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natural awakenings

SHERRI MITCHELL ON
**INDIGENOUS
WISDOM** FOR OUR TIMES

HOW TO BE A
**PEACEFUL
PARENT**

LIGHTEN UP
THE THANKSGIVING FEAST

NATURAL BEAUTY
**SKIN CARE
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Joe Dunne, Natural Awakenings Publishing Corp., COO

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letter from publisher



Mark and Shanna Warner

I have a confession to make... I don't like football. That is almost heresy in a state that adores the pigskin. The rest of my family loves Oklahoma college sports. From Hurricanes to Cowboys to Boomer Sooners, they will cheer on any Oklahoma team. It is even more interesting when OU and OSU play. At that point, they just cheer for all of the players. It is a crazy, free-for-all festival where every touchdown is celebrated—no matter which side makes it.

I attended OU for grad school, and I played the OU fight song on my saxophone during halftime marching band shows at my high school's football games. But I never really understood the allure of the game. It's not just football. I don't watch soccer, baseball, basketball, hockey or golf. Is golf really a sport even? Okay, all you golf fans, I am just kidding.

Now, there is still much for me to love about sports. I love making vegan nachos for my hubby when he fixates on his NFL teams; I have a fabu "cheeze" sauce that I make from veggies. I love listening to the crazy fans yell and scream at the refs or umpires; that just makes me laugh. What I love most about all sports, including football, is that it brings people together. It gives them a common goal, a reason to stand up and cheer. Anything that brings us together like that is a good thing.

Let's find more ways to celebrate what brings us together. There are good people throughout the world making touchdowns for humanity. Can we stop looking at skin color, nationality, religion and politics as dividing lines? Can we cheer on every team instead?

I guess my favorite team would be called—The Good Guys! I will celebrate every doctor, scientist and nurse who helps defeat COVID. I will celebrate every lawyer, peaceful activist or statesman who fights against prejudice and repression. I will celebrate every mom and dad working two jobs to keep their family going. I will celebrate the nations around the world leading the battle against climate change and the companies that are working hard to reduce the plastic filth that is clogging our oceans. That is MY team.

So, after my huge Thanksgiving celebration, as I grab yet another piece of pumpkin pie and settle down on the sofa to watch my hubby watch football, I will be thinking of a bigger team—team humanity. I hope you do the same. We are all in this together. Celebrate every touchdown. Celebrate every win. Go team!

Shanna

Shanna Warner

It is not our differences that divide us.
 It is our inability to recognize, accept,
 and celebrate those differences.

~Audre Lorde



Ancestors and Tradition Honored at Tulsa's Day of the Dead Festival



Living Arts of Tulsa, in partnership with Casa de la Cultura, is hosting Tulsa's annual Día de los Muertos Arts Festival from 8 a.m. through 11:30 p.m. on November 1. This Day of the Dead festival is a celebration of the Latinx heritage honoring loved ones who have passed away.

Día de los Muertos, or Day of the Dead, is a celebration held in Mexico and in Central American countries where family members commemorate their ancestors. It is a holiday that mixes parts of Roman Catholicism with Native American traditions that pre-date the arrival of the Spanish in the Americas. It's based on the belief that the souls of the ones gone can come back to this world on these days.

Living Arts of Tulsa presents and develops critically engaged contemporary art in Tulsa.

Cost: Reserve free tickets for timed slots throughout the festival at LivingArts.org/2018/10/30/Day-Of-The-Dead. Location: 307 E. Reconciliation Way, Tulsa. For more information, call Living Arts at 918-585-1234.



Will Rogers

Will Rogers Days Come to Claremore

Come celebrate the birthday of America's Cowboy Philosopher, Will Rogers, with free admission to the Will Rogers Memorial Museum from 10 a.m. until 5 p.m. on November 4. In conjunction, the Will Rogers Motion Picture Festival will be held November 4 through 7, with movies shown at venues around Claremore, along with

movie workshops and lectures.

Wrapping up the celebration's final day on November 7, the traditional Pocahontas Club Wreath Laying ceremony will be held at 10 a.m. at the Will Rogers Memorial, and the Dog-Irons Awards Ceremony will be held at 7 p.m. at the Will Rogers theater at the Will Rogers Memorial Museum.

Readers interested in attending are encouraged to visit the website regularly for updates on in-person vs. virtual celebrations.

Museum location: 1720 W. Will Rogers Blvd., Claremore. For more information about the Dog-Irons Awards Ceremony, call 918-343-8118 or visit DogIrons.com/about. For more information about festival dates and activities, call 918-341-0719 or visit WillRogers.com/will-rogers-days.



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Launch of KnoWEwell for Natural Awakenings

KnoWEwell, a collaborative partner with the *Natural Awakenings* family of publishers since June, has launched a personalized, integrated, private, secure, community and marketplace platform designed to transform health care. The one online trusted destination for today's Regenerative Whole Health knowledge, resources and community that inspires and empowers individuals to take control and make better informed health decisions to achieve WELLthier Living, KnoWEwell received the Top 50 Healthcare Companies award from the International Forum on Advancements in Healthcare.

KnoWEwell is an immersive, global online platform that connects the dots between lifestyle choices, soil, food, the planet and health. With vetted providers, evidence-based resources and peer-reviewed content, it's a safe space to learn and share. Natural Awakenings Publishing Corp. Chief Operating Officer Joe Dunne says, "There is no simple way to describe KnoWEwell but to think big—WebMD meets *Match.com*, HomeAdvisors, LinkedIn, Facebook, and Indeed for Regenerative Whole Health, all in one place for the benefit of everyone.

"*Natural Awakenings* is honored to give our dedicated readers the opportunity to be some of the first members to be welcomed into the KnoWEwell community. With gratitude for our 26 years of readership and support, through our mission-aligned collaborative partnership with KnoWEwell, we are pleased to gift both individuals and providers with free annual memberships. The new platform can be found at KnoWEwell.com."

For more information, visit KnoWEwell.com and see the ad on page 2, which includes free membership codes.

HEALTHY LIVING HEALTHY PLANET

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When you are balanced and when you listen
and attend to the needs of your body, mind,
and spirit, your natural beauty comes out.

~Christy Turlington

Winning the Battle Against Stress

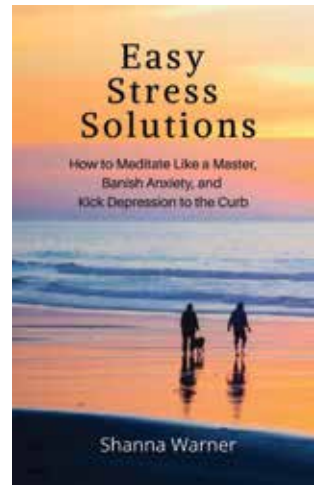
Stress affects everyone. There are effective ways to help manage it, even for trauma survivors. That is the message of the new book *Easy Stress Solutions: How to Meditate Like a Master, Banish Anxiety and Kick Depression to the Curb*, released November 1.

As a multiple-trauma survivor with more than 30 years of experience dealing with PTSD, depression, panic attacks, nightmares and negative situations, author Shanna Warner brings a practical approach to dealing with the problems of life.

Warner begins the book with two of her favorite free-and-easy tools. The book then details more ways to battle stress, from meditating to rescripting nightmares to using positive verbal anchors. The process of transformation begins with 21 days of in-depth questions, uncovering negative beliefs, rewriting personal statements and creating a framework for positive growth.

Easy Stress Solutions includes seven simple meditations that anyone can start using immediately for relief. Warner has also professionally recorded three guided meditations and made them freely available for everyone on her podcast and website.

Shanna and her husband, Mark, live in Tulsa, where they publish the Oklahoma edition of *Natural Awakenings* magazine. Her books are available in print, e-book and audiobook. For more information, including links to the guided meditations, visit ShannaWarner.com.



'Seeing Now' at 21C Offers Insights for Today



Seeing Now is a multimedia selection of works by over two dozen artists. It explores what and how we see today, revealing the visible and hidden forces shaping both what the contemporary world looks like, and how we consume

and interpret that information.

21C is a contemporary hotel in Oklahoma City, established in the former home of a Ford Motor Company assembly plant that dates back more than a century and is listed on the National Register of Historic Places. It features a 14,000 square-foot, multi-venue contemporary art museum of rotating exhibitions.

Cost: Free admission, but appointments required. Location: 900 W. Main St., OKC. For more information, call 405-982-6900 or visit 21cMuseumHotels.com.



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Have Conflicts Mediated for Best Results



Active mediation by a third party provides better outcomes for couples' arguments by heightening activity in the "reward" part of the brain that generates romantic love. That's the conclusion of researchers from the University of Geneva in a study in the journal *Cortex* that included 36 heterosexual couples that had been married for one year. After receiving brain scans with functional magnetic resonance imaging (fMRI) and filling out a questionnaire, the couples argued for an hour about a key conflict such as intimacy, finances or in-laws. Half the couples received guidance from a professional mediator; the other couples did not.

Afterward, couples with the active mediator reported feeling more satisfied with the content and progress of the discussion and had fewer residual issues. When individuals were shown photos of their spouse and another unknown person during a second fMRI, the couples that had mediation were more likely to experience heightened activation in the nucleus accumbens, a key region in the reward circuit of the brain linked to pleasure, motivation and feelings like love. The more satisfied a person was with the mediation, the greater the neural activation. "Our results suggest for the first time that third-party mediation has a significant and positive impact on the way couples argue, both behaviourally and neurally," concludes Olga Klimecki, a study author and researcher at the Swiss Center for Affective Sciences.

Try Rhodiola and Black Cohosh for Menopausal Symptoms



The herb black cohosh has long been used to relieve menopausal symptoms, and a new study in *Pharmaceuticals* suggests that it's most effective when combined with rhodiola, an adaptogenic herb known for balancing stress responses, as well as supporting brain,

liver and heart health. Researchers from the Democratic Republic of Georgia Zhordania Institute of Reproductology divided 220 women into three groups. After 12 weeks, those given the combination of the two herbs reported 71 percent fewer menopausal symptoms, such as hot flashes, and 67 percent fewer psychological and physical symptoms. These were significantly better results than for those that received either a high or low dose of black cohosh or a placebo.

Take Vitamin D and Calcium to Reduce Vertigo



When a change in the position of a person's head results in a sudden spinning sensation, it's a condition known as benign paroxysmal positional vertigo.

For 86 percent of people afflicted with it, daily life can be interrupted, including missing work. Treatment usually involves a doctor or health practitioner performing a series of movements to the patient's head that shift particles in the ears, but scientists in South Korea have found another simple solution: 400 international units of vitamin D and 500 milligrams of calcium daily. In a study of 957 people published in *Neurology*, 445 in an intervention group were given supplements if vitamin D levels were less than 20 nanograms per milliliter. The 512 people in the observation group did not get supplements. After a year, the supplement-takers had 24 percent fewer episodes, and those with very low vitamin D levels at the start experienced a 45 percent reduction.

Get B₁₂ in a Vegan Diet from Dough Fermentation

Vitamin B₁₂, an essential dietary nutrient typically derived from animal sources, poses a special challenge for vegans; its deficiency is linked to anemia and nervous system damage. Aside from supplements and foods fortified with cyanocobalamin or hydroxocobalamin, a new natural approach has been documented by University of Helsinki researchers: fermenting dough using *Propionibacterium freudenreichii* bacteria, commonly used to make Emmental cheese, along with *Lactobacillus brevis* to improve microbial safety, produced enough B₁₂ to fulfill the nutritional need for vegans. During the three-day fermentation process, rice bran and buckwheat bran had the highest B₁₂ production. "In situ fortification of B₁₂ via fermentation could be a more cost-effective alternative. And as a commonly consumed staple food, grains are excellent vehicles for enrichment with micronutrients," says study author Chong Xie.



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Green Hangover

Discarded Solar Panels Result in Toxic Pollution



Photovoltaic panels, used to produce renewable solar power, become complex pieces of electronic waste at the end of their functional lives. The International Renewable Energy Agency projects that up to 78 million metric tons of solar panels will be discarded by 2050, and that the world will be generating about 6 million metric tons of new solar e-waste annually. Recovering the silver and silicon inside them requires costly, specialized solutions. Many solar panels contain lead that can leach out as they decompose in landfills. Some panels are exported to developing countries with weak environmental protections. Most are rated for about 25 years of use, so a major influx is due to arrive shortly.

Nonprofit PV Cycle (PVCycle.org) collects thousands of tons of solar e-waste across the European Union each year, where producers are required to ensure that their solar panels are recycled properly. Recycle PV Solar (RecyclePV.solar), one of the only recyclers in the U.S., where almost no regulations exist, reports reclaiming just 10 percent of the country's solar waste. The National Renewable Energy Laboratory is investigating new processes to recover all metals and minerals at states of high purity, with the goal of making recycling as economically viable and environmentally beneficial as possible.

Equality Matters

Scientists Confront Academic Racism



Nearly 6,000 scientists signed a pledge to #ShutDownSTEM on June 10, the day of the Strike for Black Lives across higher education. (STEM is an acronym for science, technology, engineering and math.) They canceled lab meetings, halted research projects and actively confronted perceived racism in their institutions in solidarity

with the Black Lives Matter movement. Particles for Justice (ParticlesForJustice.org) physics collective members Brian Nord and Chanda Prescod-Weinstein helped develop the idea for the strike. They called on university science departments, national laboratories and all others engaged in scientific endeavors to stop business as usual for that one day.

The aim was educating themselves and their colleagues about the role of their own institutions in perpetuating white supremacy and creating concrete actions they could take to reduce anti-Black bias after the strike. According to the Pew Research Center, only 24 percent of college faculty members were nonwhite as of 2017, and a study published in the March edition of the journal *BioScience* found that Black, Latino, Native American and other underrepresented scholars account for only 9 percent of faculty members in STEM fields.

Overall Concern

Denim Microfibers Pervade Waterways

The American Chemical Society reports that blue jeans, a popular wardrobe choice during the COVID-19 pandemic due to an increase in telecommuting, creates a unique type of environmental pollution. This denim is processed with



synthetic indigo dye and other chemical additives. Researchers in Canada have detected indigo denim microfibers in wastewater effluent, lakes and even remote Arctic marine sediment, as noted in *Environmental Science & Technology Letters*.

Washing denim releases microfibers that are mostly removed by wastewater treatment plants, yet some still enter the environment through wastewater effluent. The researchers estimate that the wastewater treatment plants in their study discharged about 1 billion indigo denim microfibers per day. In laundering experiments, they found that a single pair of used jeans could release about 50,000 microfibers per wash cycle. The researchers did not study the effects that these microfibers have on aquatic life—perhaps a topic for future inquiry. In the meantime, washing jeans less frequently may reduce denim pollution.

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Back to Nature at Harvard CBD Health Center

by Shanna Warner

What happens when a pharmaceutical rep retires and has a transformational moment? She rediscovers her roots—her connection to nature—and shares it with an investigative committee on Capitol Hill.

Dana McMurchy, the owner of Tulsa's Harvard CBD Health Center, was just looking to enjoy her early retirement. She took yoga classes; focused on nutrition, natural foods and plants; and got back in touch with nature as she began working to reclaim her health. Her life focus switched from pharmaceutical drugs to natural solutions. She turned from a driven Type-A personality focused on corporate success to a focus on natural healing and self-care.

It all began with her practice of yoga. McMurchy discovered how uncertainty let her become fully in tune with each moment of her life. That process of letting go of worry and embracing life was a big change for her driven personality. The transformation really took hold when she was introduced to natural cannabis products. Her anxiety decreased, focus increased and her sleep improved. She wanted to share these positive experiences and help others find their own healing moments.

McMurchy opened Harvard CBD Health Center as a small, cozy shop that is professional and yet relaxed, staffed by a crew dedicated to helping others. Jacki Funk is usually there to greet clients when they walk in the door. Funk has her own transformational story about cannabis products and positive health outcomes. Marta Riggins is a registered nurse with

extensive experience in reiki, polarity therapy, reflexology, quantum touch, deep tissue massage, energy healing and spiritual counseling. All of these modalities are available at Harvard CBD Health Center to help clients' healing journeys, and the team can share many stories of lives changed from activation of the body's ECS—the endocannabinoid system.

McMurchy is passionate about sharing ECS information. The former pharmaceutical rep knew that traditional medicine has a top-down formula, where drug companies and doctors recommend drugs to consumers. But she found that nature is the opposite: Natural solutions provide relief in a broad, accessible way for everyone, from the bottom up. By focusing on education and learning everything she could about natural solutions, she became a champion of plants, especially cannabis. As an accidental activist for plant medicine, she has contributed to the law-making process on both the federal and state levels. She stood and passionately testified before Congress on Capitol Hill about the benefits of cannabis. Her work in public relations and as an educational consultant on the board of the nonprofit Oklahomans for Health helped with the passage of Oklahoma State Question 788, the Medical Marijuana Legalization Initiative that allowed healthy, natural cannabis products in Oklahoma.

Visits with a traditional physician are often fast and furious; they move patients in and out as quickly as possible. At Harvard CBD Health Center, the staff slows down and focuses on the individual. They

listen, focus and then listen again. Their training in "active listening" helps them understand and find the right solutions for each unique need. The small staff has extensive product training and experience.

The health center is a welcoming space where anyone can come and seek plant-based health solutions, even for those without a medical marijuana card. They sell organically derived CBD products, including THC-free items. They offer plant solutions that can bring physical, emotional and psychological relief to many without the negative side-effects that many want to avoid in THC-laden items.

Active research is continuing throughout Oklahoma and our nation on the many healthy properties of the active ingredients in cannabis—and there are hundreds of active substances in this wonder plant. Those substances are being investigated in the hope of helping with stroke, trauma and a whole host of neurodegenerative diseases like Alzheimer's and Parkinson's. For many people, right now is the right time to discover the myriad properties of this plant.

When McMurchy talks about the evolution of the human body and the need for plant products, her passion truly comes through. She wants to bring positive, uplifting information about this plant into the light of day. She explains, "I can talk to clients about patents, antioxidants and neuroprotectants. But what I want them to know most is that cannabis products can help the body regulate itself. The endocannabinoid system is like the body's thermostat—it can help balance out the immune and nervous systems. All anyone needs to activate it is the right cannabis product, and a trained staff can help them find it."

Location: 4775 S. Harvard Ave., Ste. D, Tulsa. For more information or to schedule an appointment, call 918-992-5520 or visit HarvardCBD.com. See ad, page 21.



HARVARD
CBD Health Center



Preventing Type 2 Diabetes

Natural Lifestyle Choices to Curb the Disease

by Marlaina Donato

Six decades ago, only one American in 100 had diabetes. Today, it's almost one in 10, including rising numbers of youth and one in four people older than 65. More than 90 percent of the cases are Type 2, once known as adult-onset diabetes, which is linked to diet, obesity, inactivity, environmental toxins, heredity and other factors. It can wreak havoc throughout the body—attacking blood vessels, eyes, nerves and organs—and make COVID-19 harder to combat.

The good news is that scientists have identified lifestyle strategies that lower the risk and harm of diabetes. “Type 2 diabetes is a condition, not a disease. It exists in a particular environment; when you change the environment, you can change the condition,” says San Francisco-based Nicki Steinberger, Ph.D., author of *Wave Goodbye to Type 2 Diabetes*. That’s important news for the one in three Americans—about 88 million people—that have pre-diabetes, 84 percent of whom are not aware of the fact, according to the U.S. Centers for Disease Control and Prevention.

A key player is the pancreas, a multitasking organ of both the

endocrine and digestive systems, which produces insulin to help make and store energy from sugars, as well as enzymes to break down proteins, fats and carbohydrates. While Type 1 diabetes, a genetic autoimmune disease, negates the body’s ability to produce insulin, Type 2 results from an insufficient or improper use of insulin.

Type 2 diabetes can be triggered by metabolic syndrome, a condition marked by high blood pressure, a large waist circumference and high triglycerides. Insulin resistance—the body’s improper use of insulin—can also be a sneaky forerunner to the disease, often manifesting as excessive abdominal fat, fatigue and frequent infections years before hyperglycemia—too much sugar in the blood—becomes evident.

“Diet and lifestyle play a tremendous role,” says Lauren Bongiorno, a virtual diabetes health coach and creator of *The Diabetic Health Journal*. “Increasing insulin sensitivity is a multi-prong approach, most notably influenced by improving circadian rhythm, reducing stress, eating lower glycemic carbs, reducing animal fats and increasing activity.”

Hidden Environmental Factors

The American Diabetic Association cites excess weight and lack of exercise as significant risk factors in the development of Type 2 diabetes, while recent studies also point to impacts from toxic air, chemicals and mercury exposure. Research published in 2018 in *Environmental Science and Pollution Research International* reveals a correlation between exposure to phthalates found in plastics and the incidence of new-onset Type 1 diabetes in children, suggesting that the loss of beta cells from phthalate exposure leads to a compromised insulin response.

“Plastics containing BPA can mimic estrogen (xenoestrogens) and can contribute to insulin resistance, insulin over-secretion, beta cell exhaustion and the development and progression of Type 2 diabetes,” says registered dietician and nutritionist Brenda Davis, the Alberta, Canada, author of *The Kick Diabetes Cookbook* and *Kick Diabetes Essentials*.

An earlier Indiana University study published in *Diabetes Care* showed young-adult exposure to mercury can raise the risk of developing Type 2 diabetes later in life by 65 percent. Davis adds, “Heavy metals, such as mercury and arsenic, have been linked to impaired insulin secretion and decreased insulin sensitivity.” Choosing organic produce and fish that contain lower levels of mercury, such as salmon, shrimp and catfish, is advised.

Medication Backlash

Improving gut flora is vital in improving most health conditions,

including Type 2 diabetes. “Microbes in the gut that have become toxic for a multitude of reasons create an inflammatory response. This type of assault repeated over time increases the risk of fatty liver and compromised cells—conditions linked to a decrease in insulin sensitivity,” says Steinberger.

Research published in *The Journal of Clinical Endocrinology & Metabolism* suggests that antibiotic use, especially narrow-spectrum ones, can contribute to diabetes. The side effects of certain medications like statins and other cholesterol-lowering drugs has been debated for decades, and 2019 research published in *Diabetes Metabolism Research and Reviews* concludes that statins can more than double the risk of Type 2 diabetes, especially for people taking them for two years or longer.

Sleep and Sugar

The National Sleep Foundation considers sleep deprivation a significant diabetic risk factor and recommends that people take melatonin as a sleep aid and avoid working night shifts. It cites a study in which healthy adults that were restricted to four hours of sleep for just six nights exhibited a 40 percent reduction in their ability to break down glucose.

Although the role of dietary sugar in diabetes is debated by scientists, evidence shows a strong correlation between Type 2 diabetes and sugar, fructose and high-fructose corn syrup in the diet. A 2015 review of 21 studies published in *The British Medical Journal* found that regular intake of sugary beverages can lead to diabetic conditions even when obesity is not a factor. Many



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ing the metabolism of glucose in the liver. Some of Atkinson's favorite plant allies are hawthorn, hibiscus and tilia for their anti-inflammatory and antioxidant properties, as well as lipid, glucose and vascular support.

Atkinson also emphasizes the wisdom of keeping it simple. "I encourage clients to incorporate culinary herbs and spices into their daily diet, like cinnamon, fennel, garlic and onions. For someone taking insulin, it's important to introduce herbs slowly and be sure to take them with meals, monitor blood glucose levels closely and keep their physician informed of herbal protocols and follow their physician's recommendations."

Improving diet choices can be highly rewarding and fun, too. "Not only does eating well not have to be tortuous, it can be enjoyable, inspiring and creative," says Steinberger. "It helps to keep it simple by using fresh, whole foods with basic herbs and spices."

Vitamin D, magnesium, vitamin C, B complex and chromium are also valuable in managing Type 2 diabetes. Polyphenols—antioxidants found in tea and unsweetened cacao nibs—also pack a healthy punch. Alpha lipoic acid, found in broccoli, spinach and fish oil, can help to reduce inflammation. Berries, kale and other nutrient-packed greens, nuts, sweet potatoes and beans promote sugar balance and are versatile for delicious, healthy meals.

Whole-Body Healing

Holistic bodywork modalities such as acupuncture also support diabetic health. In 2019, Iranian researchers reported in the journal *Hospital Practices and Research* that biofeedback training lowered glucose levels and improved the quality of life for diabetic patients. "The biggest mistake I see people with diabetes make is to view the mental piece as not as important as the physical," says Bongiorno.

Linking all the vital threads in the complex web of Type 2 diabetes, she adds, "I would say to start with the basics—plant-based foods, exercise, stress management and better sleep. When you have a solid base, your body will be less susceptible to the other factors."

holistic health advocates identify all sweeteners, including "healthy" alternatives like honey and maple syrup, as sugars that harbor similar potential.

This mindset is harmonious with glycemic index recommendations, so avoiding any added sweeteners and opting for fresh, low-glycemic fruits like berries, citrus and apples, as well as eschewing pasta, white rice and bread, can go a long way toward maintaining healthier blood sugar levels. Stevia, an herb, is a better sweet substitute. Preferable in drops or bulk form rather than blended with sugars, it's been shown to help control blood sugar.

Promising Phytotherapy

Insulin-supporting medicinal herbs offer many benefits for Type 2 diabetics. Aloe vera, bilberry, cinnamon, goldenseal, bitter melon, milk thistle, fenugreek, fennel and gymnema sylvestre, among others, have been found to aid in the utilization and production of insulin. Tulsi, also known as holy basil, is a heavy hitter for reducing blood glucose and buffering the kidneys and liver from the metabolic side effects of high blood sugar. Herbs that support the liver, such as milk thistle, dandelion and artichoke, are other noteworthy plant medicines, especially when blood sugar fluctuates from high to low.

Renata Atkinson, a clinical herbalist in Greenbelt, Maryland, says of blood tests, "Clinical trials have shown that many of these herbs can have a significant effect on the clinical markers for diabetes and prediabetes in fasting blood glucose, postprandial glucose and HbA1C, or glycosylated hemoglobin." Animal and *in vitro* studies show that they impact blood sugar by slowing digestion and the absorption of carbohydrates, thereby improving insulin sensitivity, increasing the release of insulin and modulat-

Hugo/AdobeStock.com

Thriving is possible through commitment and wise choices. As Davis says, “There is strong and consistent evidence that many people who are motivated to reverse Type 2 diabetes can succeed in this task.”

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

Strategies to Prevent Diabetes



Nutrition Tips from Brenda Davis

The foundation of the diet should be whole-plant foods—organic, whenever possible—deriving the vast majority of calories from vegetables, legumes, fruits, intact whole grains, nuts and seeds, which are rich in protective components, such as fiber, phytochemicals and antioxidants.

Eliminate or minimize inflammatory items, including fatty dairy products like cheese and ice cream, ultra-processed and fried foods, refined carbohydrates like sugar and white flour, alcohol and meat—especially red and processed varieties. Avoid all sugar-containing beverages.

Holistic Reminders from Lauren Bongiorno

“All areas of our lives are linked together, and if one area is depleted, it’s going to impact your ability to thrive in the others. The 8 pillars of diabetes wellness within my practice are exercise, diet, sleep, stress, self-love, relationships, energy and diabetes management. For improved blood sugar management and sustainable habit changes, you must identify where you are least fulfilled and work to fill that gap.”

Inspiration from Nicki Steinberger

“The area where we are most vulnerable, without a doubt, is our own toxic thoughts. Because our thoughts and beliefs trigger emotions which lead us to action and non-action, mindset is the first place to investigate to understand the results of our lives.”



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Sherri Mitchell on Indigenous Wisdom for Our Times

by Linda Sechrist

Author of *Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change*, Sherri Mitchell (Weh'na Ha'mu Kwasset) has been an attorney, spiritual teacher and indigenous rights activist for more than 25 years. Born and raised on the Penobscot Indian Reservation, she draws upon her ancestral knowledge to address environmental protection, social justice and spiritual change, offering a set of cultural values to help preserve our collective survival for future generations.

Why is a deeper understanding of the foundational laws of creation so important now?

What people really need to understand about the laws of attraction and manifestation, which are foundational laws of creation, is that humans have been manifesting the reality they've been living in for a very, very long time. Connected by the laws of entanglement, whatever we are giving life to, whatever we are thinking, speaking and breathing out is creating the current that is manifesting the storm we are currently living. We are co-creators of this reality, and it is time to move beyond the kindergarten-level of the law of attraction and take conscious responsibility for what we are actively creating, whether we intend it or not, because we are creating and putting things into motion all the time. We, as spiritual beings having a human experience, need to begin taking grown-up responsibility and move beyond the childlike dependence that colonization has imprinted within us.

Human beings have set in motion all the ideologies and beliefs that are currently governing and manifesting the reality that



we step into, moment-by-moment. According to the law of motion, this is going to stay in motion until it meets with an equal or greater force. That force is us. We need to stand in the path of the energy we have created and actively stop its movement. We need to transform the energetic pattern of it and shift it in another direction.

What is colonization?

It's difficult to talk about colonization in sound bites because it's a complex subject. With regard to history, colonization was about taking over lands occupied by an indigenous population. The romanticized myth of colonization, the settling of the Americas, was unsettling. The language surrounding colonization makes it sound as if it was a wonderful thing, when it was actually disruptive, destructive and filled with violence and domination.

Moving into and taking over an already occupied area to gain and maintain control over resources is an act of conquest and domination. We are not living in a

post-colonial era. Colonization, like capitalism, reaches what appears to be an end point, and then it turns around and begins cannibalizing itself. For example, we're seeing colonization of the commons—companies taking control of the majority of the Earth's drinking and potable water and making a statement that human beings don't have a right to that water. Water should be part of the commons and available to everyone equally.

Cannibalization by ongoing colonization is also happening to our air through the Paris Agreement. Trading for shares of clean air through a carbon credit program is the greatest smoke-and-mirrors scam of our time. We are in the midst of the "Dance of the Cannibal Giant" with colonization and capitalism as key players.

What is the Dance of the Cannibal Giant?

It's an indigenous extinction story for the human species. There are a number of them relevant to the times we are living in. In the Wabanaki tradition, Giwakwa, the cannibal giant, lives deep in the forest and only awakens to the Earth mother's distressed cry. This lets Giwakwa know that humans are consuming faster than she can produce and harming her faster than she can heal. Awakened, Giwakwa plays music on his flute that dances people into frenzied, mindless, faster and faster consumption until they consume themselves off the planet, giving Mother Earth the opportunity to heal and renew. These indigenous extinction stories are active now across the globe.

The only way to put the cannibal giant back to sleep is for us to wake up fully to the fact that the Earth is being damaged at a rate far greater than she can heal herself, and that there are many species on the verge of extinction. We are one of them. People must be incredibly discerning now. They must get grounded in their center to listen and heed the direction of their inner compass that will guide them in a right direction.

For more information, visit SacredInstructions.life.

Linda Sechrist is a senior staff writer for Natural Awakenings.

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Giving Thanks for a Healthy Feast

How to Lighten Up Thanksgiving Fare

by April Thompson

Due to travel restrictions, tighter budgets and concern for family members that may be older or have underlying health conditions, Thanksgiving might be a smaller affair this year, but that's no reason to give up on having a scrumptious, celebratory meal. With a little creativity and lots of flavor, our treasured American holiday need not suffer. Giant turkeys may not grace as many tables as usual, so it's the perfect time to up the side-dish game, embracing healthier options and taking full advantage of an abundant supply of delicious, in-season produce.

To right-size the Thanksgiving spread for carnivores, "Get a Cornish hen or another small bird from a local poultry producer, or consider turkey parts like breasts or thighs, instead of cooking an entire big bird," advises Steven Satterfield, co-owner and executive chef of the Miller Union restaurant, in Atlanta, and author of *Root to Leaf: A Southern Chef Cooks Through the Seasons*.

For sides that rate high in both nutrition and taste, the James Beard winner favors in-season veggies like brassicas and Asian greens. "Napa cabbage is great roasted, grilled or prepared raw as a salad. Brussels sprouts shaved on a mandolin and sautéed briefly with shallot and garlic, and dressed with apple cider vinegar and diced apple, is another nice option," Satterfield says. One of his go-to dishes is a root vegetable salad

with shaved celery root, walnuts, apples and dried cranberries with a simple dressing of olive oil and lemon.

Sweet potatoes and pumpkin offer a nutritional edge over white potatoes, giving them top billing at Satterfield's holiday table. He suggests simplifying the traditional sweet potato casserole by first parboiling, straining, peeling and cutting the potatoes into thick chunks, and then baking with lemon juice, nutmeg and water. "The sweet potatoes will caramelize and form a natural syrup. It has a bright and refreshing flavor without adding the usual butter, marshmallows and sugar," he explains.

According to Satterfield, many nutritious bitter greens are plentiful this time of year, including chicory, radicchio, frisée and endive. "Last Thanksgiving, I made a chicory salad with dates, pecans, shaved parmesan and persimmon with a sherry vinaigrette with olive oil and shallots. The sweetness of the fruit balances nicely with the bitter greens, which add fiber and help with digestion and the circulatory system."

Thanksgiving offers a good opportunity to go meatless, according to Kim Campbell, vegan chef and author of *The*

PlantPure Nation Cookbook. “There is a substitute for every animal product out there, so it’s not hard to make traditional recipes plant-based,” says the Durham, North Carolina, native. Her recipe for a nutty or beanie loaf ramps up the flavor and health profiles by using fresh, rather than dried, herbs such as rosemary, thyme and sage, as well as natural binding agents like lentils, flax seeds or chia seeds mixed with water. “Guests will be amazed that whole foods can be so flavorful and satisfying,” she says. “Go the extra mile with quality ingredients for a special meal like this.”

Campbell encourages people to enjoy the abundance of fresh produce and learn how to cook in season. Fruit-based desserts can be a great way to showcase what’s in season and still keep guests light on their feet. “You don’t have to use crust or a lot of added sugar for something like an apple crisp or cobbler,” she says.

Annemarie Ahearn, founder of the Salt Water Farm cooking school, in Lincolnville, Maine, also suggests a healthful rethinking of traditional Thanksgiving dishes. “Instead of a green bean casserole, consider blanched green beans with almond and cranberry. Dried cranberries can go in a salad, rather than a sauce. You can have the same ingredients and keep the same focal point, but use less cream and dairy,” says the author of *Full Moon Suppers at Salt Water Farm: Recipes from Land and Sea*.

Ahearn, who teaches a class on Thanksgiving cooking, encourages people to take a stroll after the main meal to let food settle before having dessert. She also suggests serving some dishes at room temperature to relieve the pressure of having everything arrive hot at the table. For those unable to be with extended family, Satterfield suggests trading recipes in advance, and then having a virtual Thanksgiving by sharing a visual image of how the meal turned out. “You can even send leftovers if you’re in the same vicinity,” he says.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

Savory Thanksgiving Dishes

Mushroom Gravy

This rich, flavorful gravy is perfect over potatoes and veggie loafs. It’s easy to prepare and inexpensive.

Yield: 4 servings

1 onion, minced
6 white button mushrooms, chopped
2½ cups low-sodium vegetable stock, divided
½ tsp minced garlic
½ tsp dried thyme
½ tsp dried sage
½ tsp crushed dried rosemary


1 Tbsp cooking sherry
2 Tbsp tamari sauce or low-sodium soy sauce
1 Tbsp nutritional yeast flakes
¼ cup whole wheat flour
¼ tsp black pepper
Sea salt to taste

In a large skillet over medium-high heat, sauté the onions and mushrooms in one-half cup of the vegetable stock.

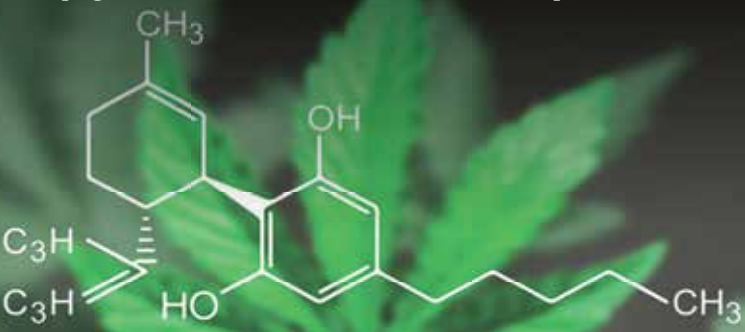
Add the garlic, sage, thyme, rosemary, sherry, tamari and nutritional yeast, then continue to sauté for just a minute or two over high heat.

Pour the remaining vegetable broth into a bowl and whisk in the flour until there are no lumps. Add to the pan with the onion and mushrooms. Simmer over medium heat, stirring until the gravy has reached its peak thickness, about 10 minutes. Add salt and pepper to taste.

Reprinted from *The PlantPure Nation Cookbook*, by Kim Campbell.



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Thanksgiving Green Bean Casserole

Yield: 6 servings

Breaded Onion Rings:

2 large white or red onion, sliced into ¼-inch thick rings
2 cups whole wheat breadcrumbs
1 tsp garlic powder
1 tsp onion powder
2 Tbsp nutritional yeast flakes
½ tsp sea salt (optional)
1¼ cups whole grain flour
1 cup nondairy milk

Sauce:

1½ cups nondairy milk
½ cup raw cashews
2-3 garlic cloves
1½ Tbsp cornstarch

1 tsp onion powder
¼ tsp nutmeg
2 Tbsp nutritional yeast flakes
2 tsp apple cider vinegar
½ tsp sea salt
½ tsp black pepper

Veggies:

12 oz fresh mushrooms (any variety), sliced or chopped
2-3 Tbsp dry white wine for sautéing
24 oz frozen green beans, French cut or whole



photo by Kim Campbell

Preheat oven to 425° F. In a small bowl, combine the breadcrumbs, garlic powder, onion powder, nutritional yeast flakes and sea salt. Place the flour, milk and bread crumb mixture into three separate bowls.

Bread the onion rings by coating them in the flour, the milk and then the breadcrumbs. Several onions rings can be prepared at the same time. Place the breaded onions onto a baking sheet lined with parchment paper or a silicone mat. Bake for 10-15 minutes or until golden brown and crispy.

Place the sauce ingredients into a high-powered blender and blend until smooth and creamy. Set aside. In a large fry pan over medium-high heat, sauté the mushrooms using small amounts of white wine to prevent the mushrooms from sticking. Cook for 6-8 minutes or until tender.

Place the thawed green beans and mushrooms into nine-by-13-inch casserole pan. Pour the cream sauce over the vegetables, distributing the sauce evenly. Top the casserole with the baked onion rings and cover with foil. Bake at 375° F for 20-30 minutes. Remove the foil and continue to bake for an additional 20 minutes.

Chef's note: You can soak your cashews if you don't have a high-powered blender for easy blending. This creamy white sauce can be used for scalloped potatoes, creamed corn or even on pasta.

Reprinted from The PlantPure Nation Cookbook, by Kim Campbell.

If you do just one thing—make one conscious choice—that can change the world, go organic. Buy organic food. Stop using chemicals and start supporting organic farmers. No other single choice you can make to improve the health of your family and the planet will have greater positive repercussions for our future.

~Maria Rodale

Cranberry Sauce with Maple Syrup

Delicious maple syrup, orange juice, cinnamon and cranberries are boiled down to a syrupy, slightly sweet and spicy sauce. The cranberries “pop” under the heat and give this side dish a gorgeous ruby color.

Yield: 2 cups

12 oz whole fresh cranberries or 1 package
¾ cup real maple syrup
½ cup water
½ cup orange juice freshly squeezed or store bought
1 cinnamon stick

Take the cranberries and place into a large sieve. Pick out any berries that look damaged (black spots, mushy, white). Wash and drain.

Pour the cranberries into a medium-large pot. Add the maple syrup, water and orange juice. Stir to combine. Place the cinnamon stick in the center.

Heat the berries on medium-high heat until the mixture reaches a boil. Then, lower the heat to medium-low and simmer for 10-12 minutes or until syrupy and richly red. You will hear the cranberries “pop” as they cook; don't be alarmed.

Remove the pot from the heat and allow to cool to room temperature. Store in a covered container in the fridge.

Serve at room temperature or slightly warmed.

Reprinted from StraightToTheHipsBaby.com/Jessie-Sierra Ross.



photo by StraightToTheHipsBaby.com/Jessie-Sierra Ross

Pumpkin Spice No-Bake Energy Balls

This dish is gluten-free, vegan and paleo.

Yield: 15 servings

1½ cups raw almonds
¼ cup hemp seeds
¼ cup unsweetened dried shredded coconut
½ tsp pumpkin pie spice
1 Tbsp coconut oil
¼ cup pumpkin puree
10 pitted Medjool dates, about 1 cup

For pumpkin pie spice dusting:

2 Tbsp coconut sugar
¼ tsp pumpkin pie spice

Combine the almonds, hemp seeds, coconut, pumpkin pie spice, coconut oil, pumpkin puree and dates in the base of a food processor. Turn the processor on high for about two minutes or until the ingredients are well combined.

Pour the mixture into a mixing bowl and then use your hands to roll the dough into about 15 cookies, each about 1½ inch in diameter.

To make the pumpkin pie spice dusting, place the maple sugar and pumpkin pie spice onto a plate. Roll each cookie in the sugar until covered.

For the best texture and sweetness, place the cookies in the refrigerator for at least 2-3 hours to chill.

Chef's notes: Freeze these cookies for up to 2 months in a tightly sealed container. De-frost them in the fridge for about 4 hours before serving. For refined sugar-free servings, leave off the coconut sugar dusting. You can easily double or triple this recipe depending on how many energy bites you need to make.

Reprinted from Carrie Forrest, Clean Eating Kitchen.com.



photo by Carrie Forrest, Clean Eating Kitchen.com

Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

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Natural Beauty

Homemade Solutions for Glowing Skin

by April Thompson

Skin, our largest organ, plays an important role in supporting and protecting the rest of the body. That's why it should be treated kindly by using natural, chemical-free ingredients. Many U.S. beauty products contain hidden chemicals, including dozens of ingredients that are banned in other countries. Even products labeled "organic" or "natural" can contain potentially harmful petrochemicals, according to the Environmental Working Group.

A natural skincare routine doesn't have to be complicated or expensive. Balms, masks, scrubs and toners can be made from healthy, everyday products already present in most homes. "Oats, yogurt, coconut oil, honey: there are many kitchen staples that you can easily use in your skincare routine," says Marlene Adelman, founder of the Herbal Academy, in Bedford, Massachusetts, and author of *Botanical Skin Care Recipe Book*.

As an example, face masks can be made with ingredients from the spice rack, including turmeric and black pepper. "One-ingredient treatments, like a honey or yogurt mask, feel so good and are easy to make," says Stephanie Gerber, the Nashville author of *Hello Glow: 150+ Easy Natural Beauty Recipes for A Fresh New You*.

Facial, body and foot scrubs are great beginner creations, according to Stephanie Tourles, author of *Pure Skin Care: Nourishing Recipes for Vibrant Skin & Natural Beauty*. The Marble Falls, Texas, esthetician recommends starting with a base of sugar or salt and adding an edible oil such as almond, plus a few drops of an essential oil. Essential oils should be diluted—add only six to 12 drops per ounce of finished product. Her favorites are lavender, tea tree, sweet orange and frankincense. Lemon, lime and bergamot are phototoxic and can cause sensitivity if added to any scrub before sun exposure.

"Scrubs are wonderful for softening, soothing and exfoliating the skin," Tourles says, cautioning that salt scrubs can sting if applied after shaving or waxing. Other common ingredients that can be added are oats, almonds or sunflower seeds ground in a coffee grinder. When mixed with water, cream or yogurt, they offer a moisturizing facial treatment.

Tourles loves homemade body balms using oil and a thickener such as cocoa butter or beeswax. "Balms are easy to

make, great for kids and good for dry cuticles and lips. You don't have to worry about ingredients spoiling. They condition the skin and smell great," she says.

In harsher weather, skin requires a little extra TLC. Tourles suggests a hydrating winter toner made with a 50/50 mix of aloe vera juice and rosewater. "Honey is also nice for the face and incredibly hydrating for winter," she says. "Simply warm a little bit, apply it to your clean face for 20 minutes, then rinse with warm water."

"People often forget to apply more moisturizer in winter. One of the best things you can do is exfoliate your face with a simple scrub to slough off dry, dead skin. Use gentler ingredients for your face than your body, like oats, baking soda or almonds ground finely," says Gerber. For chapped lips, she recommends a gentle exfoliant like sugar and honey applied as an antibacterial lip scrub.

"Matcha green tea makes a beautiful mask that astringes and tones skin. Combine it with aloe gel and honey for some soothing moisture in the colder months when our skin needs rejuvenation," says Adelman.

Some products are best purchased from a commercial source. "You can make many preparations at home—from masks to cleansing scrubs, cleansers, lotions and creams—but when these recipes contain water, they have a short shelf life. If you are looking for something with a longer shelf life, you're going to run into more complicated instructions incorporating preservatives," says Adelman.

"Moisturizers, creamy cleansers and hand creams have the steepest learning curve to craft yourself," says Tourles. "Trying to emulsify watery ingredients like herb tea and aloe vera with oils, butters or waxes is like mixing oil and vinegar in a salad dressing; these ingredients want to separate." According to Gerber, sunscreen is another product worth buying rather than trying to make at home.

Homemade or store-bought products aside, the best skin enhancer is a drink of water, according to Gerber. It doesn't get easier or more economical than that.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

Homemade Mask Recipes

Excerpted from *Botanical Skin Care Recipe Book*, by Marlene Adelman

Green Tea Facial Mask

Green tea contains polyphenolic flavonoids called catechins, which are strongly antioxidant. It's also an astringent and anti-inflammatory. Matcha green tea (a powder) makes a beautiful green mask that astringes and tones skin. Combined with aloe gel and honey for soothing moisture, this is a great recipe for the colder months when our skin needs rejuvenation.



photos by Herbal Academy

2 Tbsp matcha or another green tea (*Camellia sinensis*) leaf powder
4 tsp aloe vera leaf gel
1-2 tsp raw honey

Combine all ingredients and mix well. Adjust proportions, as needed, to achieve the desired consistency—add more honey and/or tea powder if it's too fluid, or more aloe if it's too thick. Apply gently to the face, avoiding the eyes. Leave in place for 20 to 40 minutes. Rinse the face with warm water and lightly pat it dry with a towel. Follow with moisturizer.

Turmeric Facial Mask



This is an anti-inflammatory, astringent and nutritive face mask with antimicrobial action that is well-suited for acne-prone skin. Combining turmeric with a fat, like yogurt, mitigates its staining effects. Test this recipe on a small area of skin before using.

1 Tbsp plain yogurt
1 tsp turmeric (*Curcuma longa*) rhizome powder
1 tsp raw honey

Combine all ingredients in a small bowl and mix well. After washing the face, apply this mask and let it set for approximately 15 minutes. Rinse with warm water and gently pat dry with a clean towel.

Black Pepper Facial Mask



Piperine, a well-studied constituent of black pepper, has anti-inflammatory and antioxidant actions and can benefit acne-prone or mature skin.

Mix ground peppercorns with body or facial scrub ingredients for a terrific exfoliant. Black pepper also does wonders for dull skin, encouraging blood to flow to the surface for a healthy radiance. Test this recipe on a small area of the skin before using and consider wearing gloves, as this recipe may discolor fingernails.

1 tsp plain yogurt
¼ tsp black pepper (*Piper nigrum*), ground

Combine ingredients in a small bowl and mix well. After washing the face, apply this mask and let it set for approximately 15 minutes. Rinse with warm water and gently pat dry with a clean towel.



Mindful Parenting

The Conscious Path to Raising a Child

by Ronica O'Hara

Lo Bannerman, a Tucson nutritionist, was making homemade cookies with her toddler. “Or rather, making a mess while stirring cookies,” she recalls. “Something in me snapped. I wanted to take control, kick her out of the kitchen and do everything the ‘right’ way.”

As Bannerman took a deep breath, a memory arose. “As a child, I was only allowed to count scoops of flour or teaspoons of vanilla. I was never allowed to fully, actively participate in the kitchen. Everything had to be perfect, and I was not ‘good enough’ to make it so. I felt this in my core. Was I passing this on to my daughter?” Bannerman recalls that, after taking a

moment to reset, she and her daughter “happily made a mess, a memory and a foundation for a brighter future together.”

Bannerman, who blogs at *NourishingFamilies.org*, was practicing an increasingly popular approach in raising children known as either conscious, mindful, soulful, awake or peaceful parenting. Instead of focusing on shaping a child’s behavior through rules and discipline, which can bring up contentious issues of fear, ego and control, the focus is on connecting deeply with a child through love, authenticity and acceptance of the child’s innate nature.

“It’s crucial we realize that we aren’t raising a ‘mini-me,’ but a spirit, throbbing with its own signature,” says psychologist Shefali Tsabary, Ph.D., author of *The Conscious Parent: Transforming Ourselves, Empowering Our Children*. “Children aren’t ours to possess or own in any way. When we know this in the depths of our soul, we tailor their raising to their needs rather than molding them to fit our needs.”

The transformation starts with—and hinges upon—parents understanding themselves deeply and realizing how their upbringing shapes their parenting actions. It’s not always easy, especially during housebound pandemic months. “Our children have the capacity to trigger us more than anyone else. So, when they exhibit childish behavior—which is, of course, part of their job description—it’s often hard for parents to stay calm,” says Laura Markham, Ph.D., a Brooklyn clinical psychologist and author of *Peaceful Parent, Happy Kids*.

“We see our child’s behavior (He hit her again!), and we draw a conclusion (He’s going to be a psychopath!) which triggers other conclusions (I’ve failed as a mother!). This cascade of thoughts creates a runaway train of emotions—in this case, fear, dismay, guilt. We can’t bear those feelings. The best defense is a good offense, so we lash out at our child in anger. The whole process takes all of two seconds, and later we wonder why we overreacted.”

The answer often lies in our past, Markham says. “Any issue that makes you feel like lashing out has roots in your own early years. We know this because we lose

our ability to think clearly at those moments, and we start acting like children ourselves, throwing our own tantrums.”

The more deeply we know ourselves—whether through therapy, reading, journaling, meditation, mindfulness practices or simply facing head-on the hard knocks of life—the more open we are to forging a deep relationship with our children and the easier it is to calm ourselves in the moment of a trigger, psychologists say.

Correcting a child becomes then a matter of being a guide or coach, rather than a law enforcer. “Disciplining from a place of presence or awakened consciousness means having the willingness to pause, reflect, course-correct as needed in the moment, apologize, take ownership, ask for help and to drop history and reset as needed,” says Renée Peterson Trudeau, the Brevard, North Carolina, author of *Nurturing the Soul of Your Family* and *The Mother’s Guide to Self-Renewal*. “Most of all, practice self-compassion. You will make mistakes. Forgive yourself and move on; this is beautiful modeling for your kids.”

Jessica Speer, a family-book author in Steamboat Springs, Colorado, lives that process. Raised in a home “where anger wasn’t managed well,” she had no tools to draw on when she got triggered by her toddler’s tantrums. It was, she says, “a wake-up call that I needed help.” Diving deeply into books, mindfulness and meditation helped her to understand herself better. “Fast forward 10 years, and I still meditate regularly,” she says. “Now, when my daughter experiences big emotions, I try to ground myself so I can be there by her side. This has been so healing for both of us.”

Ronica O’Hara is a Denver-based health writer. Connect at OHaraRonica@gmail.com.

Helpful Parenting Books

The Conscious Parent: Transforming Ourselves, Empowering Our Children, by Shefali Tsabary, Ph.D. An Oprah favorite, she offers videos and other information at DrShefali.com.

Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting, by Laura Markham, Ph.D. Find videos and other resources at AhaParenting.com.

Raising an Emotionally Intelligent Child: The Heart of Parenting, by John Gottman, Ph.D., a marriage and family researcher. Gottman.com/parents offers videos, books and card decks to help develop emotional intelligence in kids.

Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life, by Renée Peterson Trudeau, with more information available at ReneeTrudeau.com.

Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience, by Christopher Willard, Psy.D. Find talks and workshops at DrChristopherWillard.com.



Strategies for Soulful Parenting

Renée Peterson Trudeau, the author of *Nurturing the Soul of Your Family* and *The Mother’s Guide to Self-Renewal*, offers these suggestions for soulful parenting:

Parent from the inside-out. “Decide what three qualities are most important to your family during these difficult times and then orient your decision around those values. When it comes to decisions such as whether to send your children back to a classroom, don’t let the media, extended family, friends or others dictate what you should or shouldn’t do. Pause, reflect, go inward and connect with your own internal GPS and you won’t go wrong.”

Start the day intentionally. “How you begin your day is how you do your day. A few minutes of meditation, journaling, voicing gratitudes or simply reflecting on how you want to be during the day has an enormous impact on how we parent and show up for others.”

Attend to self-care. “We are constantly relating and parenting from our current state of being. Taking time to attune and respond to our own needs and desires helps us cultivate a more wise and grounded presence. Self-care is not about adding something to your to-do list; it’s about cultivating a new way of being with ourselves—a kinder, more compassionate way.”

Be creative about healthy family food. “Food is medicine, and food choices have an enormous impact on our mood, energy levels and ability to weather stress. That said, be easy on yourself—these are challenging times. Try making meals with your kids, growing your own food as a family and engaging your kids in food-based creative projects like canning or baking bread.”

calendar of events

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.

SUNDAY, NOVEMBER 1

Festival de Artes del Día de los Muertos (Virtual & In-Person) – 8am-11:30pm. Living Arts of Tulsa, in partnership with Casa de la Cultura, is hosting Tulsa's annual Día de los Muertos Arts Festival (Day of the Dead). It's a celebration of the Latinx heritage honoring loved ones who have passed away. Reserve free tickets for timed slots throughout the festival on website. Living Arts of Tulsa, 307 East Reconciliation Way, Tulsa. 918-585-1234. LivingArts.Org/2018/10/30/Day-Of-The-Dead.

WEDNESDAY, NOVEMBER 4

Will Rogers Days / Motion Picture Festival – 10am-5pm. Celebrate the birthday of America's Cowboy Philosopher. The Motion Picture Festival will be held Nov 4-7. Movies will be shown at venues around Claremore during the festival as well as movie workshops and lectures. Free. Will Rogers Memorial Museum, 1720 W Will Rogers Blvd, Claremore. 918-341-0719. WillRogers.com/will-rogers-days.

FRIDAY NOVEMBER 6

Arts in the Air – 7pm. Tulsa Performing Arts Center's Arts in the Air performance series presents The Tulsa Youth Opera & Cabaret Performers. Free. Williams Green, 61 E 3rd St, Tulsa. 918-596-7111. TulsaPac.com.

SATURDAY, NOVEMBER 7

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

Tulsa Farmers' Market – 8:30am-noon. Come see all the favorite Cherry Street vendors at the new location and get to know the Kendall Whit-tier neighborhood a bit better. It's going to be an amazing year! Over 75 Oklahoma Grown-certified

vendors from across Eastern Oklahoma. Free. Admiral & Lewis, Tulsa. 918-633-1934. TulsaFarmersMarket.org.

24rd Annual Native American Festival at RSU – 10am-4pm. The Festival will feature a powwow singing workshop, Native American music and dancing, Cherokee storytelling, arts and craft workshops with make-and-take arts activities for both children and adults. Indian taco dinner concession will be available during the evening. Free. Rogers State University, 1701 W Will Rogers Blvd, Claremore. 918-256-7777. Rsu.edu.

Moths and Marshmallows – 5:30-7pm. The Martin Park Nature Center will set out a moth-watch station and have a marshmallow roast. As the sun goes down, these butterflies of the night come out in droves and in many beautiful colors. Snacks provided. Remember to bring a camera, flashlight and a charged cell phone. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. Register at Okc.gov/Departments/Parks-Recreation/Martin-Park-Nature-Center.

THURSDAY, NOVEMBER 12

Spotlight Concert Series – 7pm. Arts Council Oklahoma City presents Spotlight Concert Series featuring The Charles Burton Band. Bring your blankets and chairs to socially distance on the lawn of Oklahoma Contemporary or join online on Facebook live or Arts Council OKC's YouTube channel. Free. Reservations required. Oklahoma Contemporary Arts Center, 11 NW 11th St., OKC. ArtsCouncilOkc.com/Spotlight-Concert-Series.

Historically Local Speaker Series – 7-8:30pm. Bill Welge, former Director of American Indian Culture & Preservation at the Oklahoma Historical Society, will talk about Jesse Chisholm's history in Council Grove. Free, but registration is required to allow appropriate social distancing. Castle Falls Venue, 820 N MacArthur, OKC. 405-256-8033. WestenDistrictOkc.com.



FRIDAY NOVEMBER 13

Arts in the Air – 7pm. Tulsa Performing Arts Center's Arts in the Air performance series presents Dean Demeritt Jazz Tribe. Free. Williams Green, 61 E 3rd St, Tulsa. 918-596-7111. TulsaPac.com.

SATURDAY, NOVEMBER 14

Adult Birding Walk – 8-9:30am. 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, just a willingness to learn about Oklahoma's amazing birds! Led by retired naturalist Neil Garrison. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. Register at Okc.gov/Departments/Parks-Recreation/Martin-Park-Nature-Center.

FRIDAY, NOVEMBER 20

Night Market at Scissortail Park – 5:30-9:30pm. Oklahoma vendors will be set up and spaced along the 860-foot-long Promenade. The central walkway through Scissortail Park will be adorned with café lights, colorful decorative light fixtures and white tents. Enjoy a relaxing night of shopping outside with room for social distancing. Bar service, food trucks, music and photo ops complete the night out. The Promenade at Scissortail Park, 415 S Robinson Ave, OKC. 405-445-7080. ScissortailPark.org.

WEDNESDAY, NOVEMBER 25

Thunder Free Days – 9am-6pm. In recognition of the 25th Anniversary of the 1995 Oklahoma City bombing, the Oklahoma City Thunder are providing admission to the Oklahoma City National Memorial & Museum for all visitors on the 25th of each month for the entire calendar year. Free. 620 N Harvey Ave, OKC. 405-235-3313. MemorialMuseum.com.

SATURDAY NOVEMBER 28

Explore the Flora – 10:30am-noon. 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.

SUNDAY, NOVEMBER 29

Holiday Lighting Ceremony – 5-10pm. Annual Will Rogers Tree Lighting event. An evening of horse-drawn sleigh rides, holiday music and the lighting of the gardens. Free. Will Rogers Gardens, 3400 NW 36th St, OKC. 405-297-1392 Okc.Gov/Departments/Parks-Recreation/Will-Rogers-Gardens.



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.

various

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

Seeing Now at 21C – A broad selection of multimedia 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 W Main St, OKC. 405-982-6900. 21cMuseumHotels.com.

tuesday

Botanical Balance Free Yoga – 6pm. Bring a mat. Ages 16 & up. Connect with nature while practicing yoga to help relieve stress and achieve a quiet mind. Classes are open to all levels. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

wednesday

Dog Play Wednesday – 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](https://www.facebook.com/events/209553842825723).

Singo Wednesdays – 7:30-9:30pm. Singo is a new and exciting musical spin on the traditional game of bingo. Instead of listening for a number, players are listening to their favorite music. Free. All ages. HeyDay Entertainment - Bricktown, 200 S Oklahoma Ave, Ste HD, OKC. 405-602-5680. HeyDayFun.com/HeyDayOkc.

friday

Art Crawl on 66 – 5-9pm. 1st Fri. This unique district provides an opportunity to continue social distancing practices as each artist will be hosted by a local business. Expect to see local art, visit historic



destinations, eat great food and have a fun socially distanced good time with friends and family. Free. 1648 Southwest Blvd, Tulsa. 918-445-4457. Rt66MainStreet.org.

Norman Art Walk 2nd Friday is now VIRTUAL – 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](https://www.facebook.com/2ndFridayNorman). 405-360-1162. [2ndFridayNorman.com](https://www.facebook.com/2ndFridayNorman).

Paseo First Friday Gallery Walk – 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 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.

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

saturday

Coffee and Cars – 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.

Botanical Balance Free Yoga – 9-10am. Bring a mat. Ages 16 & up. Connect with nature while practicing yoga to help relieve stress and achieve a quiet mind. Classes are open to all levels. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

OSU-OKC Farmers Market – 9am-1pm. Held at the Scissortail Park Stage Plaza near Oklahoma City Blvd and Robinson Ave. Find local produce, meats, spices, honey, plants, flowers and more, all from Oklahoma vendors. Free. Scissortail Park, OKC. 405-445-7080. ScissortailPark.org.

Gardens Monthly Walking Tour – 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. Free. Myriad Botanical Gardens, South Lobby, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

See You Saturdays – 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 Classen Dr, OKC. 405-235-4458. OklahomaHof.com/See-You-Saturdays.

16th Street Saturdays – Noon-5pm. Come to the Plaza District for special deals, activities, music and more. More than 50 local businesses are excited to serve attendees' shopping and entertainment needs. Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.



classifieds

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

OPPORTUNITIES

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

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.

community resource guide

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

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2525 NW Expressway, Ste 20
Oklahoma City, 405-255-3193
CentralOklahomaAcupuncture.com



Our mission is to make acupuncture a simple and effective form of health care, accessible and affordable to a wide range of people by using a sliding scale system.

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The Institute's focus is teaching interconnections among the body's many systems. Uniting manual therapy with myofascial work, visceral manipulation and craniosacral therapy, they train practitioners in a global way of working that combines depth and subtlety to amplify the health in every system. *See ad, page 5.*

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4421 S Mingo Rd, Tulsa
918-627-7323
GardnersBooks.com

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

PEACE OF MIND BOOKS
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Books, herbs, incense, jewelry, gifts and more are available at the quaint Tulsa shop. You'll find one of the nation's largest collections of Conscious Living and Metaphysical books. They carry over 175 different herbs as well as stones, crystals, incense, runes, tarot cards, and other wonderful gift items. In addition to the books listed on-line, the brick and mortar store has over 35,000 additional books.

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Many household cleaners contain toxic chemicals that can harm pets, children and the environment. Information on non-toxic cleaners for a healthy home and healthier planet. Text for more info or visit the website.

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With a holistic approach to personal growth and potential, she takes students on a path to finding their purpose and finding the hero within. Call or visit the website for more information about one-on-one courses and programs. Email Courtney@CourtneyAdney.com. *See ad, page 11.*



When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.

~Kristin Armstrong

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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.

SALON

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Mazey Denman
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VETERINARIAN - HOLISTIC

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YOGA

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Sweet Pea was diagnosed with cancer about two years ago. Thanks to Dr. Brad Roach and his heart for animals and holistic knowledge, Sweetie has been doing fantastic! Rob and I are looking forward to many more years with this super dog!

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