.”

Roach’s excitement about the future of veterinary medicine is contagious, and he wants to mentor other veterinarians that are tired of the constrictions and limited results of a conventional practice. At this point in his career, he sees himself as a teacher and would love to work during the next few decades alongside like-minded colleagues who, according to Roach, “really get it!”

He believes that humans face some of the same issues as animals. He likes to point out that we are an exhausted and sick population because we do not eat right or move enough, and we seek quick fixes. He tells pet owners to take their health into their own hands, do research and have courage to move in a different direction if they are not getting better. He says, “Look into important modalities like essential oils, electromedicine and acupuncture, and pay attention to your back with chiropractic care.” Roach and his staff care for pets and their owners, too.

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WELLthier Living

Online Healing Resources at KnoWEwell.com

by Patti Trenchak

Imagine a one-stop, online site for healing, health and well-being information, resources and screened providers in a caring, supportive environment. KnoWEwell has launched a personalized, private and secure online community and marketplace to transform health care. KnoWEwell's mission is to proactively prevent harm, address chronic diseases and inspire and empower individuals to achieve WELLthier Living.

Driven by a series of healthcare challenges in her family that began more than a decade ago, founder and CEO Kimberly B. Whittle embarked on a journey to search for solutions. She immersed herself in research, attended conferences and joined several nonprofit provider organizations along the way. Using a multitude of Regenerative Whole Health (RWH) approaches—including natural, integrative and functional medicine, as well as lifestyle wellness practices—and collaborating with caring practitioners, Whittle created a personalized, integrated wellness approach to prevent and heal chronic conditions.

Motivated to share this transformative knowledge, she started KnoWEwell to help people easily connect with global healing approaches, therapies, providers and organizations that together can cultivate and regenerate humanity, other living species and our planet.

Whittle's personal healing journey wasn't easy, but she is determined to make the path easier for others. She also wants to acknowledge and thank the many health

and well-being providers and professional organizations that assisted, guided and educated her in this process. Whittle designed KnoWEwell to serve as a role model for using business as a force for good, not just profits. In recognition of her innovative approach and leadership, Whittle was honored as one of *Industry Era* magazine's 10 Best CEOs of 2020.

Research is proving the effectiveness of ancient healing therapies and confirming that our lifestyle can modify the way our DNA is expressed, pushing us toward or away from chronic diseases. Studies also reveal that there is about a 17-year lag between new scientific discoveries and their adoption into medical practice and patient care.

KnoWEwell is bridging that knowledge gap by creating a centralized online destination with the latest evidence-based research and connecting the dots between soil, food, lifestyle choices, people's health and the health of the planet. KnoWEwell received the Top 50 Healthcare Companies award in 2019 from the International Forum for Advancements in Healthcare for its contributions to health care, industry impact and spirit of innovation.

The COVID-19 pandemic has sharpened the focus on chronic illnesses such as diabetes, obesity and respiratory diseases because they increase the risk of serious and deadly consequences of the virus. As an online platform, KnoWEwell provides a new community outlet for like-minded individuals to share their experiences,




Kimberly B. Whittle

challenges and triumphs. It is empowering its members to navigate today's RWH knowledge and resources, as well as find their best-matched, vetted providers to help prevent and address the root causes of their chronic diseases. Members can engage in immersive learning from thought-leading professional organizations and these trusted providers.

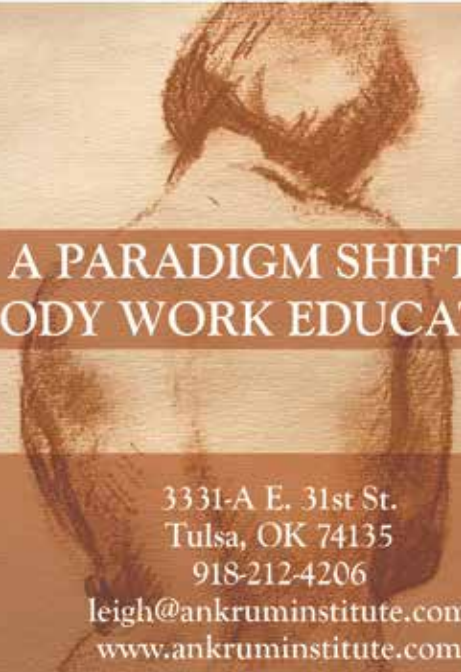
"Our DNA may be our ancestry, but it does not have to be our destiny. We are building a global healing community, rooted and united through love of humanity and our planet. We are sharing healing success stories to inspire hope, foster meaningful connections and ensure that mission-aligned organizations prosper," says Whittle. "KnoWEwell brings an unparalleled depth of health and well-being benefits to individuals and families and the entire Regenerative Whole Health ecosystem. Together, WE inspire and empower WELLthier living—happy, healthy, abundant and purpose-filled living."

Natural Awakenings is proud to be a collaborative partner with KnoWEwell. With gratitude for 27 years of sharing its mission, the magazine is pleased to provide its readers with the gift of a free, basic, annual KnoWEwell membership for individuals and providers. The new platform can be found at KnoWEwell.com.

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Integrative Hospital Care

Medicine Embraces Holistic Modalities

by Marlaina Donato

Thirty years ago, hospital patients were treated for symptoms based on the Western medical model, and holistic modalities were excluded, largely due to a lack of reliable scientific studies. More recently, because of promising research, the traditional template is expanding. The Academic Consortium for Integrative Medicine & Health encompasses 75 university health centers and health systems that offer integrative approaches—a remarkable seven-fold increase in 21 years. America’s top hospitals, including the Memorial Sloan Kettering Cancer Center, the Mayo Clinic, the Duke University Medical Center and the Yale New Haven Hospital, now offer therapies such as acupuncture, reiki, homeopathy, touch therapy, yoga, clinical aromatherapy and chiropractic.

According to a report in *Advances in Medical Education and Practice*, nearly half of Americans receiving medical care use alternative medicine (although 80 percent don’t inform their doctors) and physicians agree on the importance of further research and training in such modalities. A 2017 University of California survey published in the *Journal of Alternative and Complementary Medicine* found that hospital patients of all ages were willing to pay out of pocket for healthier food, therapeutic massage and energy work.

Disease: The Big Picture

“Research has repeatedly shown that even with full medical access and optimal medical treatments, a population’s health improves by only about 15 to 20 percent. The rest comes from lifestyle, environment and

the social and personal determinants of health. Even factors like emotional health, what you feel is your purpose in life and what motivates you to be healthy plays a role,” says physician Wayne Jonas, in Alexandria, Virginia, a clinical professor of family medicine at Georgetown University and former director of the World Health Organization Center for Traditional Medicine. As executive director of Samueli Integrative Health Programs, which aims to make integrative health regular and routine, Jonas emphasizes that patients become healthier and medical costs are reduced when they are engaged in the healing process.

For Jonas, the shift toward integrative health care has become most evident during the current opioid crisis and the search for non-pharmacological ap-

proaches like acupuncture and therapeutic massage therapy for pain management. “The evidence body for many of these approaches has grown tremendously over just the past five years, and has shown a spotlight on what works and what doesn’t. These approaches are now recommended in national guidelines as mainstream for chronic pain.”

Denise Millstine, integrative physician and internal medicine specialist at Mayo Clinic in Arizona, concurs: “The opiate crisis is an example of the need to broaden our clinical toolbox to incorporate care strategies that are less risky. I believe this change has been multifactorial, based on patient demand and more awareness of the importance of lifestyle management.”

Patient demand is also fueled by a desire to avoid medication side effects. In 1998, the *Journal of the American Medical Association* reported that 106,000 hospital deaths take place each year from adverse reactions to prescription drugs. With more than half of Americans already taking a pharmaceutical drug, and three being the average, adverse side effects can easily mount in a hospital setting.

For Millstine, integrative medicine offers many solutions. “We might recommend the best medication or provide cutting-edge therapies, but without considering stress management, resilience, movement and what people ingest, it’s hard to get optimal results. Integrative medicine expanded my approach to include nutrition, exercise, mind-body (connection), spirituality and other medical philosophies like Traditional Chinese Medicine (TCM) in the patient’s therapeutic plan.”

Whole-Patient Cancer Care

A 2016 meta-analysis by Taipei Medical University published in the journal *PLOS ONE* concluded that certain applications of acupuncture reduce pain and opioid use on the first day after surgery. Acupuncture—an ancient modality based on the concept of energy meridians in the body—is also offered in many major hospitals to offset the side effects of chemotherapy and radiation.

Acupuncture treatments at the Mayo Clinic are given in a calming atmosphere

of soft lighting and music, and performed by trained doctors, as well as licensed acupuncturists with a firm TCM foundation.

Integrative health care addresses the emotions that accompany a cancer diagnosis, and patients undergoing conventional treatment now have access to not only acupuncture but therapeutic massage, meditation, movement therapy, clinical aromatherapy, herbal applications, bio-feedback and yoga. Millstine says of the Mayo Clinic, “We have oncology-trained massage providers who are comfortable with what is and what isn’t safe after someone has had a cancer diagnosis and/or treatment.”

Jonas highlights that when given under the supervision of a doctor and with conventional cancer care, complementary therapies may help people to manage cancer symptoms, boost overall well-being, better handle side effects of treatment and reduce the risk of cancer recurrence. “Integrative cancer care can help by activating one’s ability to heal and feel better physically and emotionally,” he says. “Lectures on nutrition, yoga classes and support groups for cancer patients are now common.”

The Urban Zen Integrative Therapy Program, launched by American fashion designer Donna Karan in 2009 after her husband died from cancer, partners with heavy hitters such as the American Cancer Society and the Beth Israel Medical Cen-

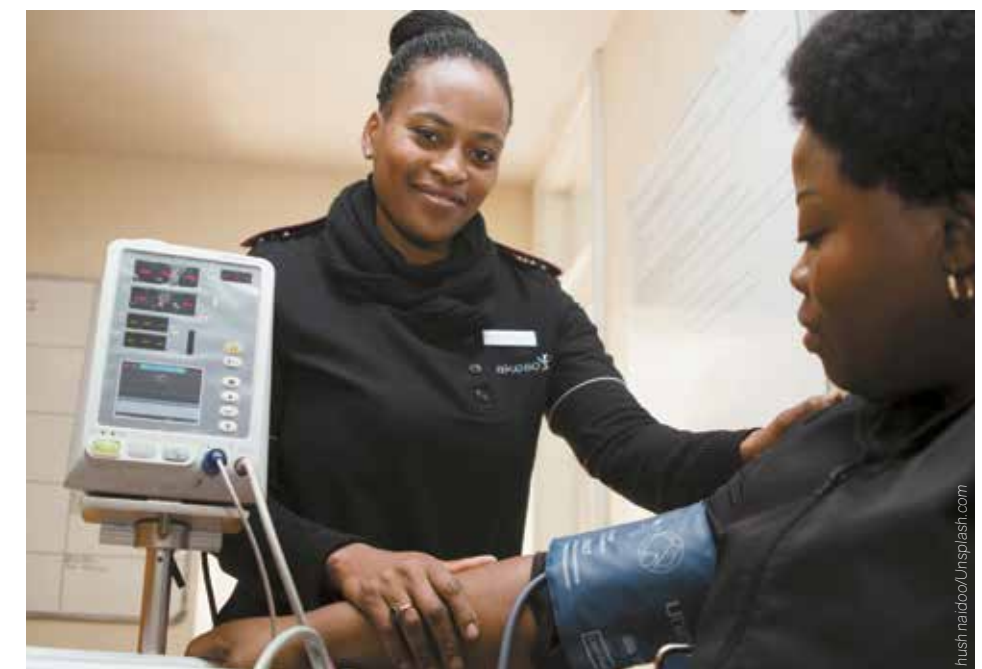
ter, in New York City. In many hospital settings, Urban Zen is creating “Zen dens”, calming nooks where staff can discuss cases with colleagues, take a break for self-care or talk to their patients in a nurturing environment. Urban Zen’s dedication to healthcare integration is international and promotes therapeutic applications of reiki, essential oil therapy, nutrition and other contemplative care.

Energy Medicine Goes Mainstream

“Alternative therapies are no longer considered ‘alternative’ when conventional medicine adopts them—for example, using calcium and vitamin D supplements, which are a standard consideration,” says Millstine. “With high-deductible plans, many patients are accustomed to paying out of pocket for care, thus making payment for alternative providers possibly more palatable.”

Reiki, a Japanese form of energy medicine once considered alternative, is now offered at major hospitals like Yale New Haven, where it’s given free of charge to cancer patients. Many hospitals are also offering classes in energy work to families of patients, hospital staff and the community.

“A medical doctor introduced me to the practice when my grandmother was diagnosed with lung cancer,” says Denise Baron, a Philadelphia-based reiki practi-



tioner who works with referrals from clients and wellness professionals. “A hospital does not hire me directly, but the staff know I am available. I’ve worked on patients post-surgery, during and after births, people with cancer and people in hospice. I would say 96 percent of clients walk away with a deep experience of peace, harmony and lower stress levels.” Most recently, she has seen an increase in nurses asking for support during stressful times, with many wanting to learn how to practice reiki themselves.

According to a 2017 study published in the *Journal of Evidence-Based Complementary and Alternative Medicine*, reiki is more effective than a placebo and activates the parasympathetic nervous system via the vagus nerve. Results include lower blood pressure and less anxiety and depression. Other research shows that the modality also reduces nausea, improves appetite and lessens fatigue.

Holistic Nursing’s Role

Collaborating with physicians and holistic practitioners, nurses play a key role in integrative hospital care. “We all work together to facilitate the client towards a higher level of well-being. Each profession brings something to the table,” says Margaret Erickson, in Cedar Park, Texas, CEO of the American Holistic Nurses Credentialing Corporation.

The nurse’s role in a patient’s healing journey is an intimate one, and holistic nurses ensure that the whole patient is tended to. “The roots of holistic nursing, grounded in holism, were



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verbalized over 150 years ago by Florence Nightingale,” says Erickson. “She believed in the mind-body-spirit-emotion connections and that all aspects need to be nurtured in order for people to heal.”

Due to increased demand, more nursing schools are creating educational programs grounded in holistic philosophy, she says. “What makes a nurse holistic is not the skills or alternative therapies she/he/they do, but rather how they show up in their interactions with others. They value and recognize that they are gifted with sharing a person’s most vulnerable moments, and that this shared space is sacred.”

Some holistic nurses may use healing therapies such as guided imagery, aromatherapy, energy work, bodywork, deep breathing, mindfulness and meditation to help both their clients and other healthcare providers.

Those in the field of integrative medicine agree that the future of medicine is now. “People are becoming more self-aware and taking responsibility for their health and life. Consciousness is growing [by] leaps and bounds,” says Baron.

Jonas, drawing on 40 years of experience, agrees. “By working as partners with our patients to help find the care that works for them, we can help them achieve better health and quality of life.”

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



Lose Weight Without Dieting

How to Eat to Feel and Look Your Best

by April Thompson

One of the top New Year's resolutions is to lose weight, and to that end, millions of Americans go on a diet each year. As we look to reset after holiday indulgences, nutrition experts say it's a great time to cultivate healthy, long-term eating habits rather than unsustainable diets that lead us in circles.

"A 'live it' is better than a diet: small, manageable changes you can live with over time," says Lisa Mallonee, a registered dietician and professor at the Texas A&M College of Dentistry, in Dallas. "People get focused on losing 15 pounds, but once they get to the finish line, they don't have a plan for after and often end up regaining the weight."

While navigating the labyrinth of nutrition information can be tough, eat-

ing better is actually simple, says David Katz, M.D., founder of both the Yale-Griffin Prevention Research Center and the nonprofit True Health Initiative, and co-author of *How to Eat: All Your Food and Diet Questions Answered*. "There are two general shifts to make: first, to less processed foods, and second, to more plant-based foods," says Katz.

In making such shifts, Mallonee suggests applying the 80/20 rule to food. "If 80 percent of the time you are making healthy choices, and the other 20 percent of the time you allow splurges, you're less likely to feel deprived and revert to old ways."

Katz agrees that small shifts are more likely to stick, in part because of our adaptable palates. "If you commit

to improving your diet little by little, you will find that taste buds are adaptable fellows that will learn to love the foods they are with. For example, try something as simple as switching from regular soda to diet to seltzer to water over time."

The good news for dieters with questions, suggests Katz, is there is no one superior diet. "You can have a high-quality diet whether you are flexitarian, pescatarian or vegetarian, low-carb or high-carb," he says.

For Jill Weisenberger, a registered dietitian nutritionist, in Yorktown, Virginia, and author of *The Overworked Person's Guide to Better Nutrition*, a healthy diet comes down to three meals a day, each with a good source of protein and fiber. "When losing weight, it's especially important to eat enough protein so you don't lose muscle mass with the fat," she says, suggesting a target of 25 to 35 grams of fiber a day, achieved through a diverse diet that focuses on fruits, vegetables and legumes.

Katz, Mallonee and Weisenberger all caution against a diet like keto that restricts many nourishing foods only because they contain carbs. "There is no evidence of long-term safety or benefit of keto," says Katz. "A truly keto diet cuts out a lot of highly nutritious foods like fruit, grains and beans, all associated with better health and longer life. I think a diet excluding these foods would be a colossal mistake."

Weighing In

While it's not healthy to obsess over numbers on the scale, it is important to understand the health risks of carrying extra weight, particularly around the middle. "Belly fat is a concern for co-morbidities like pre-diabetes, diabetes, increased blood pressure and even sleep apnea," says Mallonee, stating that women should aim for a waist circumference of less than 35 inches and men of less than 40.

Katz advises that the effects of abdominal fat can vary. "Certain ethnicities are extremely vulnerable to excess weight around the middle, which can

result in insulin resistance and metabolic mayhem. However, many people can gain considerable amounts of weight and show no metabolic effects," he says, suggesting that a comprehensive health checkup can clear up any doubts.

Physiologically, it is hard to keep weight off, says Weisenberger, but people should not get discouraged if they fall short of their goals. "If you are overweight, you will get an enormous boost from the first 5 to 10 percent of weight loss—it's much more important than that last 5 to 10 percent."

While weight loss is an exercise in delayed gratification, the power of high-quality food is immediate, advises Katz. "You can improve the quality of your immune response with a single meal. It's the gift that keeps on giving, too, as those positive health benefits accumulate over time."

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FRUGAL WELLNESS

Healthy Living on a Tight Budget

by Yvette C. Hammett

Living healthy on a tight budget may seem like a daunting task, but by setting up a self-care plan, prioritizing and shopping smart, the barriers can seem not quite so tall. With so many people unemployed or under-employed during the COVID-19 pandemic, the need for workable options is more important than ever.

A sports and nutrition company, My Protein, did a study that shows the average American spends \$155 per month on health and fitness. That's \$112,000 over a lifetime. There are, however, strategies that can lower these costs.

Jen Smith, a financial writer and co-host of the podcast *Frugal Friends*, often talks about ways to spend less, save money and be in control of our spending. "You may spend more up front or more on the things you really care about, but cutting out the waste or things that are not so necessary can be a huge cost savings. This is not just for a penny-pinching, stay-at-

home mom. Being frugal doesn't mean you are a cheapskate, but being wise with the limited resources that you have."

Smith says she had a pricey membership to a cross-fit gym, but in the long run, staying in shape can greatly reduce the costs of health care and prescriptions. "Any way you can stay active is what you need to do. Spending money in any way that gets you to commit to and consistently move your body is the answer." Focus on eating good food and moving your body, Smith says. "When emphasis is placed more on that and on self-care, you save more money."

The National Institute on Aging recommends several ways to eat healthy on a budget: use coupons, consider purchasing store brands, know that convenience costs more, focus on priority foods, buy store-brand organics and forgo fresh for frozen organics. Sotiria Everett, a clinical assistant professor in the Department of Family, Population & Preventive Medicine

at the Stony Brook Renaissance School of Medicine, in New York, agrees. "One thing to consider is seasonality. If out of season and organic, that will increase the cost. If you want clean living and healthy eating for the planet, that doesn't make sense either, because of the cost of fuel and the pollution involved."

Everett recommends frequenting farmers' markets because they offer seasonal, fresh, local, organic produce that is easier on the wallet and better for health. Her favorite tip is, "Learn how to plant foods. You don't need a lot of space, but do need sun and water access. You can keep it organic. A couple of seeds can give you a whole season's worth of produce."

Jody Gatewood, assistant state nutrition program specialist for Iowa State University Extension and Outreach and a registered dietitian, works with people on tight budgets through the university's Spend Smart Eat Smart program. "We do a lot with families with young children," she says. "They are on a budget and concerned about having enough food to eat. One thing we teach a lot, and it helps with a budget, is to plan your meals. Look and see what is on sale at the grocery store. If there's a big meat sale, buy it then and use it throughout. I think what happens is if we don't plan, we go to a restaurant or get convenience foods which can really add up."

Fresh, frozen, canned and dried foods can all have a part in our diet, she says. "I use a lot of frozen vegetables. If you use frozen, you just heat it up and it is ready to go. Protein can be expensive, so have some meals where black beans or lentils are the source of protein. Have that balance."

As for healthcare costs, Smith recommends to those that cannot afford typical insurance or costly prescriptions in their budget to consider using manufacturer discounts and a service like *GoodRx.com*, which details how much prescriptions will cost at different pharmacies.

Consider using a "sharing ministry" for other costs, Smith says. With Liberty HealthShare, for example, people pay in every month and are billed like a cash payer when they have a medical bill while Liberty pays the cash. "When a doctor or hospital is billing an insurance company, they try to get as much as they can, but cash payers pay a lower amount," she says.

Yvette C. Hammett is a freelance writer from Valrico, Florida. She can be reached at YvetteHammettHull49@gmail.com.

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Healing Pets Holistically Integrative Vets Treat Root Causes

by Julie Peterson

Emma, a mini-schnauzer mix, was 4 years old when she started acting like a senior lacking zest for running or playing. After being treated by an integrative veterinarian for one month, she regained vibrancy. “She’s 6 years old now, and she’s her normal, barky, running, zig-zagging self,” says Yvonna Agent, a volunteer with animal transport rescue operations, near Rockvale, Tennessee.

Agent’s practitioner determined Emma had kidney issues that were slowing her down. Upon deeper investigation, these problems were found to be the only visible symptom of a tick-borne illness. Once given immune-boosting, anti-inflammatory and liver-detox herbs, the dog made a full recovery.

Expanded Options

Getting to the root cause of the condition is what integrative veterinarians are known for. They combine both conventional and holistic medicine, may use fewer drugs and limit vaccinations.

“With conventional medicine, we

tend to treat the symptoms, versus treating the root cause of disease, which is why a majority of the time, the symptoms return when the drug is finished,” says veterinarian Katie Woodley, in Fort Collins, Colorado, who blogs at *TheNaturalPetDoctor.com*. “With a holistic approach, we look at the nutrition, gut health and how all the systems are connected . . . and resolve the imbalance.”

Holistic veterinarians may specialize in acupuncture, herbal medicine, kinesiology, chiropractic, laser therapy or any of many other natural modalities as an adjunct to conventional medicine. They first must earn a doctor of veterinary medicine (DVM) degree and then may pursue optional holistic training. Following this path can take a great deal of time.

Natural Nutrition

At the Franklin Road Animal Hospital, in Brentwood, Tennessee, Mark C. Ingram, DVM, has found inadequate nutrition from low-quality foods at the root of most health problems. High-quality food helps animals absorb nutrients needed for

optimal well-being. “The first ingredient should always be meat, and we like limited-ingredient foods due to the numerous allergies we see,” says Ingram. “Every case of cancer that we have seen in the last 20 years has food allergies. Every torn cruciate and every paralyzed dog with disc problems has food allergies. It is also the most underlying cause for ear infections and cystitis.”

This was the case with Gabby, a 3-year-old mini-schnauzer that Agent rescued about a year ago. “She came to us with a bottle of ear solution and a history of green pus in her ears,” says Agent. Gabby’s medical history indicated that the ears, in addition to digestive problems, had been unsuccessfully treated with antibiotics and changes in diet.

“Our holistic vet recommended a raw diet with no grains and no starchy vegetables. Gabby hasn’t had a single instance of ear irritation since,” says Agent, who believes that whole foods served as medicine and now serve as prevention for her pets.

Vexing Vaccinations

There is ongoing debate whether pet vaccination boosters that may be required by law or strongly recommended by vets provide increased protection or are harmful. Mounting evidence says that they are often overdone: for example, both five-pound and 100-pound dogs receive the same dosage. Yet vaccinations do prevent some serious diseases. “We do not like to over-vaccinate, but provide appropriate protection by minimal vaccination and encourage titers,” says Ingram. Titers are blood tests used to determine if a pet’s antibodies are high enough from a previous vaccination to warrant a booster shot for the specific disease.

“Many of the core vaccines that your pet needs to be protected from diseases like parvovirus and distemper actually provide lifelong immunity with one vaccine,” says Woodley.

Choosing a Veterinarian

Commonly, people seek holistic veterinarians after they have had success with human integrative medicine. But finding such a provider isn’t simple. “My clientele regularly travels one to four hours for a consultation,” says Ingram, who fully understands that demand is outstripping supply for integrative veterinary care.

The American Holistic Veterinary Medical Association, which has 1,500 members, has a search-by-state feature that also lists the modalities practiced by each veterinarian at ahvma.org/find-a-holistic-veterinarian. In addition, Woodley, Ingram and others offer telehealth or long-distance consults. In lieu of finding a vet that is listed as holistic, pet parents can call clinics to ask questions about alternative treatments. Some facilities are more flexible than others.

Choosing a veterinarian is a personal decision for owners. “I feel that traditional versus holistic care is simply sick care versus well care,” says Agent. “Their quality of life is so important to me and they’re solely dependent on the choices I make for them. I’m going to choose well care.”

Julie Peterson writes from rural Wisconsin and has contributed to *Natural Awakenings* for more than a decade. Contact her at JuliePeterson2222@gmail.com.



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Terry Wahls on Taking Control of Chronic Conditions

by Sandra Yeyati



Twenty years ago, University of Iowa Clinical Professor of Medicine Terry Wahls was diagnosed with multiple sclerosis (MS). Conventional treatments didn't work, and her health deteriorated to the point where she was wheel-chair-bound and facing a progressively grim future. Through rigorous scientific study and clinical trials, she developed a groundbreaking diet and lifestyle protocol that allows people to take control of their health, reversing many chronic disease states, including her own. She is the author of *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*, as well as an accompanying cookbook, *The Wahls Protocol Cooking for Life*.

What is your personal journey with multiple sclerosis?

In 2000, I had problems walking, which led to the MS diagnosis. After consulting the best doctors and taking the newest drugs, I went downhill anyway. At my lowest point, already in a tilt-recline wheelchair, I realized that conventional medicine wasn't going to stop my decline into a bedridden, possibly demented state with intractable face pain due to trigeminal neuralgia.

My physicians introduced me to the work of Loren Cordain, who developed

the paleo diet, so after 20 years of being a vegetarian, I went back to eating meat; gave up grains, legumes and dairy. I also studied the basic science for animal models of multiple sclerosis, Parkinson's, Alzheimer's and ALS, and decided that mitochondria—the or-

ganelles that generate the energy that cells use to run the chemistry of life—were leading to my early loss of myelin and brain cells. I also discovered The Institute for Functional Medicine and took their course in neuroprotection. Based on the science, I devised a supplement program to support my mitochondria. My decline slowed.

Then came my "Aha!" moment: What if I redesigned my paleo diet, combining ancestral health with functional medicine principles, relying less on supplements and more on food to support my mitochondria? I did that, and my pain, brain fog and fatigue resolved. I began to get stronger, started walking. In three months, I was able to go for a bike ride with my family around the block for the first time in six years. It felt miraculous.

It changed the way I think about disease and how I practice medicine. I now talk to patients about diet, lifestyle, exercise, toxics exposures and stress management, and I'm able to stabilize, reverse and greatly improve their blood pressure, blood sugar, pain and chronic diseases that I was struggling to manage using the latest drugs.

What have you learned about resilience?

People who maintain a sense of control have more robust immune function and are generally healthier. Many of my patients say that their diagnosis ended up being a tremendous gift because it allowed them to take stock of their lives and understand their priorities. That's true for me. If I eat gluten, dairy or eggs, or I'm exposed to too much stress or toxins, my trigeminal neuralgia will turn on and I'll have horrific facial pain, but I consider it to be a tremendous gift, because that's my barometer for the inflammation levels in my brain, which reminds me to look at my triggers and re-commit to my self-care. We teach patients how to track their biosensors.

Are you cured of MS?

No. I still have the genetic vulnerability and lesions in my spinal cord, and will always be sensitive to gluten, dairy and eggs. If I become severely stressed or don't sleep, I'll probably have a problem again. I caution all of my patients: If you go back to your previous diet and lifestyle, your disease states will return.

Isn't it easier to just take a prescription drug for symptoms?

It's a smaller level of effort, but they're not cures, either. The underlying disease state progresses, so people typically need higher doses of their medications. They also develop co-morbid diagnoses that require new medications. Conventional medicine is effective for some symptom improvements, but it has never been evaluated for improving global health, whereas studies have shown that improving diet quality and incorporating exercise and meditation will improve multiple chemical pathways in the body, gene expression and your microbiome, and dramatically improve health outcomes across many disease states.

For more information, including diet protocol guidelines and online courses, visit TerryWahls.com.

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



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Monthly Business Highlight - I AM Yoga Studio

I AM Yoga Studio is a spacious, warm & friendly studio conveniently located in the Cherry Street district. Yoga helps balance the mind, strengthen the body, and support healthy lifestyles with reduced stress. We offer Yoga Classes 7 days a week including Beginners, Gentle, Vinyasa, Candlelight and Power Yoga. We also offer private yoga classes, special events and teen yoga classes. New clients can get a package of 3 yoga classes for \$25.

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Staying Fit in 2021

Workout Trends Bend to the Times

by Marlaina Donato



For 2021, fitness will be more about better health and inner peace rather than weight loss. Gyms and studios will be on the top of their game adhering to hygiene standards and offering safer environments with smaller class capacity and vitamin D-enhanced outdoor sessions. From remote coaching to cost-effective wellness apps, the workout will get a fresh makeover.

High-Tech Wellness

Pandemic repercussions in 2020 amped up client demand for alternatives and

also inspired trainers to get more creative. “I’ve enjoyed working with private clients virtually through FaceTime and Zoom. It has required me to create more precision with my training programs depending on what each client has at their home or home gym,” says Hollywood, California, fitness trainer Ridge Davis. “Results have been going through the roof because my clients are more likely to dive into healthy routines and meal plans with my daily guidance.”

For those that cannot find local, in-person fitness provisions, subscriptions to

streaming-fitness websites like *DailyBurn.com* and *OnePeloton.com* provide plenty of guides to workouts from yoga to muscle-building.

Health apps can tailor individual wellness strategies for the new year. “Fitness and health apps are becoming more popular, and trainers are able to interact with clients all over the world. If you are like me, you need accountability if you cannot meet your trainer directly,” says Dominic Kennedy, a personal trainer in Los Angeles and creator of the newly launched fitness and nutrition app *Dominic Effect*. “Nutrition is also going to be key now more than ever. Apps will help keep you in check and on track with your food and goals, helping to set up monthly meal plans, as well as recipe suggestions.”

Wearable tech in the form of watches and smart clothing will be another hit in 2021, providing accurate readings on calories burned, number of daily steps and even heart rate and blood pressure.

Virtual Variety, No Pressure

Having the option to work out at home might motivate more people to begin a fitness routine without the pressure of comparing with others. Sampling classes online can help them find what they like before they sign up at their local gym or studio. “Virtual fitness classes provide an opportunity for people to test out different instructors at different times all around the country and even the world,” says Paris Alexandra, co-founder of the BK Yoga Club, in New York City. “People are now realizing the things we can control is our breath and our bodies. Because of this, there’s an appreciation of our capacity, challenging ourselves to try something new.”

Even with gym cutbacks, there is a silver lining. “One of my private weight-loss clients has loved our FaceTime workouts so much that she swears she will never go back to in-person training with a coach,” says Chicago-based Stephanie Mansour, host of the weekly national PBS show *Step it Up With Steph*. “Even on vacation or while traveling, people can still get in their

workout because everything is virtual. Trainers also win because they can still do their job, but at a distance.”

Me-time with a private virtual coach will offer a tailored regimen for those that prefer a one-on-one experience. Mansour muses, “Private fitness and health coaching sessions will be the hottest trend in 2021. By now, many people’s excitement toward their ‘pandemic workout’ is waning, and they’ll be looking for a totally customized approach to kickstart their motivation and goals.”

Allies for Body and Mind

Davis predicts there’ll be greater appreciation for stress-recovery tools such as massage guns for percussive self-treatments, foam rollers to release muscle tightness and stretching apps, noting, “There’s so much noise, uncertainty and anxiety that has come with this pandemic; on-demand meditation classes will be huge.”

Mansour concurs, “Focusing on finding inner peace, meditating and positive programming are all huge trends that have emerged due to COVID. By getting your head in the game, you’re 75 percent of the way to your goal.”

Mostly, 2021 will be a year for self-care. “I think growth mindset is everything right now,” says Kennedy. “We need to fill our minds with positive affirmations, thoughts or whatever it is that makes you light up inside.”

Marlaina Donato is an author and recording artist. Connect at [AutumnEmbersMusic.com](#).

Other Fitness Trends on the Rise

- Outdoor classes from yoga to strength training
- Boutique and micro-studios with specialty clientele
- Safer small groups, especially for seniors
- Broga yoga, with a focus on strength training, cardio and muscle toning for men
- Less-crowded yoga classes with BYO mats and props
- Mind-body fitness



HOUSE BLESSINGS

for Clearing and Protecting Spaces

by Marlaina Donato

Moving into a house, office or any new space prompts us to envision bright days ahead filled with hope and joy. Perhaps this is why, from first-century Christians praying to dissuade evil influences to the Mayans smudging herbs to welcome positive energy, the act of blessing a house is such a time-honored tradition.

Whether held in private or with a group of kindred souls, with or without religious elements, blessing a new dwelling takes the concept of housewarming to a sacred level. A house blessing can temper the hair-pulling stresses of a move and be a wonderful way to restore harmony after life gives us a jolt, be it a job loss, a broken relationship, a loved one’s passing or an illness. Simple gestures of intention, sprinkled with some beauty, enable us to claim our space and sow a new beginning.

Arranging seasonal blooms in jewel-toned vases, scattering fresh rose petals over the threshold or misting the air with ethereal scents consecrates what might otherwise seem mundane. Singing a favorite song, whispering a spontaneous prayer or reciting a Buddhist chant during the flurry of unpacking invites calm and attracts benevolent influences. Pungent smudges of

dried, white sage, sweetgrass, pine or lilac flowers help dissolve unpleasant memories and energetic imprints from the past.

Honoring the four elements of earth, air, fire and water can create balance and celebrate ancient customs. Adding one or more essential oils to a spray bottle filled with distilled water or culinary rose water is an easy way to mist the air and the space inside drawers, closets and cupboards before filling or refilling them. Hanging fresh evergreens, leafy branches or tufts of blossoms over doorways evokes what 10th-century mystic and healer Hildegard of Bingen called *veriditas*—the greening energy of the Earth. Employing a crystal or Tibetan singing bowl, beating a shamanic drum or playing an instrument in select rooms can charge the atmosphere with fiery hope. Opening windows, even briefly during cooler seasons, invites in the fresh air of possibility.

Stepping into a new life—or revitalizing an existing one—is one of the most beautiful acts of caring for soul and self. Blessing our spaces is also an expression of gratitude, something that can make any life wonderful.

Marlaina Donato is an author and recording artist. Connect at [AutumnEmbersMusic.com](#).

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ongoing events

Submit your listing online at NAOklahoma.com by the 5th of the month, one month prior to publication. Please email Publisher@NAOklahoma.com with questions.

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

various

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

Seeing Now at 21c OKC – A broad selection of multi-media works and contemporary art by over two dozen artists. 21c is a multi-venue contemporary art museum with thought-provoking exhibitions, interactive site-specific art installations and a full roster of cultural programming. Free. 21c Museum Hotel, 900 West Main St, OKC. 405-982-6900. 21cMuseumHotels.com.

Arcadia Lake Eagle Watch Edmond – Jan 8-10. Come out and witness bald eagles displaying their grace and beauty during the Arcadia Lake Eagle Watch. Dress warmly, bring your binoculars and embark on an adventure around the lake’s 26 miles of picturesque shoreline. All eagle watches will begin at the Arcadia Lake park office, where visitors will receive information about where the eagles can be found. The park office also features an impressive raptor wingspan display, videos and other great information about eagles. Parking \$3. 9000 E 2nd St, Arcadia. 405-216-7471. EdmondOk.com/338/Arcadia-Lake.

savethedate

Learn 2 Meditate Workshop Series – 6:30-8:30pm. Online Zoom workshop led by Infinite Love Meditations. \$55 for the series. Email: LovePeaceWisdom4u@gmail.com or text 405-445-2906 for the Zoom link and payment information. On Facebook–Infinite Love Meditations. Learn2MeditateOnline.com.

Green Country Home & Garden Show Tulsa – Jan 29-31. Head to the largest free home and garden show in Northeast Oklahoma with over 150 vendors. Find your inspiration for your next project and get decorating ideas from the professionals. Look at products and services ranging from roofing and cookware to spas, safe rooms/storm shelters and windows, all in one place. Free. Tulsa Expo Square. 4145 E 21st St, Tulsa. 918-523-2003. CoxRadioTulsa.com.

sunday

LIVE! on the Plaza 2nd Sunday OKC – 6-10pm. 2nd Sun. Plaza District’s free, monthly artwalk, featuring art shows, live entertainment, great food and local shopping. This month’s theme is Seinfeld’s holiday known as Festivus! Free. Plaza District: NW



16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.

wednesday

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

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

friday

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

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

Norman Art Walk 2nd Friday is now VIR-TUAL – 6-9pm. 2nd Fri. A wide variety of shops, restaurants, offices, bars, concert venues and more team up to produce dozens of free, fun arts events for the Norman community to enjoy each month and celebrate the creativity within it. Free. Live on Facebook.com/2ndFridayNorman. 405-360-1162. 2ndFridayNorman.com.

saturday

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

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

Coffee and Cars OKC – 8-11am. 1st Sat. The largest monthly gathering of car enthusiasts from across the state. Come share a passion for automobiles. The event will be held at the property just north of Pawnee Dr and Cabela Rd. Everyone is welcome. Free. Chisholm Creek, 13230 Pawnee Dr, OKC. 405-418-8590. ChisholmCreek.com.

Tulsa Farmers’ Market Tulsa – Winter hours: 8:30am-noon. 1st and 2nd Sat. Over 75 Oklahoma Grown-certified vendors from across Eastern Oklahoma. Free. Kendall Whittier neighborhood. Admiral & Lewis, Tulsa. 918-633-1934. TulsaFarmersMarket.org.

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

See You Saturdays OKC– 10am-5pm. 2nd Sat. Visit the museum for uniquely themed programming geared toward everyone–children to adults. Be inspired each month with interactive experiences and meet new Hall of Fame heroes. Free. Oklahoma Hall of Fame. Gaylord Pickens Museum, 1400 Clasen Dr, OKC. 405-235-4458. OklahomaHof.com/See-You-Saturdays.

Explore the Flora Tulsa – 10:30am-noon. 4th Sat. Come walk the trails and explore the beautiful diversity of plants and creatures along the way. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

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

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



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

REIKI

CARI REIF, LAP, RMT, CHHC
918-401-0377
TulsaHealing.com



Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a physical, emotional, mental or spiritual nature. *See ad, Body Works page 29.*

SALON

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



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

VETERINARIAN - HOLISTIC

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



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. *See ad, page 27.*

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



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

WELLNESS CENTER

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



Fulcrum embraces a holistic approach to health and wellness. They offer culturally sensitive, safe and affordable services to all individuals. Family practice, hormone therapy, women's health, PCOS care, LGBT health care, IV infusion and more. *See ad, page 17.*

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



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

YOGA

FREE SPIRIT YOGA AND MEDITATION SANCTUARY
Dee Mathis
405-412-3582 • YogalnOKC.com



Embrace the spirit of yoga, learn the bodies energetic fields, experience pranayama breathwork, and feel profound healing yoga. Stay safe as you join Live Streaming Zoom Classes with Dee's special classes. Text or call Dee Mathis at 405-412-3582. Beginners welcome. All body types welcome. First class free. *See ad, Body Works page 29.*

I AM YOGA STUDIO
Melissa Cameron Fullerton
2633 E 15 St, Ste D, Tulsa
918-640-5180 • IAMYogaTulsa.com



Offering a variety of yoga classes seven days a week, including beginners, gentle, vinyasa and power yoga. Also offering private classes, special events and teen classes. They provide both in-studio and online classes with almost 20 classes to choose from each week. *See ad, Body Works page 29.*

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



Free yoga class for first-time clients. They offer both in-studio and live-streaming classes. In-studio classes limited to 15 students. For either option, book online or via their free You Power Yoga app or the online schedule. Teacher training available. *See ad, Body Works page 29.*

If You Learn from Natural Awakenings, Share the Knowledge!

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Holistic Pet Care Center



We are your source for:

Acupuncture

Chiropractic

Electro-Medicine
(Sanawave by Innovarious)

Young Living Essential Oils

Nutritional and Vitamin therapy

Herbal medicine

Homeopathy

Prolotherapy

Affordable dental work

2nd opinion for cancer and arthritis

Comprehensive Healthcare for Man's Best Friend



I've been bringing my personal animals to Dr. Roach, along with numerous rescues, for about 10 years. I love the option of a holistic approach to add to conventional treatments. This multi-discipline approach allows for maximum longevity for my animals. I wouldn't dream of going to anyone else for my pet care. Doc and his staff are the only ones I trust with my animals.

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

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

★ **Now Hiring Veterinarians and Animal Assistants**