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TAI CHI  
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RETHINKING  
BREAKFAST

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## letter from publisher



Mark and Shanna Warner

## It's Time for The Great Pumpkin

There was a little cold snap recently that reminded me of the changes that are coming. Cooler weather, shorter days, more pumpkin flavored coffee and tea. I need that change; how about you? The seasons, like the very process of life and death, roll on whether we are ready for them or not. And I am ready.

This summer has seemed to extend on and on without change or hope in sight. It has been a summer of discontent, disconnection and distress.

The pandemic, the political, racial and social arguments, the fights and protests have divided us like never before.

I do not know what will happen for our nation and our state in the near future. I do not know what will happen in my city. But I know what will happen in the Warner household this fall. We are going back to the basics. Mark and I are going old-school.

Here are two things that we are implementing right now in our household.

1. We are making a phone list, checking it twice and then making calls. We have become disconnected from our friends and family because of the pandemic. Well, we are picking up the phone and checking on people every week from now on. (And we just might call you, too.)

2. We are reading to each other every night. Mark and I have chosen a book series to read together, and it has been wonderful. Parents read to their kiddos at bedtime, but how often do adults read to each other? Pick something fun, and read together.

See, old school. The phone and a book. I know—it sounds simple, and it really is. Sometimes, we have to go back to simple, basic truths. We have to settle down and reconnect and release the tension that we accumulate every day.

So today, while I take just a few minutes to call a friend on the phone, I will be sipping my pumpkin latte. Oh, so good! And tonight, during our little book club, I will enjoy my non-caffeinated cinnamon chai tea.

There is a book recommendation for you at the back of the magazine, in the classifieds section. I will share with you what we are reading, and what I am writing.

We celebrate the changing seasons with you. It is definitely time!



## Get to Know the Tibetan Monks

A group of monks from Tibet have been visiting The Norman Cultural Connection, sharing their sacred arts. They have been explaining their process for making sand mandalas as well as discussing compassion, karma and the law of cause and effect. All of the events have been held online, and the closing ceremony will be shared October 3.



The Norman Cultural Connection is committed to enhancing awareness, understanding and appreciation of cultural diversity, social differences and the wisdom of world cultures. Through outreach, they create a supportive community featuring cultural traditions, rituals, practices, art forms and music. Their goal is to enhance awareness, understanding and appreciation of cultural diversity, social differences and the wisdom of world cultures.

For more information, call 405-201-9991 or visit [NormanCulturalConnection.org](http://NormanCulturalConnection.org).

## Fiestas de Las Americas in OKC



Celebrate Oklahoma City's rich multicultural heritage during Hispanic Heritage Month on October 3 at Calle Dos Cinco, located at Southwest 25th Street,

between South Hudson and Robinson avenues, in Historic Capitol Hill. The all-day annual festival features a colorful parade, free live entertainment, food trucks, cold beverages, children's activities, a Travel of the Americas Experience and much more.

The parade begins at noon and is a colorful exhibition of culture and civic pride. With more than 70 school groups, cultural organizations, equestrian clubs, nonprofit organizations, corporations and small businesses, the parade is a highlight of this community festival. The parade starts at Capitol Hill High School and ends at Capitol Hill Elementary. Visitors are encouraged to arrive early for the best viewing spots. The festival continues after the parade until 9 p.m.

Explore the Americas through the different booths of the cultural exhibit. Each booth will represent a country and will have an activity, game or craft to enjoy. The Fiestas Artist's Market area will feature artists and craftsmen of all types showcasing their handmade and boutique items. Some vendors will have interactive games with prizes and giveaways for everyone. Kids can enjoy a variety of carnival games with ticket purchases and win some prizes at the Kidz Zone from 1 through 5 p.m.

For more information, call 405-632-0133 or visit [HistoricCapitolHill.com/Fiestas-De-Las-Americas](http://HistoricCapitolHill.com/Fiestas-De-Las-Americas).

## Halloween Is for Pets Too

Halloween can be a fun time for all, including pets. The Gathering Place, Tulsa's riverfront park, is hosting a free Halloween event for pets from 6 to 8 p.m. on October 14 at the Patio at the Park. There will be a pet costume competition, games, giveaways and treats. This event is in addition to their regular Dog Play Wednesday events, and all ages of people and pets are welcome.

The Gathering Place in Tulsa began with a generous donation from the George Kaiser Family Foundation and a dream to transform nearly 100 acres of Tulsa's iconic waterfront along the scenic Arkansas River into a dynamic, interactive environment. It is a massive park where members of our diverse communities come together to explore, learn and play.

Location: 2650 S. John Williams Way E., Tulsa. For more information, call 918-779-1000 or visit [GatheringPlace.org](http://GatheringPlace.org).



## Indian Tacos and Native American Arts & Crafts Market



prepared Indian tacos, with the option of going vegetarian. The sale is set up as a drive-through, with attendees' orders taken from their cars.

In honor of Native American Heritage Month, visitors can also explore the Native American Arts & Crafts Market, featuring plenty of great deals on locally crafted goods. Vendors will be outside for healthier shopping.

The Oklahoma City Pow-Wow Club is a nonprofit that started in 1950. It is the oldest Intertribal Native American heritage organization in Oklahoma. The club's mission is to promote good will among all Indians and to honor all servicemen and women. Through entertainment, parades and pageants, they display beliefs, historical customs and Indian traditions. All members donate their time in fulfilling the mission statement.

Location: 3131 N. Pennsylvania Ave., OKC. For more information, call 405-923-1254 or visit [Facebook.com/events/581381595837719](https://Facebook.com/events/581381595837719).



# Eat Fruit, Veggies and Whole Grains to Lower Diabetes Risk

The risk of diabetes can be slashed by loading a plate with fruit, veggies and whole grains, suggests two new studies in *The British Medical Journal*. European researchers measured fruit and vegetable consumption by testing the blood levels of vitamin C and carotenoids, the pigments found in colorful produce, in 9,754 people with Type 2 diabetes and 13,662 people free of the condition. They found that each average daily intake of 66 grams of fruit and vegetables (about one-third of a cup) reduced diabetes risk by 25 percent. The top fifth of fruit-and-veggie eaters had half the risk of diabetes compared to those that rarely ate produce. In a second study, American researchers using population research with more than 200,000 participants found those that ate the most whole grains had a 29 percent lower rate of Type 2 diabetes compared to those that ate the least amount. Eating one or more servings per day of whole-grain, cold breakfast cereal lowered the risk by 19 percent; dark bread lowered it 21 percent. Eating two or more servings per week of oatmeal lowered risk 21 percent; bran, 15 percent; and brown rice and wheat germ, 12 percent.



## Try Cinnamon to Reduce Migraines

Cinnamon, long known to help blood sugar levels, can diminish migraine attacks, according to a new study in *Phytotherapy Research* from Iran. Fifty patients with migraines took either three capsules a day of 600 milligrams (about a quarter teaspoon) of cinnamon or a placebo. After two months, those taking cinnamon had significantly reduced severity, frequency and duration of migraine episodes. Most of the world's cinnamon is *Cinnamomum verum*, produced in Sri Lanka, also called Ceylon cinnamon. Cassia cinnamon (*Cinnamomum iners*) is not accepted as a true cinnamon by herbalists.

Wherever the art of medicine is loved,  
there is also a love of humanity.

~Hippocrates

## Improve Exercise and Recovery with Avocados and Beets

Tasty and loaded with vitamins and minerals, avocados are a "healthy fat" that can speed recovery after exercise, reports a new Brazilian study. Researchers gave 12 women either 600 milliliters (mL) of avocado pulp or a placebo in capsules. After waiting an hour, the women ran on a treadmill for half an hour, then recovered for an hour. Metabolic tests of heart rate, heart rate variability and skin conductance indicated those taking the avocado pulp recovered faster than those given a placebo. In another new study, 12 Spanish men were able to do more back squats in weight-lift training an hour after drinking 12 mL of beet root juice compared with a placebo, suggesting the nitrate-rich drink improves muscular endurance.



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## Stealth Mode

### Blackest Fish in the Sea Aid Scientific Research

Scientists from Duke University and the Smithsonian National Museum of Natural History have found that the skin of 16 species of deep-sea fish absorbs more than 99.95 percent of the light that hits them. As published in *Current Biology*, Dr. Karen Osborn co-led the research that discovered the extraordinary properties while attempting to photograph specimens. Even using cutting-edge equipment, she could not see any detail. "It didn't matter how you set up the camera or lighting; [the fish] just sucked up all the light," she tells *BBC Science Focus*. The source of the ultra-black color is melamin which is distributed within melanosomes that are densely packed into cells on the fish skin. Because of the unique shape and arrangement of these melanosomes, incoming light is redirected toward another cell to absorb it. In the deep-sea environment in which they live, even the smallest amount of reflected light can attract predators, so this form of camouflage improves their chances of survival. Some scientists believe it is possible to make similar ultra-black substances for sensitive optical equipment.



## Short Circuit

### Electronic Waste is Out of Control

A partnership formed in 2017 between the United Nations International Telecommunication Union, the International Solid Waste Association and other groups to track the accumulation of electronic debris has reported via the publication *Global E-Waste Monitor 2020* that a record 53.6 million metric tons of electronics were discarded in 2019 and could likely increase to 74.7 million tons per year by 2030.

E-waste includes battery-powered and plug-in laptop computers, smartphones and televisions. Not only are people using more consumer electronics, they are not doing a good job of recycling them safely. The report found that of the e-waste generated in 2019, only 9.3 million tons, or 17.4 percent, were recycled.

Cadmium and mercury are conspicuous sources of pollution from these devices, as are refrigerant chemicals like chloro-fluorocarbons and hydrochloro-fluorocarbons that

can leach into the environment. Plastic waste is another concern. The report states that e-waste contains so many valuable recoverable metals such as iron, copper and gold that it represents a prime opportunity to reclaim these raw materials instead of mining them anew.

## Corporate Hero

### Apple Seeks 2030 Carbon Neutrality

Apple, Inc., the maker of the iPhone, iPad and Mac computers, has committed to becoming 100 percent carbon neutral overall, from its supply chain to retail outlets, by 2030. The goal is to achieve a zero net climate impact. According to *BBC Science Focus Magazine*, CEO Tim Cook says, "Businesses have a profound opportunity to help build a more sustainable future, one born of our common concern for the planet we share. The innovations powering our environmental journey are not only good for the planet, they've helped us make our products more energy-efficient and bring new sources of clean energy online around the world. Climate action can be the foundation for a new era of innovative potential, job creation and durable economic growth. With our commitment to carbon neutrality, we hope to be a ripple in the pond that creates a much larger change." If successful, the 10-year plan will reduce carbon emissions by 75 percent and develop solutions such as the use of low carbon and recycled materials to achieve the other 25 percent.





# HEALTHY ROOTS

## Dentistry for the Entire Body

by Shanna Warner

“Many patients seek treatment for their dental needs, forgetting that the entire body works together in sickness and in health,” according to Dr. John Garrett at Healthy Roots Dentistry, in Tulsa.

Dr. Garrett and his wife, Dr. Kristen Garrett, started their biological dental practice in Tulsa after studying the effects of mercury and other toxins on the body. They encourage their patients to watch a video on their website titled “The Smoking Tooth.” It shows mercury vapor being discharged from mercury amalgam fillings. Mercury is a known toxin that negatively affects the entire body.

Dr. John completed his DDS degree in 2013 and is a member of the Oklahoma Dental Association (ODA) and the American Dental Association (ADA). He received his International Academy of Oral Medicine and Toxicology (IAOMT) certification in 2016. The IAOMT is a global network of health professionals who provide mercury-free and fluoride-free biological dentistry. They research the biocompatibility of dental products and provide scientific resources that review the risks and benefits of healthcare options.

Dr. Kristen received her Doctorate of Chiropractic in 2013 and comes from a family of holistic practitioners. When she and Dr. John met several years ago, her

holistic influence made a difference in the way he viewed his patients and his practice. It changed the way he sees dentistry today.

Dr John offers traditional dental procedures in accordance with the ADA, but he offers them in a holistic and safe manner. In his biological dental practice, dental procedures are fluoride-, BPA- and mercury-free. They also use products that are free of gluten, dye and latex. As an additional benefit, they use ozone in their procedures, which is a naturally occurring antiviral, antibacterial and antifungal.

They offer more than just safer products and procedures at their dental practice. Patients’ health histories really matter to a holistic dentist. When patients come to the office, they fill out a very detailed health history. Dr. John carefully reviews it with each patient, taking hours to understand each patient’s mouth and medical history as a whole. Dr. John likes to tell his patients, “Dental infections are connected to the whole body, and what happens in your mouth affects the rest of the body.”

As the office manager, Dr. Kristen also helps incorporate the holistic approach into the practice by facilitating the access to information from chiropractors, osteopathic doctors and naturopaths. She helps make those connections for the dental patients.



*Drs. John and Kristen Garrett*

Healthy Roots Dentistry promotes having healthy food, a healthy family, a healthy immune system and a healthy body, and they are passionate about the role teeth play in achieving these goals.

Healthy Roots Dentistry began with a focus on discovering the root problems and solutions for basic health concerns. They promote having healthy food, a healthy family, a healthy immune system and a healthy body, and they are passionate about the role teeth play in achieving these goals.

Beginning in November, as their practice is growing, they are expanding their office hours, with an additional full day of appointments available for patients to meet with Dr. John and the entire staff. They specialize in treating children and adults, welcoming the entire family to their office.

*For more information, call 918-982-6644 or visit [HealthyRootsTulsa.com](http://HealthyRootsTulsa.com). See ad, page 13.*



HEALTHY ROOTS  
DENTISTRY



# Calm Down

## Taming the Flames of Stress-Related Illness

by Marlaina Donato

We are beings of neurochemical and hormonal intricacy, and within this mixed bag of biology lies our magic. Our human experience is visceral; we cry from sadness and joy, flush from embarrassment, laugh with amusement and exhibit quirky mannerisms when we lie. Whether we see it as a blessing or a curse, we're hardwired to embody the sacred fire of our emotions.

It also means that stress and our bodies are in perpetual partnership. "Systematically, the mind and body work together. Grabbing your belly when you hear bad news and saying, 'I feel sick,' or having 'butterflies in your stomach' are a testament to how everyday stress affects us physically," says Stephanie Mansour, Chicago fitness expert and host of the national PBS show *Step It Up With Steph*.

"Stress serves a useful purpose by increasing alertness—the sometimes lifesaving 'fight-or-flight' response—but chronic stress leads to elevated stress hormones like cortisol and catecholamines," says emergency room physician Thomas Krisanda, at Northwest Hospital, in Randallstown, Maryland. "Cortisol can elevate blood glucose and suppress the immune system. Elevated catecholamines raise blood pressure and stress the heart. Over time, this can lead to hypertension, heart disease, kidney disease, diabetes or strokes."

According to The American Institute of Stress, 77 percent of people experience the physical backlash of emotional stress in the form of headaches, chronic migraines, fatigue, digestive woes, muscle tension, dizziness and changes in libido. Research published this year in the *Journal of the American Heart Association* shows that children that experience severe adversity or live with alcoholics or drug addicts are at a 50 percent higher risk for developing cardiovascular disease later in life. Experts agree that this statistic goes beyond poor lifestyle choices, and might point to a biological inability to cope with everyday pressures.

Working with—rather than against—the body's nervous system by employing lifestyle changes, releasing trauma and considering options like a nourishing diet, safe herbal options and gentle energy modalities can help to break a vicious cycle.

### Gut Instincts

Studies involving both mice and humans show that beneficial gut microorganisms are altered by emotional stress. The same bacteria responsible for bolstering the body's fortress of immunity also generate neurotransmitters like serotonin, dopamine and nor-

guilhermealmeida/pexels.com



epinephrine. These neurochemicals in the gut's enteric nervous system control major biological functions that include heart rate, sleep cycles, muscle movement and mood.

While commonly prescribed antibiotics eradicate infectious invaders, they also kill off beneficial bacteria and neurotransmitters, opening the door to depressive disorders. Because approximately 95 percent of the body's serotonin is produced in the gut, it's not surprising that overuse of antibiotics has been associated with mental health conditions. British research published in the *Journal of Clinical Psychiatry* in 2015 documents case-control studies over an 18-year period involving 202,974 patients with depression. The findings show a high risk for anxiety and depression following repeated antibiotic use.

Connecting the dots further, 2018 research published in the *Journal of Neuroendocrinology* correlates compromised intestinal permeability with a weakened blood-brain barrier and alcohol addiction. Research published in 2014 in the journal *PLOS One* involving patients with irritable bowel syndrome (IBS) reveals abnormalities in catecholamines, elevated plasma cortisol and hyperactivity of the amygdala—the part of the brain that can become stuck on overdrive from trauma and other life stresses.

In a nutshell, negative emotional states can suppress immunity and foster more frequent antibiotic prescriptions and in turn, promote neurological loops of chronic depression and anxiety, and even more compromised immune response.

Functional gastrointestinal disorders like IBS and inflammation-driven Crohn's disease are often exacerbated by emotional upset and improved with stress management techniques like biofeedback, cognitive behavioral therapy, psychoanalysis, hypnotherapy, meditation and breath work.

## One Body, Many Selves

Resolving emotional trauma can offer unexpected hope for conditions that elude improvement or scientific understanding. A deeper look into how unrecognized or unreleased emotional pain can contribute to disease might help to solve the riddle of digestive problems, eczema, inflammatory



bowel conditions and pain syndromes, including the multi-system agonies of fibromyalgia and chronic fatigue syndrome. It's a widespread misunderstanding that psychosomatic (mind-body) health conditions are imaginary or the product of mental instability. In actuality, the term psychosomatic simply refers to physical diseases with no organic origin that are presumed to have unconscious emotional taproots.

"We are made up of different types of energy," explains LaStacia Ross, a reiki master and sound healer at Eclectic Soul Studio, in Pittsburg, Kansas. "Physical or sensory energy is the energy of the physical body. Our outer energy field is subtle energy which consists of layers and includes thoughts and emotions. I like to think of the subtle energy field as a library containing the records of everything we've ever experienced."

Reiki, a form of non-touch therapy, is now deemed valuable by many respected hospitals, like the Memorial Sloan Kettering Cancer Center, in Manhattan. Springboarding from the philosophy that we are trinities of body, mind and spirit, reiki and other forms of energy medicine aim to encourage the flow of vital life force. Ross,

who also uses sound resonance via tuning forks in her work, has witnessed significant improvement in her clients. "Energy work can help release stored energetic patterns of trauma and stress that no longer serve us," she says. "Relaxation is an immediate benefit of energy work. People often feel a huge mental weight lifted and report pain relief, sometimes after just one session." Despite the many gains of energy work, Ross emphasizes individual timing. "On a subconscious level, pain or illness can serve us in some way without us realizing it. Sometimes we're not ready to work through our issues or let them go, even if we think we are."

## Investing in Equilibrium

Stress-induced psychosomatic illness does not discriminate, and even affects members of the medical field. A 2009 study published in the *Indian Journal of Occupational and Environmental Medicine* found that professional burnout in nurses can manifest as back and neck pain, acidity, anger and impaired memory.

Krisanda underscores the importance of self-care in all walks of life. "If you don't take care of yourself, you are useless to care

# Everyday Practical Tips

## From Stephanie Mansour:

- Deep breathing and rolling the shoulders forward and back a few times can relieve muscle tension.
- Eating something crunchy like an apple or carrots can lessen feelings of stress.
- Meditating for even one minute can help reduce excessive cortisol in the body. Doing small increments daily rather than over long intervals net better and bigger benefits.
- If your mind is racing 24/7 and breathing techniques don't work, change your environment. Get up and go to another room in the house. Go outside. If tight on space and can't go outside, turn your body to look in a different direction. Stay in the same spot on the couch and just look at something else.
- Don't put your body under more stress with demanding, cortisol-fueling workouts; opt for yoga, meditation and Pilates.
- When you get your heart rate up (in as quickly as five minutes of doing cardio), you feel happier.
- Maintain a healthy sleep schedule and go to bed earlier.

## From Sarah Kate Benjamin:

- Reconnect to the earth in whatever way you can; go for a walk, cook a meal, smell flowers or just sit outside.

## From LaStacia Ross:

- As an energy exercise, try what I call The Fountain of Light: See and feel white light coming up from the earth and into your feet. Feel it move all the way up through your body, out of your head and back down to your feet to start again, like a fountain. Repeat this many times, feeling the vibrant, white light energy flowing through you.

# Plant Power for Combatting Stress

## Sarah Kate Benjamin's Personal Favorites:

**Passionflower** (*Passiflora incarnata*) soothes restless minds from anxiety and insomnia, and eases menstrual cramps or muscle spasms.

**Skullcap** (*Scutellaria lateriflora*) helps to strengthen the brain and revitalize the central nervous system, and helps to calm the mind and relieve nervous stress and headaches. It is even more beneficial when combined with lavender or chamomile.

**Chamomile** (*Matricaria chamomilla*) helps to soothe emotional and muscle tension; relieve stress-related gut symptoms like gas, cramping, irritable bowel syndrome and ulcers; calm heat-related emotional and physical issues such as eczema, anger and frustration; and generally promote a sense of calm. Wonderful in baths, teas and as an herbal garnish.

In addition to Benjamin's recommendations, other stress-fighting herbs to consider are Ginkgo, panax and Siberian ginseng, fo-ti, rhodiola, reishi mushroom, goji berries, licorice root, lavender, rose, lemon balm, tulsi (holy basil), ashwagandha and mimosa bark.



for others. Adopt a healthy diet and exercise and make it a routine. We live in a very materialistic society, and I believe this also leads to stress, unhappiness and a sense of being entitled and never being satisfied. Just let go."

He also stresses the importance of support. "An emergency room is an incredibly hectic, frightening and sometimes violent place. I rely on my colleagues, and we support each other. For me, the most important thing is to realize that I'm not in it alone." Krisanda also finds balance by taking a few minutes in a quiet place to collect his thoughts and enjoy a peaceful moment.

Basic, whole foods can help to maintain homeostasis. "Make sure that food is fueling you," says Mansour. "Cooked vegetables and broths are very soothing. Instead of a juice cleanse or an extreme diet, focus on nourishing, calming foods like soups, lean proteins to stabilize blood sugar levels and healthy fats to support brain function. Reducing alcohol can help improve liver function."

Sarah Kate Benjamin, a holistic chef and herbalist in Sebastopol, California, finds her own healing rhythms by eating with the seasons and using medicinal plants

in inspired, everyday dishes. Co-author of *The Kosmic Kitchen Cookbook: Everyday Herbalism and Recipes for Radical Wellness*, she sees herbs as life-giving examples of resilience. "Herbs have been here long before us and have experienced their own form of stressors. Working with nervous system-supportive herbs in my food, beverages or even as tinctures really help me find balance when I'm overwhelmed."

Some of her allies are oat tops, lemon balm, skullcap, chamomile and passionflower. For Benjamin, everyday choices play a huge role in healing. "Making small lifestyle shifts in your work or home life can really help you move into a more relaxed state. I like to think of it as a sort of mantra: 'Help the herbs help you,'" she says. In a world that is fixated on external validation, little things matter. "If I give myself permission to do the things that really nourish me, I'll be the best version of myself. Perhaps most importantly, I will like me, and that matters tremendously."

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





# HEALTHY ROOTS

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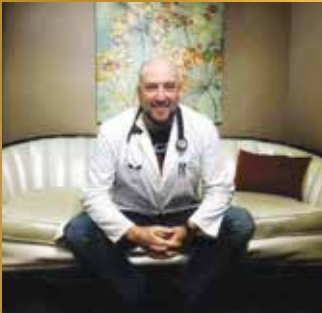
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# Wishful Recycling

## What Not to Put in the Bin

by Yvette C. Hammett

**F**or those that have been putting recyclables in a plastic bag and placing it in a curbside bin, it's likely going straight into a landfill. That bowling ball, those yard clippings and dirty pizza boxes are contaminating the recycling stream and increasing the cost of recycling programs nationwide at a particularly challenging time amidst the COVID-19 pandemic. The continuing rise in contaminated items is known in the biz as "wishful recycling." The current crisis is only making it worse. In some places, recycling itself is becoming wishful.

As stores and restaurants struggle to survive, local tax revenues have dropped sharply, forcing municipalities to slash budgets. Many small towns and a few big cities have stopped recycling programs altogether. Others have cut back on what they will accept or substituted drop-off bins for curbside pickup. States are pulling back from encouraging bottle-deposit returns. The plastic masks, gloves and wipes mistakenly tossed into recycle bins are endangering waste workers that must remove them. With the coronavirus shown to cling to plastic for three days, many workers around the country have become ill from such exposure.

Meanwhile, waste is mounting. Consumers are now having groceries delivered, picking them up or ordering them online, adding hundreds of millions more plastic bags and cardboard boxes to the waste stream. The Solid Waste Association of North America estimates that U.S. cities saw a 20 percent average increase in municipal solid waste and recy-

cling collection in March and part of April. And because China stopped accepting 99 percent of the world's recyclables two years ago, recycling operations are struggling for disposal locations.

"There is the potential for households to generate more waste than they did before, but there is also an opportunity to focus on waste prevention, increase your reuse and recycling efforts, and use food more efficiently," the U.S. Environmental Protection Agency advises on [epa.gov](https://www.epa.gov). "Now is a great time to focus on waste prevention where possible, and when recycling, keep the materials as clean and dry as possible."

To be more conscious about recycling habits, "Instead of, 'When in doubt, throw it in,' it should be, 'When in doubt, throw it out,'" says David Keeling, president of the National Recycling Coalition.

The Washington State nonprofit Sustainable Connections estimates that 25 percent of what goes into recycling containers is not recyclable. "Contamination significantly increases the cost to process recyclables and makes it harder for proces-





sors to market their products, creating a huge economic challenge,” according to *SustainableConnections.org*. “We rely on the private sector to take away our waste, and they need to be able to turn a profit in order to run a viable business.”

Unfortunately, “Across the country and within Florida, we are seeing a growing trend on contamination in recycling,” says Travis Barnes, recycling coordinator of Florida’s Hillsborough County, which includes Tampa. The worst offenders, he says, are people that don’t sufficiently clean out mayonnaise or ketchup containers, as well as put plastic bags in the recycling bin that can become entangled in multimillion-dollar equipment, bringing the entire sorting process to a halt.

Beth Porter, climate campaigns director for the nonprofit Green America and author of *Reduce, Reuse, Reimagine: Sorting Out the Recycling System*, says there’s a lot of confusion on what to put in the bin. She points to Michigan, which aims for 30 percent recycling by 2025 and created videos featuring “Recycling Raccoons” that offer instructions on proper sorting. In Washington, D.C., says Porter, “Workers peek in recycling bins and can tag the bin with some specific info telling you not to throw in plastic bags and contaminated stuff,” lowering contamination rates by 30 percent.

“The public demands curbside recycling,” Barnes says. “It is highly ranked as something the public wants,” but people also need to be more aware to make the system more efficient.

Even with the current challenges, environmentalists see recycling as a key strategy for a planet sinking under plastic waste. “As we navigate this new reality together, consumers whose circumstances allow for it should begin to reshape how they think about plastic pollution,” advises the World Economic Forum website *weForum.org*. “It’s a real and present crisis we can stop in its tracks right now—if we make choices that lead to a cleaner and more sustainable future.”

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. Connect at YvetteHammettHull49@gmail.com.*

## Rules for Recycling

Here is a list of broadly accepted common rules for recyclables from *Currents: Navigating Society & Sea*, a blog of the University of Washington School of Marine and Environmental Affairs, in Seattle:

**Pizza boxes?** No. Almost all takeout containers are contaminated with greasy food residue.

**Single-use coffee cups and lids?** Many coffee shops use compostable cups that go in the compost bin or garbage. Recycle the lid.

**Plastic grocery bags?** No, not in residential recycling, but they can be returned to the store in most cases.

**Soup cans and other steel cans?** Definitely, but remove the lid first and rinse the cans.

**Milk and juice cartons?** Yes. Leave the spouts, but toss the caps. Rinse the containers. Do not flatten them to avoid confusion during sorting.

**Styrofoam?** No. Styrofoam is not accepted for residential recycling.

*For local waste management rules, contact municipal or county offices.*

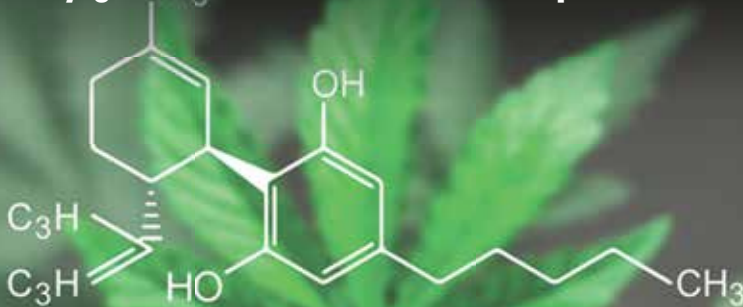


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# A Better Breakfast

## Healthy Tips and Recipes to Start the Day

by April Thompson

**B**reakfast sets the stage for the day ahead, and it can either drain or energize us, depending on the what, when and how much aspects of the meal. While health experts agree that many traditional breakfast foods can do more harm than good, delicious, healthy alternatives are within easy reach of the breakfast table.

Morning favorites like pastries, sugary cereals and pancakes, high in refined sugars and carbs, cause insulin production to spike and blood sugar levels to crash, according to David Perlmutter, an acclaimed neurologist based in Naples, Florida, and author of *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar - Your Brain's Silent Killers*. "People need to train their bodies to tap into the energy reserves within, harvesting fat for energy rather than being reliant on the next meal. A breakfast high in protein and fat will do that," he says.

While often waiting until noon for his first meal of the day, Perlmutter frequently opts for eggs and salad drenched in an extra-virgin olive oil dressing to break the fast. Perlmutter suggests waiting 12 hours or longer between dinner and the next day's breakfast. "Time-restricted eating," or intermittent fasting, can have surprising health benefits, helping crank up production of the brain-derived neurotrophic factor, a powerful initiator for growth of new brain cells, and kick-start autophagy, the body's method of cleaning out damaged cells, according to the neurologist.

A plant-based chef based in Bruges, Belgium, Julie Van den Kerchove switched from a raw, vegan diet to a mainly keto diet, low in carbohydrates, to regain energy after "hitting a wall, experiencing hormonal imbalances and nutritional deficiencies. Before, I would have green smoothies with lots of fruit and leafy greens, but would be 'hangry' a few hours later. Now my breakfast consists more of healthy fats and proteins, which helps me stay satisfied and energized until lunchtime. I experience more mental clarity and calmness because my blood sugar is not going up and down," says Van den Kerchove, a blogger and author of vegan, raw-food and keto cookbooks.

A typical breakfast for her now is a chia seed pudding with a nut or coconut milk, berries, nuts and seeds with a protein powder and stevia, which is easy to prepare in advance, or a warm porridge with hemp seeds, nut butter, chia seeds and almond, hemp or coconut milk, which is high in fiber and healthy fats. "If I feel like [having] something savory, I'll have seed crackers topped with avocado and eggs or a Mediterranean omelet," she adds.

Teresa Fung, a professor of nutrition at Simmons University and adjunct professor at Harvard University, both in Boston, cautions about completely cutting carbs from breakfast, however. "Fruits and vegetables are important healthy sources of carbs, essential to get enough fiber to maintain healthy gut microbiome and feed the good bacteria in your GI tract," says Fung, who is an associate editor for *The Journal of Nutrition*. "Optimal morning fuel will include a good dose of protein, vitamins and minerals, fiber, antioxidants and some heart-healthy fats. It will also include a healthy source of carbs that your body can use as energy, leaving proteins to be used for protein synthesis," says Fung, suggesting a simple, but hearty breakfast of high-fiber oatmeal or yogurt with nuts and fruit.

Like Perlmutter, Fung stresses the importance of eating during daylight hours when certain enzymes are activated. "Our bodies react to daylight even when our eyes are still closed. Eating should match up with our biological clocks, as we are daytime animals, using most of our energy in the day," she says.

Fung notes Americans that tend to make breakfast the smallest meal of the day and dinner the largest need to better balance meal sizes rather than load up on calories late in the day.

These experts agree on the need to tune into the body's signals for hunger and satiety, not just eating breakfast on an autopilot schedule. "If I've eaten a huge holiday dinner the night before, I may skip my morning meal. I'm a huge proponent in being flexible and listening to your body," says Van den Kerchove.

*Connect with Washington, D.C., freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).*



# Healthy First Meals

## Caramel Apple Cinnamon Crisp Overnight Oats

These oats are a great dessert/breakfast mix that's delicious, but good for you, too. It's made clean by cooking the apples using coconut sugar instead of refined white sugar and adding cinnamon and nutmeg for spice. Prep the oats by mixing all the ingredients, then make a date caramel sauce that's healthier than any caramel sauce you can purchase from the grocery store and so luscious that you'll fall in love with it.

### For the Cinnamon Apples:

2 large Honeycrisp or Pink Lady apples,  
cored, peeled and diced  
2 Tbsp coconut sugar  
1/8 tsp cinnamon  
1/8 tsp nutmeg

### For the Oats:

1 1/2 cups rolled oats  
1 1/2 cups unsweetened almond milk  
2 Tbsp chia seeds  
1 tsp vanilla extract  
1/4 tsp ground cinnamon

### For the Date Caramel Sauce:

10–12 pitted dried dates  
1/8 tsp sea salt  
1/2 cup hot water, divided

To make the cinnamon apples, combine the apples, coconut sugar, cinnamon and nutmeg in a saucepan, and cook over medium heat for 6 to 8 minutes until the apples are softened, but not mushy.

For the oats, combine the oats, milk, chia seeds, vanilla and cinnamon in a mixing bowl.

To make the date caramel sauce, process the dates and sea salt in a food processor until they are finely chopped. Add the water, 1 tablespoon at a time, to the dates until the mixture becomes smooth and resembles caramel. You may need to scrape down the sides of the food processor.

Spoon half of the oat mixture into the bottom of an 8-ounce jar with a lid or a sealable container, then top with the date sauce and apples. Repeat in a second jar with the remaining ingredients.



photo by lacey baier

Refrigerate the oats overnight or for at least 4 hours. The oats can be enjoyed cold straight from the refrigerator or heated in the microwave for 1 to 2 minutes.

Reprinted from Clean-Eating Breakfasts and Lunches Made Simple, by Lacey Baier.

## Salmon Cakes with Fennel & Parsnips

### For the vegetables:

1/2 cup fennel, shaved thin (use a mandolin  
slicer for thinnest slices)  
1/4 cup parsnips, shaved  
1/2 Tbsp coconut oil

### For the salmon cakes:

6 oz can boneless, skinless, wild-caught  
salmon, drained  
1 egg  
1 Tbsp quinoa flakes  
1 Tbsp fresh chives, chopped  
1 tsp capers  
1 tsp lemon juice  
1/2 Tbsp coconut oil, for frying  
4 radishes with greens

Heat oil in a skillet and sauté fennel and parsnips until tender, about 7 minutes.



Remove to serving plate.

In a mixing bowl, combine salmon, egg, quinoa flakes, chives, capers and lemon juice. Stir to mix until most of the large chunks of salmon are broken down.

Heat oil in a frying pan over medium heat,

form salmon mixture into 2 patties and cook 4 minutes per side.

Place salmon cakes over fennel and parsnips and garnish with radishes. Serve warm.

Provided by David Perlmutter,  
DrPerlmutter.com.



photo by thekki verdume

## Sweet Potato Toast with Avocado

*1 large sweet potato  
1 ripe avocado, sliced  
1 package of tempeh (or 2 eggs)  
Extra-virgin coconut or olive oil  
Black pepper and sea salt*

*Smoked paprika and turmeric (optional)  
2 large handfuls spinach or kale (optional)  
1 to 2 Tbsp MCT oil (optional)*

If using organic sweet potatoes, you don't need to peel them because the skin contains lots of minerals and flavor. Just rinse and dry.

Cut the sweet potato in thin slices of 0.2 to 0.4 of an inch. Put them in your toaster on its highest setting. Repeat three to four times until the sweet potato is completely cooked.

You could also use your oven to make the sweet potato toast. Preheat at 350° F and roast for 5 to 10 minutes. Rub the sweet potato slices with some extra virgin coconut oil or olive oil and sea salt.

In the meantime, heat a spoonful of extra

virgin coconut oil in a frying pan. Cut the tempeh in smaller pieces and bake until golden. Flavor with black pepper and sea salt. I also love adding smoked paprika and turmeric. If you wish, you can add two large handfuls of spinach too.

Serve the sweet potato toast with sliced avocado, tempeh scramble and, if you wish, a spoonful of MCT oil to feel satisfied even longer. If you're not a fan of avocado, you can replace it with nut cheese, pesto, nut butter or another topping that's high in healthy fats and low in carbohydrates.

For a vegetarian version: replace the fried tempeh with one to two softly boiled or poached eggs.

*Provided by Julie Van Den Kerchove,  
JuliesLifestyle.com.*



photo by lacey baier

## Cauliflower Hash Egg Muffins

This is a healthier, low-calorie alternative to the classic breakfast of hash browns and eggs, and more nutritious, too, because cauliflower is packed with fiber, minerals and vitamins. Plus, eating muffins for breakfast is always a good idea, especially when the muffins are good for you.

Fortunately, there are ways to make hash browns clean, because they're amazing and need to be in the food rotation. First, use a little bit of olive oil instead of deep-frying, and opt for a healthier, low-carb alternative for potatoes, like cauliflower. Then, turn everything into muffins. Because it's easier to prepare, they are great for a make-ahead breakfast and the flavors will be better.

*½ Tbsp olive oil, plus more for greasing the pan  
½ cup finely diced yellow onion  
3 cups riced cauliflower  
2 egg whites  
¼ cup grated Parmesan cheese  
½ tsp sea salt  
¼ tsp ground black pepper  
¼ tsp garlic powder  
12 eggs  
2 green onions, sliced, for garnish*

Preheat the oven to 425° F and grease a 12-cup muffin pan with olive oil.

Heat the olive oil over medium-high heat in a large skillet. Add the onion, and cook until tender, 4 to 6 minutes. Add the cauliflower and cook until it becomes slightly tender, 3 to 4 minutes.

Transfer the cauliflower mixture to a large bowl, then add the egg whites, Parmesan, salt, pepper and garlic powder. Mix well.

Scoop a little less than ¼ cup of the cauliflower mixture into each muffin cup. Using your fingers or a spoon, press the cauliflower mixture down and around the sides of the muffin cups to create nests. Bake the nests for 18 to 20 minutes, or until the top edges become golden and crispy.

Reduce the heat to 375° F and remove the muffin pan from the oven.

Crack 1 egg into each cup, taking care not to overflow the nest. Return the pan to the oven and bake for 8 to 10 minutes, or until the egg whites are no longer transparent, but still a little loose. For fully cooked-through eggs, bake for 2 to 5 minutes longer.

To serve, garnish the muffins with the green onions. The muffins can be refrigerated, in an airtight container for up to 5 days. Reheat them in the microwave for 1½ minutes.

*Reprinted from Clean-Eating Breakfasts and Lunches Made Simple, by Lacey Baier.*





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# Stressed-Out Teens

## Ways to Help Them Chill

by Ronica O'Hara

Being a teenager is never easy, but it's even harder these days, with the upheaval of the pandemic intensifying the normal academic, social and hormonal turmoil of these pivotal years. It's no wonder teens are reporting record levels of stress, anxiety and depression: In a Pew Research survey, 70 percent of teens said mental health was a major problem among their peers—and that was in February, before the pandemic hit. A recent online poll found that most teens are worried that the pandemic will affect their family's physical or financial health and that many feel lonelier than usual and worry about losing ground in academics and activities.

Extending a helping hand to teens is not always well received. They can be notoriously resistant to advice, even when they're stressed, partly because of their brain chemistry, explains Gail Saltz, M.D., clinical associate professor of psychiatry at the New York Presbyterian/Weill Cornell School of Medicine and host of the *Personology* podcast. A teen's highly active amygdala makes risk-taking a thrill even as the frontal lobe that weighs consequences is not fully developed, while at the same time, a teen seeks independence—an identity and freedom to be more like an adult. "This combination means their capacity and interest in taking parental direction is not there," she says. "As a result, parents in reaction often get louder and more insistent in telling them what to do, which fails and drives them further away."

The best way to communicate with a stressed teen, say many child psychologists, is to listen deeply while letting them do most of the talking, and offering sympathetic support while withholding judgment. Instead of giving advice, "Validate your teen's experience and attempt to step into their shoes. Let your teen know that you hear them, that you support them in their decisions and ask your teen what you can do to help them," advises clinical psychologist Alyssa Austern, PsyD, of Chatham, New Jersey. Other steps can help a teen weather this time of high stress:

**1** Back up the basics. Make sure there's healthy food and snacks in the fridge. Encourage teens to exercise daily, especially outdoors, and support them in getting eight to 10 hours of sleep.

**2** Make self-compassion a family habit. The self-compassion approach to self-care, which is rapidly gaining ground among psychologists, has three elements: treating ourselves as kindly as we would a dear friend, realizing that many other people have the same problems so we're not alone, and mindfully and nonjudgmentally observing our emotional state.

This method has proven to be helpful not just for adults, but for teens, as well. A University of Edinburgh meta-analysis that synthesized 17 studies of more than 7,000 teens in six countries concluded that those with high levels of self-compassion had lower levels of stress caused by anxiety and depression. University of North Carolina researchers found that teens exhibited lower stress, anxiety and depression, as well as more resilience and gratitude, after six self-compassion sessions.

A good place for parents to start is with themselves: If they are anxious, overprotective or fearful, a teen is likely to follow suit, reports a study in the *Journal of Abnormal Child Psychology*. Helpful books, websites and programs for both teens and adults can be found at *Self-Compassion.org*, operated by Dr. Kristin Neff, an associate professor of educational psychology at the University of Texas at Austin who was a pioneer in the concept.



3 Engage them with creative activities. As teens can seek independence, making sure they spend quality time with the family is also important for their well-being, research shows. "Find ways to connect, converse and unwind together as a family," advises Crissy Fishbane, of Raleigh-Durham, North Carolina, co-founder of HER Health Collective, an online community for mothers. "Teens need to see their parents engaging in self-care behaviors themselves, and it's even better if you can engage in self-care as a family." She suggests taking a virtual or outdoor yoga class together, playing a board game, having sudoku competitions, learning deep-breathing techniques or starting a family book club.

4 Encourage reaching out to help others. A study in the *Journal of Adolescence* suggests that altruistic behaviors, including large and small acts of kindness, may increase teens' feelings of self-worth, especially if it involves helping strangers. In Poland, the more teens helped out others in a flood, the more supportive and proactive they became, another study found. Depending on their interests, teens may be drawn to local environmental, social justice, religious or political activities. *DoSomething.org* offers useful ideas and links, and environmental projects for teens can be found at *EarthForce.com*, *SierraClub.com* and *GlobalClimateStrike.com*.

Ronica O'Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

## Other Helpful Resources

**Making Friends with Yourself:** A Mindful Self-Compassion Program for Teens and Young Adults: [centerformsc.org/msc-teens-adults](http://centerformsc.org/msc-teens-adults)

**Seven Expert Tips for Talking with Teens:** [ParentAndTeen.com/keep-teens-talking-learn-to-listen/tal](http://ParentAndTeen.com/keep-teens-talking-learn-to-listen/tal)

**How to Communicate with Your Teen Through Active Listening:** [Psy-Ed.com/wpblog/communicate-with-teen](http://Psy-Ed.com/wpblog/communicate-with-teen)

*The Kid's Guide to Service Projects: Over 500 Service Ideas for Young People Who Want to Make a Difference*

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# Cancer-Free Pets

## Five Ways to Help Keep Them Healthy

by Karen Shaw Becker

Veterinarians are seeing cancer in more and younger pets these days than ever before. According to the American Veterinary Medical Association, approximately one in four dogs will develop cancer at some point in life, including almost half of dogs over the age of 10. But taking practical steps can help lower a pet's risk.

**Don't allow a dog or cat to become overweight.** Studies show that restricting the number of calories an animal eats prevents and/or delays the progression of tumor development across species. Fewer calories cause the cells of the body to block tumor growth, whereas too many calories can lead to obesity, which is closely linked to increased cancer risk in humans.

There's a connection between too much glucose, increased insulin sensitivity, inflammation and oxidative stress, all factors in obesity and cancer. It's important to remember that fat doesn't just sit in a pet's body harmlessly—it produces inflammation that can promote tumor development.

**Feed an anti-inflammatory diet.** Anything that creates or promotes inflammation in the body increases the risk for cancer. Current research suggests cancer is actually a chronic inflammatory disease fueled by carbohydrates. The inflammatory process creates an environment in which abnormal cells proliferate.

Cancer cells require the glucose in carbohydrates to grow and multiply, so work to eliminate this cancer energy source. Carbs to remove from a pet's diet include processed grains, fruits with fructose and starchy vegetables like potatoes.

Keep in mind that all dry pet food ("fast food") contains some form of potentially carcinogenic, highly processed starch. It may be grain-free, but it can't be starch-free because it's not possible to manufacture kibble without using some type of starch. The correlation between consuming fast foods and cancer has been established in humans, so



it's wise to incorporate as much fresh, unprocessed food into an entire family's diet as can be afforded.

Cancer cells generally can't use dietary fats for energy, so high amounts of good-quality fats are nutritionally beneficial for dogs fighting cancer, along with a reduced amount of protein and no carbs—basically a ketogenic diet.

A healthy diet for a pet is one that's anti-inflammatory and anti-cancer, and consists of real, preferably raw, whole foods. It should include high-quality protein, including muscle meat, organs and bones. It should also include high amounts of animal fat, high levels of EPA and DHA (omega-3 fatty acids) and a few fresh-cut, low-glycemic veggies. This species-appropriate diet is high in moisture content and contains no grains or starches.

Also make sure the diet is balanced following ancestral diet recommendations, which have much more rigorous standards (higher amounts of minerals and vitamins) than the current dietary recommendations for pets. A few beneficial supplements like probiotics, medicinal mushrooms, digestive enzymes and super green foods can also be very beneficial to enhance immune function.

**Reduce or eliminate a pet's exposure to toxins and minimize chronic stress.** These include chemical pesticides like flea and tick preventives, lawn chemicals linked to cancer (weed killers, herbicides, etc.), tobacco smoke, flame retardants, household cleaners and air-scenting products like candles and plug-ins. Because we live in a toxic world and avoiding all chemical exposure is nearly impossible, a periodic detoxification protocol can also benefit a pet.

Research points to the benefits of identifying and removing sources of chronic stress in an animal's life. Focusing on providing environmental enrichment and opportunities for dogs to just be dogs (play, sniff and run) on a daily basis is important in keeping them happy and healthy.

**For dogs, especially a large or giant breed, hold off neutering or spaying until the age of 18 months to 2 years.** Studies have linked spaying and neutering to increasing cancer rates in dogs. Even better, investigate alternative ways to sterilize a pet without upsetting their important hormone balance.

**Refuse unnecessary vaccinations.** Vaccine protocols should be tailored to minimize risk and maximize protection, taking into account the breed, background, nutritional status, lifestyle and overall vitality of the pet. Vaccines may cause cancer, and titer testing is a responsible way to ensure a pet has adequate immunity in place of over-vaccinating on an annual basis.

*Karen Shaw Becker, DVM, a proactive and integrative veterinarian in the Chicago area, consults internationally and writes Mercola Healthy Pets.*



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## 10 Classic Symptoms Not to Ignore

Dogs and cats can develop cancer almost anywhere in the body, which is why the symptoms vary depending on the tissues and organs involved and the severity of the disease. Make an appointment with a veterinarian if a pet displays any of these warning signs of cancer.

**1. Unusual swellings that don't go away or that grow.** The best way to discover lumps, bumps or swelling on a dog or cat is to pet them.

**2. Sores that won't heal.** Non-healing sores can be a sign of infection or cancer and should be evaluated by a veterinarian.

**3. Weight loss.** Illness could be the reason a pet is losing weight when it isn't on a diet.

**4. Loss of appetite.** Reluctance or refusal to eat is a sign of possible illness.

**5. Bleeding or discharge.** Bleeding can occur for a number of reasons, most of which signal a problem. Unexplained vomiting and diarrhea are considered abnormal discharges, as well.

**6. Offensive smell.** An unpleasant odor is a common sign of tumors of the anus, mouth or nose.

**7. Difficulty eating or swallowing.** This is a common sign of cancers of the mouth or neck.

**8. Reluctance to exercise or low energy level.** This is often one of the first signs that a pet is not feeling well.

**9. Persistent lameness.** There can be many causes of lameness, including nerve, muscle or bone cancer.

**10. Difficulty breathing, urinating or defecating.** These symptoms should be evaluated by a veterinarian as soon as possible.

Many of these symptoms also occur with other disorders and diseases, but any pet showing one or more of these signs needs prompt veterinary attention.

# TAI CHI AND QIGONG

## Life Force in Motion

by Marlaina Donato



**T**he flowing movement of tai chi mirrors the serenity of water, but still waters run deep. This ancient practice of gentle meditative movement is an offshoot of Chinese martial arts that offers a spectrum of surprising benefits, including healthier soft tissues and bones, as well as improved sleeping.

According to *Harvard Health Publishing*, when practiced consistently, tai chi supports both upper and lower body strength with effects that are akin to resistance training and brisk walking. Tai chi helps to fine-tune neurons of the inner ear and encourages muscle and ligament flexibility, resulting in better balance and fewer falls. The practice is highly adaptable and anyone can benefit, even those that are wheelchair-bound or recovering from surgery.

“It appears effortless, with slow and smooth movements, but there is immense power underneath the tranquility,” says Paul Lam, family physician and director of the Tai Chi for Health Institute, in Sydney, Australia. “Tai chi has been shown by over 500 medical studies to benefit almost all aspects of health, including mobility, immunity and heart and lung function.” Lam also

highlights other related benefits, including lower blood pressure, less arthritis pain and stress relief.

Research published last year in the journal *Evidence-Based Complementary and Alternative Medicine* shows that 12 weeks of tai chi practice initiated beneficial changes in the immune system with subsequent improvement of lung function in children ages 6 to 12 with asthma.

### A River of Energy

While tai chi is a modified martial art with a focus on form, its close relative, qigong, is a mind-body wellness system that uses breath, simple movement and stillness. Both cultivate *qi*, or life force, that is believed to permeate all natural existence. The concept of *qi*, yet to be understood scientifically, is the basis of Traditional Chinese Medicine and the focus of many studies in China and elsewhere.

“It is believed that *qi* flows throughout and around the body. If we are healthy, the *qi* will be moving smoothly and abundantly. If we are not healthy, the *qi* may be stagnant, excessive or defi-



cient,” says qigong instructor and acupuncturist Jeffrey Chand, in British Columbia, Canada.

Robert Chuckrow, a retired physics professor in Ossining, New York, and the author of *Tai Chi Dynamics* and *The Tai Chi Book*, explains, “When muscles are tensed, qi is inhibited. Instead, when muscles are relaxed and the body is open and moves naturally, qi is enhanced. Such cultivation of qi is the main component of qigong. Tai chi actually includes qigong.” Chuckrow currently has two students that are 100 years old and notes that seniors greatly appreciate and benefit from these arts once they experience the connection between mind and body.

Lee Holden, a qigong master teacher at the Holden QiGong Center, in Santa Cruz, California, emphasizes the consequence of being in perpetual “fight-or-flight” mode from everyday, non-threatening life stresses. “The waves crashing to the shore, the river flowing down the mountain, demonstrate nature’s boundless energy. We, as human beings, have cut ourselves off from that source of energy. Through qigong practice, we plug back into that natural energy reserve and circulate it through our minds and bodies. Stress, like a kink in the hose, causes a stagnation of qi. Relaxation, like unwinding the kink, gets the qi to flow.”

## Nourishing the Nervous System

Tai chi and qigong lower the stress hormone cortisol, improve brain function and have been shown to decrease symptoms of anxiety and depression. Both approaches are part of many addiction recovery programs to help nourish mind-body connections for better managing stress.

“In my view, both qigong and tai chi are wonderful exercises for the nervous system, which during practice, undergoes intense moment-to-moment receiving, processing and sending of neural electrical information. This electricity stimulates cells to absorb oxygen and nutrients and expel waste products, and it beneficially helps arrange material within cells,” says Chuckrow.

In essence, it’s all about encouraging calm, something we all need. Chand summarizes its benefits superbly. “It empowers individuals to help themselves. The more stress management tools we have to help ourselves, the better our overall health and quality of life is.”

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

## Helpful Links

Communi Qi is an online video library of qigong practices offered temporarily on a complimentary basis “to help people thrive through this challenging time,” says Jeffrey Chand.

[Tinyurl.com/PositiviQiSeries](http://Tinyurl.com/PositiviQiSeries)

*How Does Practicing Tai Chi Reduce Falls?* by Robert Chuckrow

[Tinyurl.com/TaiChiReducesFalls](http://Tinyurl.com/TaiChiReducesFalls)



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# Mark Nepo on Living a Wholehearted Life

by Sandra Yeyati

**B**estselling author, poet, cancer survivor and inspirational spiritual teacher Mark Nepo has published 22 books and made numerous appearances on Oprah Winfrey's *Super Soul Sunday* program. His latest book, published this year, is *The Book of Soul: 52 Paths to Living What Matters*.



need everything safe to heal.

## *How does acceptance strengthen our resilience?*

Acceptance is not resignation. Acceptance begins with the hard task or practice of seeing things as they are. When we can see things as they are—clearly—then we have real choices. So,

if I am afraid and I give over to my fear, then I'm afraid of everything. If I can see things as they are, I can see more clearly exactly what I'm afraid of, and then I have real choices of what my next steps are. Acceptance lets us move forward.

## *What practices do you recommend?*

Two of the oldest medicines known to human beings are our ability to hold and our ability to listen. Even though there are times when I have been told things I didn't want to hear, there has never been a time that I have listened or been listened to that hasn't been healing. There has never been a time when I have held or been held that hasn't been healing.

Another practice is being completely present and holding nothing back. We tend to drift up into our minds, especially when afraid, and one of the reasons that all of the different traditions have breathing or meditation practices is to return

us to where we are. If I start worrying, if I start getting lost in my fear, I try to look at whatever is before me. I'm in my study as I'm talking to you. I'm looking out the window. I'm seeing the leaves on the trees. I take a breath and try to give my full attention to whatever is before me, and then I start getting grounded again.

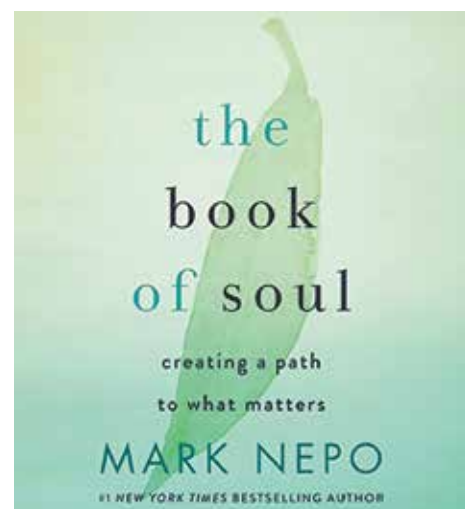
The thing is, we're never going to be free of fear or pain, because that's part of living, but when we can be present and practice being real and authentic, then the fear lives in us and we don't live in the fear.

## *What is the power of authentic expression?*

One of the most powerful things we can do when feeling powerless is admit the truth. When I was a little boy, I was so captivated by a butterfly that I wanted to look at it closely. I didn't want to hurt it, so I carefully cupped it in my hands. But then I realized that as long as I had it cupped in my hands, I couldn't see it. I had to let it go to see its magnificent, colorful wings. Forty years later in my cancer journey, I realized that this [experience] was a teacher about expression. When we keep things closed inside us, they pound and make a lot of noise, but we don't see them. Once we express them, we're lighter and we see their true colors.

For more information, book readings and conversations, visit [MarkNepo.com](http://MarkNepo.com). For webinars, visit [Live.MarkNepo.com](http://Live.MarkNepo.com).

Sandra Yeyati, J.D., is a professional writer. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).







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## 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.

### FRIDAY, OCTOBER 2

**Rock the Park in Choctaw** – 5-11pm. Come to Choctaw Creek Park for fun festivities and live music. Guests of all ages are invited to enjoy live entertainment, food trucks, inflatables and games for the whole family. Partake in an evening of entertainment. Free. Choctaw Creek Park, 2001 N Harper Rd, Choctaw. 405-390-8198. ChoctawCity.org.

### SATURDAY, OCTOBER 3

**Pigs in the Park** – 6am-6pm. One of the best events in Eastern Oklahoma County. Beer and BBQ make for a great day and incredible evening. Features a craft show, music, a kids' area and more. Get lawn chairs together and join others for a squealin' good time. Free. Harrah Heritage Park, 1374 N Church, Harrah. 405-454-2951. CityOfHarrah.com.

**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.

**Central Park Fall Arts and Crafts Marketplace** – 9am-3pm. Over 45 vendors selling handmade items, crafts, quilts, yard art, food, farm produce, direct sale products and other types of crafts. Central Park Multipurpose Pavilion, 700 S Broadway Ave, Moore. 405-793-4413. CentralPark.CityOfMoore.com.

**Fiestas de Las Americas** – Noon-9pm. This event showcases the beauty, taste and talent of the rich multicultural heritage found in OK. This family-friendly event begins at noon with the colorful Parade of the Americas, featuring the artistic floats of 60+ participants from schools, non-profits, businesses and more. The festival continues after the parade and includes live entertainment, food, eclectic vendors, Latino art and many fun activities throughout the day. Free. SW 25th St, between S Hudson Ave & Robinson Ave. 405-632-0133. HistoricCapitolHill.com/Fiestas-De-Las-Americas.

### THURSDAY, OCTOBER 8

**Historically Local Speaker Series** – 7-8:30pm. Bob Blackburn, Oklahoma Historical Society

Executive Director, will present an evening on The History of Oversholser Dam, the Overholser Family and Water in OKC. Light appetizers and a cash bar will be available. Free, but registration is required to allow appropriate social distancing. Castle Falls Venue, 820 N MacArthur, OKC. 405-256-8033. WestTenDistrictOkc.com.

### WEDNESDAY, OCTOBER 14

**Pawriffic Halloween Party** – 6-8pm. Werewolves of all breeds are following the full moon to Gathering Place this all howl-o's eve for a Pawriffic Halloween Party. From costume "Chompetitions" and games, to giveaways and sweets, this evening Dog Play Wednesday event will be a real treat. Dressed-up pups welcome. Free. The Patio at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

### FRIDAY, OCTOBER 16

**The Great Pumpkin Patch** – 10/16-10/25, 9am-9pm. This year's festivities on the Devon Lawn will have a variety of pumpkins available for purchase, hay bale and corn stalk mazes, a trick or treat weekend, pumpkin decorating, along with fall floral displays, scarecrows and other fun things to do outside at a safe social distance. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

**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.

### SATURDAY, OCTOBER 17

**Red Earth Fallfest** – Time TBA. The event celebrates Indigenous People's Day with a free arts and crafts market, children's activities, dance and the Red Earth Youth Art Competition, which will take place in the lobby of the Crystal Bridge

## classifieds

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

### BOOKS

**Book Recommendations** – We are reading *The Riddle Master* series by Patricia McKillip. For a great collection of true ghost stories, check out Shanna's newest book, *Ghost Encounters: 13 True Tales of the Supernatural*. Both books are available on Amazon.

### OPPORTUNITIES

**A Real Work-From-Home Business** – Position with a private manufacturing company. Non-MLM, work-from-home. 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](http://WorkFromHomeAndLoveIt.com).

Tropical Conservatory. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

**Spirit, Mind & Body Faire of the Opera** – 10/17-10/18. Sat 10am-6pm, Sun Noon-6pm. Inside, vendors will be selling crystals, stones, books, soaps, dresses, t-shirts and many other unique items. Readers will provide various types of spiritual readings as well as healing work. Don't miss the lectures on metaphysics and other topics held throughout the day, with different classes held each day. Come early to ensure seating. Free. Biltmore Hotel, 401 S Meridian Ave, OKC. 405-210-5211. Facebook.com/events/637758756817509.

**Virtual Saturday Yoga with Living Arts of Tulsa** – 11am-noon. Virtual Saturday with Ayngel McNall. Classes available via Zoom. Facebook.com/events/3025506277481963.

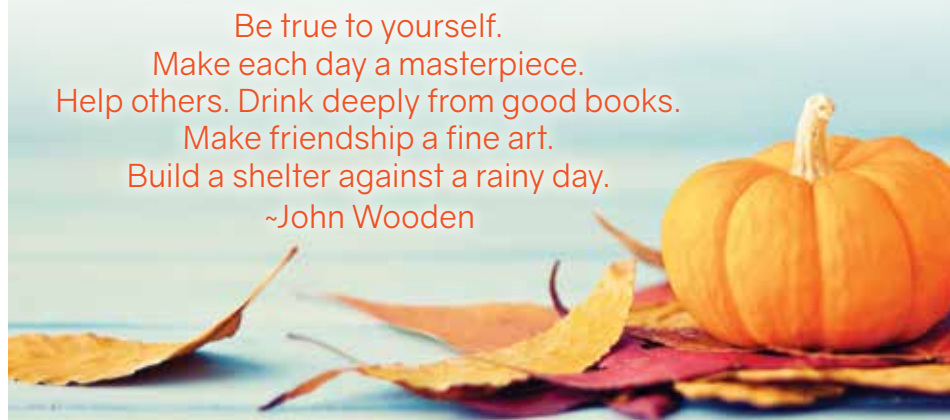
**Indian Taco Sale & Native Arts & Crafts Market** – 11am-7pm. Feast on Indian tacos prepared fresh by members of the OKC Pow Wow Club. Explore the Native American Arts & Crafts Market, featuring plenty of great deals on locally crafted goods. Vendors will be outside. Church of the Open Arms, 3131 N Penn, OKC. 405-923-1254. Facebook.com/events/581381595837719.

### SATURDAY OCTOBER 24

**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, OCTOBER 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.



Be true to yourself.  
Make each day a masterpiece.  
Help others. Drink deeply from good books.  
Make friendship a fine art.  
Build a shelter against a rainy day.  
~John Wooden



## ongoing events

Submit your listing online at [NAOklahoma.com](http://NAOklahoma.com) by the 5th of the month, one month prior to publication. Please email [Publisher@NAOklahoma.com](mailto: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](http://NamiOklahoma.org).

### 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](http://OklahomaCityBotanicalGardens.com).

### wednesday

**Tulsa Farmers' Market** – 7:30-11am. This mid-week market is smaller and more intimate. Shoppers can shop Oklahoma-grown produce, responsibly raised meats, local honey, artisan crafts, skillfully crafted prepared foods, fresh flowers and much more. Free. Admiral & Lewis, Tulsa. 918-633-1934. [VisitKendallWhittier.com](http://VisitKendallWhittier.com).

**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](http://GatheringPlace.org).

**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](http://HeyDayFun.com/HeyDayOkc).

**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://Facebook.com/events/209553842825723).

### thursday

**Yoga Presented by Gold's Gym** – 6-7pm. Join instructors from Gold's Gym each week for yoga at the Love's Travel Stops Stage & Great Lawn. Free. Scissortail Park, 415 S Robinson Ave, OKC. 405-445-7080. [ScissortailPark.org](http://ScissortailPark.org).

**Concerts at the Creek** – 6-9pm. Bring the whole family down to Chisholm Creek to enjoy free, live music. Local musicians will perform on the Water Stage at The Pointe. Free. 13230 Pawnee Dr, OKC. 405-418-8590. [ChisholmCreek.com](http://ChisholmCreek.com).

**Zumba** – 7-8pm. 3rd Thur. Join the party! Grab some workout clothes and comfortable shoes and come to the Devon Lawn for Zumba. This class combines Latin and international music with a fun and effective workout system. Don't forget to bring water. Free. Myriad Botanical Gardens, The Devon Lawn, 301 W Reno, OKC. 405-445-7080. [OklahomaCityBotanicalGardens.com](http://OklahomaCityBotanicalGardens.com).

### friday

**Concerts at the Creek** – 6-9pm. Bring the whole family down to Chisholm Creek to enjoy free, live music. Local musicians will perform on the Water Stage at The Pointe. Free. 13230 Pawnee Dr, OKC. 405-418-8590. [ChisholmCreek.com](http://ChisholmCreek.com).

**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://Facebook.com/2ndFridayNorman). 405-360-1162. [2ndFridayNorman.com](http://2ndFridayNorman.com).

**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](http://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](http://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](http://PlazaDistrict.org).

### saturday

**Tulsa Farmers' Market** – 7-11am. Come see all the favorite Cherry Street vendors at the new location and get to know the Kendall Whittier 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. [VisitKendallWhittier.com](http://VisitKendallWhittier.com).



**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](http://ChisholmCreek.com).

**Cruise in for Coffee** – 8-11am. 3rd Sat. Midwest City hosts a community Cruise in for Coffee. Car enthusiasts are invited to bring their sweet rides by the Santa Fe Cattle Co parking lot in Midwest City for a morning spent meeting fellow hot rod drivers over free cups of caffeine. Free. 7101 SE 29th St, Midwest City. 405-869-8632. [Facebook.com/CruiseInForCoffee](https://Facebook.com/CruiseInForCoffee).

**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](http://OklahomaCityBotanicalGardens.com).

**Zumba Presented by Gold's Gym** – 9-10am. Zumba classes with Gold's Gym hosted every Saturday morning. New location: Meet at the Event Pavilion (southeast corner of the park by the Skydancer Bridge). Free. Scissortail Park, 415 S Robinson Ave, OKC. 405-445-7080. [ScissortailPark.org](http://ScissortailPark.org).

**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](http://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](http://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](http://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](http://PlazaDistrict.org).

## community resource guide

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

### ACUPUNCTURE

#### CENTRAL OKLAHOMA ACUPUNCTURE

Karen Wilson, LAC, MAC  
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Oklahoma City, 405-255-3193  
[CentralOklahomaAcupuncture.com](http://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.

### BOOK STORE

#### GARDNER'S USED 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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Dana McMurchy, owner  
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918-992-5520  
[HarvardCBD.com](http://HarvardCBD.com)



Natural balanced wellness offered through a wide variety of CBD products, including 100% THC-free hemp products. Locally and organically grown. Lotions, balms, tinctures and oils. Also book online Swedish and deep tissue massage, along with energy balancing sessions. *See ad, page 15.*

### CLEANING SUPPLIES

#### CHILD SAFE CLEANERS

Gina Miller  
918-805-0546  
[ChildSafeCleaners.com](http://ChildSafeCleaners.com)

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.

### COACH - HOLISTIC

#### NEW LIFE ART AND WELLNESS

Wilhelmina McKittrick  
405-470-9555  
[NewLifeAW.com](http://NewLifeAW.com)

With a holistic approach to wellness, New Life combines art therapy, reiki healing sessions, hypnotherapy and personal acceleration classes. The center was founded to facilitate artistic and holistic services to the community. New offices coming soon. Call or visit the website for more information.

### DENTIST - HOLISTIC

#### HEALTHY ROOTS DENTISTRY

John Garrett, DDS  
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918-982-6644  
[HealthyRootsTulsa.com](http://HealthyRootsTulsa.com)



Enhancing health through comprehensive dental care. Holistic dental care examines the relationship between oral health and the entire body. Mercury-safe and fluoride-free, also offering non-metal crowns and fillings. Laser treatments for pediatric and adult patients. Call for an appointment. *See ad, page 13.*

#### PROUD TO SERVE DENTISTRY

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



CentralOklahoma's home for holistic and biological dentistry. With safe mercury amalgam removal techniques, BPA-free tooth-colored restorations and ceramic implants. Featuring the HealthyStart Appliance system and Vivos Life method for treating sleep apnea and underdeveloped jaws. *See ad, page 21.*

### ESSENTIAL OILS

#### PURE ESSENTIAL OILS

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[SewGinaSew@gmail.com](mailto:SewGinaSew@gmail.com)

Distribution for a private company manufacturer of essential oils. Premium quality oils at an unbeatable value. Certified and tested with no synthetics or impurities. Traceable to source, sustainable and ethical practices. Email for price sheet and more information.

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



Holistic massage clinic and school. Offering classes and massage therapy, corrective bodywork, yoga, meditation, sound/light therapy, GNM consultations, aromatherapy and energy healing. Call to schedule treatments with student practitioners and licensed professionals.

### NATUROPATHY

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101 E Hurd St, Ste G, Edmond  
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[EdmondWellness.com](http://EdmondWellness.com)

All services are by appointment only. Scheduling available online. Naturopath, master herbalist, master iridologist, certified natural health professional and certified nutritional counselor. We empower you to take control of your health, recognizing the design of the body and working with it to reach your health goals. Specializing in natural health, weight loss, stress reduction, pain management and detoxification. Also certified as an endocannabinoid specialist.

#### ENERGETIC WELLNESS

Michele Menzel, ND  
2851 W Edmond Rd, Edmond  
405-359-1245, 405-513-5419  
[EnergeticWellnessOk.com](http://EnergeticWellnessOk.com)



Board-certified naturopathic doctor specializing in lifestyle changes that align with the body's natural ability to heal. The Energetic Wellness Center is dedicated to bringing to life the Seven Laws of Wellness that create health and happiness as we were each designed to have it. Choose to make well-being a priority in your life. *See ad, page 7.*



## ORIENTAL MEDICINE

### AVENZOAR ACUPUNCTURE AND WELLNESS CENTER

Gabriel Fuentes, Masters of Oriental Medicine  
4430 NW 50th St, Ste M, OKC  
405-397-2952  
AvenzoarAcupuncture.com

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## QIGONG

### QIGONG OF TULSA

Tom Bowman, Instructor  
5800 S Lewis Ave, Tulsa  
918-855-4222  
QigongOfTulsa.com

Qigong of Tulsa is recognized by the National Qigong Association as a Clinical Practitioner and Level III Advanced Instructor. With over 20 years' experience. Open to current and new clients requiring immediate clinical attention. Classes available via Zoom for social distancing. Contact: Tom@QigongOfTulsa.com.



## VETERINARIAN - HOLISTIC

### HEALING HANDS VET

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



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

### THE NATURAL VET

Brad Roach, DVM, CVA  
Serving OKC, Del City & Shawnee  
405-456-9508, 405-275-9355  
BradRoachDVM.com  
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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 13.*

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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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