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letter from publisher



Mark and Shanna Warner

All About the Journey

“A journey of a thousand miles begins with a single step.” These words of wisdom are attributed to the Chinese philosopher Lao-Tzu. My granny, Clara McBride, with her rural Oklahoma can-do spirit would say it this way, “Scoot on, Sugar; daylight’s a-wastin.” I sure miss her. I bet you have a grandparent who dispensed wisdom and guidance in tough times, too.

My grandmothers were widows at a young age, raised children on their own and lived through the Great Depression, flu pandemics and world wars. They faced fear, loss, anger, depression and grief in their time.

These same emotions challenge us in the time of this pandemic. My grandmothers taught me that positive action, taken every day, can make a big difference in how you process all that stress. There is a journey to emotional healing and health that you can begin right now, with a single step.

Here are some steps that Mark and I take every day:

■ **Be grateful.** Banish negativity by counting your blessings. Literally. When you start feeling overwhelmed and challenged by daily life, stop and count them. Make a list. As you keep adding to it, you will see the good outweigh the bad.

■ **Stay connected.** In the age of social distancing, the phone and computer will be your connection to the people that matter. Reach out every day to someone you love. I can guarantee you that they want to hear your voice.

■ **Get moving.** One of the best ways to battle depression is with physical movement. We all know that exercise is good for the body; well, it’s not just for everything below the neck. Your brain responds positively, too. Any exercise will do—walking, yoga, tai-chi, swimming, gardening, whatever! Just move. You will feel better.

Through this magazine, Mark and I want to take you along on a health and wellness journey. The information and resources in your hand can help you rise up above the challenges you are facing, because it is all about the little steps that will get you further down the road.

So, let me paraphrase my granny, “Come on, my sweet friends; we will never get there if we don’t get started.” Read on about emotional wellness and yoga and all of the other great topics we have for you this month. And drop us an email or connect on social media. We would love to hear about how you are staying healthy and happy.

Namaste!

Shanna

Shanna Warner

news briefs

Harvard Health Offers Made-in-Oklahoma Products



Dana McMurchy, owner of Harvard CBD Health Center, in Tulsa, is proud to provide pure, certified, locally grown hemp products.

The center is now an authorized retailer for Can-Tek Labs' Pure Cannaceuticals and Canna-Med brands of hemp products. Organically grown, researched, processed and packaged in Oklahoma, both of these Can-Tek brands are also 100 percent THC-free. They are formulated to bring physical relief without any of the negative side effects associated with products that do contain THC. Because of this, there is no medical card needed to purchase them.

Harvard CBD Health Center has expanded its service options for safe shopping with free delivery, free shipping and curbside pickup. Inside the store customers can also purchase washable, reusable cotton face masks.

Location: 4775 S. Harvard Ave., Tulsa. For more information, call 918-992-5520 or visit HarvardCbd.com. See ad, page 21.

Healthy Roots Expands in Tulsa

Healthy Roots Dentistry is expanding office hours to meet the increasing patient demand for more holistic dental solutions. Previously available on Fridays, beginning this month, Dr. John Garrett will also be available on Wednesdays.

Dr. Kristen, the office manager, explains that their patient coordinator looks forward to calls and questions. "There are often a lot of questions about holistic dentistry, and we want to make sure our patients are set up for success and scheduled for the appointment that fits them best," she offers.

With rapid expansion on the horizon, the practice plans to make even more appointments available in the coming year. The entire office staff wants to support the community by enhancing healthier outcomes. They are thrilled with the response and support from the community, because it is allowing them to provide more holistic dental care in Tulsa and the surrounding area.



Location: 6128 E. 61st St., Tulsa. For more information, call 918-982-6644 or visit HealthyRootsTulsa.com. See ad, page 15.

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Enjoy the Myriad Gardens Every Month



The Myriad Botanical Gardens offers a free monthly walking tour at 10 a.m. on the last Saturday of every month. The next guided tour will be September 26. Garden visitors meet in the south lobby, and attendees must wear a mask and practice

social distancing.

Each month the tour features different plants in the outdoor collection, focusing on varieties that are suited for our regional climate. This educational walking tour can expand visitors' knowledge and help them find inspiration for their own gardens. Self-guided tour handouts are available in the north lobby.

The Myriad Botanical Gardens was founded over 30 years ago and is committed to educating their nearly one million visitors each year about the natural world. They focus on reconnecting people with nature through training, education and outreach. Their goal is to contribute to the well-being of plants, people and the planet.

Location: South Lobby, 301 W. Reno, OKC. For more information, call 405-445-7080 or visit OklahomaCityBotanicalGardens.com.

Back on Schedule at the Mary K. Oxley Nature Center



The Mary K. Oxley Nature Center is adding its popular Butterfly Walk back to its fall schedule, running from 10:30 a.m. through noon, September 19.

The Butterfly Walk is a free opportunity for visitors of all ages to walk the trails of the nature center while keeping an eye out for the first butterflies

that are beginning their yearly migrations.

The center is part of the City of Tulsa Parks, but is otherwise known as Tulsa's "Hidden Jewel." Oxley has over 800 acres of land with nine miles of trails and an interpretive center tucked into a corner of Mohawk Park.

Other free events at Oxley include a Saturday morning birding adventure from 8 to 9:45 a.m. on September 5, as well as the Explore the Fauna nature walk from 10:30 a.m. to noon on September 26. These three events are free, and registration is not required. All ages are welcome. A mask is required to enter the interpretive center. Binoculars, a camera and a refillable water bottle are recommended.

Location: 6700 Mohawk Blvd., Tulsa. For more information, call 918-596-9054 or visit OxleyNatureCenter.org.

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Certified Natural Health Professional
Certified Lifestyle Counselor

Try Foot Reflexology After Heart Surgery



A brief, hands-on reflexology treatment after a major heart operation can have a significant impact, scientists at Iran's Tabriz University of Medical Sciences report. Immediately following coronary bypass surgery, 60 of 120 male patients received a 15-minute foot reflexology treatment

from nurses. The researchers found that foot reflexology decreased patient agitation and reduced the average amount of time spent on a ventilator.

Consider Mindfulness for Multiple Sclerosis



Mindfulness training may help the estimated 1 million Americans with multiple sclerosis (MS) manage their emotions and process information quicker, according to a new study from Ohio State University. Researchers split 62 people with MS into three groups. The mindfulness group learned such practices as focusing on the breath and doing mental “body scans”. A second group underwent adaptive cognitive therapy training with computerized games that focused on skills like paying attention, switching focus and planning. The third group was a control. After four weeks, those in the mindfulness group were more likely to report being better able to handle their emotions than those in the other groups. The mindfulness group also had higher levels of cognitive processing speed, a reduction in the time it takes to complete mental tasks, along with increased understanding and response times.

Reduce PFAS Exposure to Help Delay Menopause

Exposure to perfluoroalkyl and polyfluoroalkyl (PFAS)—“forever chemicals” often found in non-stick cookware, food packaging and contaminated water—may cause menopause to occur two years earlier in women, according to a new study published in the *Journal of Clinical Endocrinology & Metabolism*. University of Michigan scientists tracked more than 1,100 women for an average of 17 years and found that those with higher levels of the chemical in their blood experienced menopause an average of two years earlier than those with lower levels. “Even menopause a few years earlier than usual could have a significant impact on cardiovascular and bone health, quality of life and overall health in general among women,” says co-author Sung Kyun Park.

Oak Wood Extract Can Lessen Post-Surgical Effects



Hysterectomy surgery is sometimes necessary and may result in postoperative fatigue, headache, nausea, depression or pain. In a study reported in the journal *Nutrients*, researchers from Slovakia's Comenius University

gave 66 women recovering from a hysterectomy either a placebo or 300 milligrams of oak wood extract. Eight weeks later, those given the oak wood extract had lower oxidative stress, better energy and mood, and a greater ability to perform physical tasks and participate in social activities compared to the placebo group, which mostly saw declines in those areas.

Consider Therapy to Reduce Inflammation

In exploring the mind-body link that is particularly relevant during the current pandemic, an analysis of 56 randomized clinical studies found that cognitive behavior therapy (CBT) and similar approaches reduced inflammation and enhanced immunity in subjects, reports *JAMA Psychiatry*. University of California, Davis, researchers reviewed studies that included 4,060 participants undergoing behavior therapy (which seeks to help patients understand and change problematic behaviors), cognitive therapy (which teaches patients how to change negative thoughts or mindset), CBT (that combines elements of both), bereavement or supportive therapy, psychoeducation and other therapies such as stress management. Those that received these psychosocial interventions experienced a 14.7 percent increase in positive immune outcomes such as

lower viral load and an 18 percent decrease in negative outcomes, including proinflammatory cytokines, compared with those not receiving therapy. The immunity

improvements were strongest among patients that received CBT or multiple interventions.



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Boost Fun Nutrition with Microgreens

Halfway in size between sprouts and full-grown plants, microgreens are bursting with nutrients, but have been mostly relegated to garnishes at upscale res-

taurants. Researchers at Colorado State University, exploring their acceptability, fed 99 people six separate types of microgreens: arugula, broccoli, bull's blood beet, red cabbage, red garnet amaranth and tendrill pea. The red-colored varieties—beet, cabbage and amaranth—received top marks for appearance, but broccoli, red cabbage and tendrill pea scored the highest overall grades. The

subjects found the greens were fun (“funfetti”), colorful and attractive. Microgreens, which can be grown quickly indoors year-round with minimal water, offer a possible solution to sustainably feeding the planet, the researchers pointed out.

Planetary Planning

Keeping Half
the Earth Natural



A study led by the National Geographic Society and the University of California (UC), Davis, published in the journal *Global Change Biology* compared four recent global maps of the conversion of natural lands to anthropogenic (human activity) land uses. It concluded that if we act quickly and decisively, there is an opportunity to conserve about half of the planet's ice-free land. The developed half includes cities, croplands, ranches and mines.

The authors note that areas having low human influence do not necessarily exclude people, livestock or sustainable management of resources. A balanced conservation response that addresses land sovereignty and weighs agriculture, settlement or other resource needs with the protection of ecosystem services and biodiversity is essential. Approximately 15 percent of the Earth's land surface and 10 percent of the oceans are currently protected in some form.

Lead author Jason Riggio, a post-doctoral scholar at the UC Davis Museum of Wildlife and Fish Biology, says, "The encouraging takeaway from this study is that if we act quickly and decisively, there is a slim window in which we can still conserve roughly half of Earth's land in a relatively intact state."

Drawdown Direction

Nurses Stand Up Against Climate Change

Nurses, the most numerous and trusted health profession in the world, have organized the Alliance of Nurses for Healthy Environments and partnered with Project Drawdown to significantly impact climate change. Together, they are working to help decrease greenhouse gas emissions and create a healthier future for humans and the planet. Nurses from all specialties and in all practice settings are encouraged to take action in four key areas.

Energy: Supporting a clean energy future by promoting energy efficiency and advocating for a transition to renewable energy.

Food: Committing to a plant-based diet, use of clean cook stoves and reduced food waste.

Mobility: Supporting bike infrastructure, walkable cities and mass transit.

Gender equity: Educating girls and family planning.

Nature-based solutions: Planting trees, protecting tropical forests and forest protection.

Founded in 2014, nonprofit Project Drawdown seeks to help the world reach "drawdown", the point in time when levels of greenhouse gases in the atmosphere stop climbing and start to steadily decline.

For upcoming events, visit [Drawdown.org](https://drawdown.org).



Starchy Solution

A Plant-Based Alternative to Plastic

Japanese manufacturer Kuraray has introduced a renewable and sustainable starch-based barrier film called Plantic. The plant-based packaging material can be recycled or composted to achieve a circular product cycle. Conventional packaging made from multiple layers of plastic can cause recovery issues, and perishable food imposes unique demands on wrapping. Plantic packaging washes away or decomposes after use. It includes compostable coffee pouches, as well as a barrier layer to package meat, seafood and poultry products with continuous protection against oxygen and other gases that spoil food. The Food and Agriculture Organization estimates that one-third of all produced food is wasted in the supply chain.

Plastic Rain

Airborne Particulates Blanket Wilderness



Researchers estimate more than 1,000 tons of microplastics, equal to more than 123 million plastic water bottles, are deposited from the air into national parks and wilderness areas each year. Utah State University assistant professor Janice Brahney and her team used high-resolution atmospheric deposition data to identify microplastics and other particulates collected over 14

months in 11 national parks and wilderness areas. In a report in *Science*, they identified the plastic and polymers composition to track its sources and movement, and found that most of the plastics deposited in both wet and dry samples were microfibrils sourced from both clothing and industrial materials. Approximately 30 percent of the particles were brightly colored microbeads likely derived from industrial paints and coatings.

Brahney says, "We confirmed through 32 different particle scans that roughly 4 percent of the atmospheric particles analyzed from these remote locations were synthetic polymers." The same high resilience and longevity that makes plastics useful lead to progressive fragmentation instead of degradation in the environment. Clear and white particles were not included because they did not meet the criteria for visual counting, so estimates of plastic deposition were conservative.

Tasty Trap

Sea Turtles Attracted to Deadly Ocean Plastic

Loggerhead turtles may think they're biting into a favorite food when they encounter some synthetics, a study of 15 turtles in the journal *Current Biology* posits. Ocean plastic is often covered with algae and other marine organisms (biofouled), making it smell delicious to them. At



least 1,000 die every year because they swallow plastic or get tangled up in it. Exposed to different odors in the lab, the loggerheads responded to the smell of turtle food, distilled water, clean plastic and biofouled plastic. The team found that the turtles had similar responses to biofouled plastic as to their normal food.

Kayla Goforth, a Ph.D. student in biology at the University of North Carolina at Chapel Hill who worked on the study, says, "So they have to come up to breathe. And we know that they can detect airborne odors. So when they find that there's an odor of interest in the air, they'll spend an increased amount of time at the surface with their nostrils out of the water. And we found that the turtles spent more time with their nostrils out of the water when there was this biofouled plastic odor or a food odor."

Shocking Discovery

Not All Hydroelectric Generators are Created Equal

A new study by the Environmental Defense Fund (EDF) analyzed the climate impacts of 1,500 facilities across the globe that account for about half of hydropower generation worldwide. Many release almost no greenhouse gases, but some can be worse than burning fossil fuels. The team looked at whether the facilities behave as a greenhouse gas sink or as a source by investigating the components that determine emissions such as the reservoir itself, when vegetation and soils are submerged underwater in the dam used to generate power.

Ilissa Ocko, a senior climate scientist at EDF and co-author of the study in *Environmental Science & Technology*, notes that as the submerged vegetation decays, it releases methane or carbon dioxide. "The larger the surface area of the reservoir, the more greenhouse gases are going to be emitted from that reservoir. Also, the temperature plays a role, as well; how warm the reservoir is will affect how much greenhouse gases are produced and emitted from the reservoir." Some facilities perform just as well as do wind and solar, but shockingly, more than 100 facilities turned out to be worse for the climate than fossil fuels.



Emotional Well-Being in the Pandemic Age

Self-Care Strategies for Tough Times

by Sandra Yeyati

As the pandemic ravages our country, we are engulfed by a sea of challenging emotions, including fear, loss, anger, disappointment and grief. Compounding the suffering, past emotional traumas and pent-up desires are surfacing and crying for attention. One way to navigate these treacherous waters is by first enveloping ourselves in self-compassion. Next, we can gather the courage to face our fears and experience unpleasant feelings in order to heal them and let them go. Then, we search for and internalize positive emotional states to rewire our brains for positivity. This noble voyage promises immense rewards along the way.

The Cocoon of Self-Compassion

Some of us chase self-esteem like the Holy Grail, yet it eludes us when we need it most. Faced with a failing grade or cruel insult, our self-worth withers. We can't understand why we lost it or how to get it back. When we attach our self-worth to achievements or comparisons with other people, self-esteem becomes unstable and unreliable.

Enter self-compassion, the life-changing perspective of showing kindness to ourselves in any and all situations—a supportive best friend that lives within us and can be accessed any time, every day. A pioneer and expert in this topic, Kristin Neff believes that

self-compassion has three components: a decision to be kind to ourselves, a mindful awareness when we are in pain so that we can seek some relief and a sense of common humanity or connectedness.

We already know how to be compassionate, says Neff, an associate professor of educational psychology at the University of Texas at Austin and co-author of *The Mindful Self-Compassion Workbook*. “It’s linked to the parasympathetic nervous system, which is a natural part of our organism. We’re tapping into this way of feeling safe, which is through care, bonding and connectedness.”

Encouraging our friends when they’re feeling down or hugging our moms in the

morning is hardwired into us. When we decide to be kind to ourselves, it's easy to think of what we would say: "I'm sorry you failed that test. You'll do better next time. How can I help you?" To lend perspective, add a statement about our common humanity, counsels Neff. "This is hard for everybody. You're not alone."

We must be aware of our pain before we can comfort it, and many of us try to suppress or resist pain, choosing to numb it with distractions like alcohol addiction or compulsive shopping. Others may get lost in the storyline of what's happening and succumb to suffering with no apparent way to obtain relief. Self-pity or self-criticism may creep in.

Mindful awareness is the antidote to these emotional extremes, because it helps us become aware that we are experiencing pain and to stay with that pain long enough to make a conscious decision to take care of ourselves. "One easy thing is physical touch," says Neff. "The first few years of life you have no words, so the body is programmed to respond to touch as a signal of care. Put your hand on your heart or your stomach, or hold your hand. This changes your physiology, activates your parasympathetic nervous system, helps you calm down and helps you feel physically supported. Sometimes, that's an entryway for people."

Finding Confidence Through Unpleasant Feelings

Nobody likes to feel sad or embarrassed. We'd rather have an ice cream cone or turn on the TV. But for Dr. Joan Rosenberg, a prominent psychologist and speaker, uncomfortable feelings present an invaluable opportunity for people to transform into confident individuals that relate to the world around them with authenticity and resilience.

In her book *90 Seconds to a Life You Love*, Rosenberg offers a formula—one choice, eight feelings, 90 seconds—to experience and move through eight of the most common unpleasant feelings: sadness, shame, helplessness, anger, embarrassment, disappointment, frustration and vulnerability.

"The choice is to stay aware of and in touch with as much of your moment-to-



moment experience as possible and not get lost in avoidance," she explains, adding that there are more than 30 behaviors, thoughts and emotions that we employ as distractions, including substance abuse, social media, pornography, exercise, obsessive thoughts about body image, humor and denial.

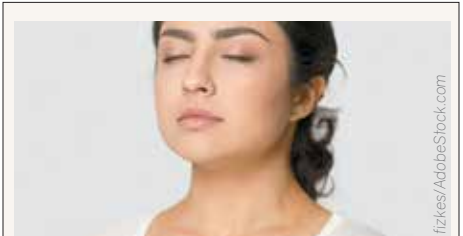
"Be aware of what you're aware of," she advises. "If we know that we don't like feelings, and we know we've been engaged in using ways to distract ourselves, then our challenge is to be more awake and aware of those times we do it, and as soon as we start to do the thing and become aware, that's when we make the decision to stop and ask, 'What's really going on?'"

Discoveries in neuroscience suggest that most of us come to know what we're feeling emotionally through bodily sensations. We might feel heat in the neck and face when embarrassed or a sinking feeling in the chest when disappointed. As feelings get triggered in the body, a rush of biochemicals in the bloodstream activate these sensations and are flushed out of the bloodstream in roughly 90 seconds.

"Most people have the impression that feelings linger a whole lot longer and that they're going to be overwhelmed by it and never come out of it if they start. But when they understand that what they're trying to avoid are uncomfortable bodily sensations that help you know what you're feeling emotionally, and that these are short-lived, most people will start to lean into them, and once they do, their life changes," Rosenberg says.

To move through bodily sensations, which may come in multiple waves, take deep, slow breaths. Try not to tighten up or clench the jaw and swallow. Notice the location and nature of the bodily sensations to help identify which of the eight unpleasant feelings it might be, and be curious as to what might have triggered it. All of this will take a few moments. With practice, identification will become faster, easier and more accurate.

"If I have more time, then I can think about whether this is connected to anything else. Is it just one thing that triggered it, or is it like something else that's happened before?" Rosenberg says. This level of awareness leads to a calming effect, clearer thinking, improved decision making and,



Making Courage a Habit

In her book *The Courage Habit*, life coach Kate Swoboda presents a four-part method for people to face their fears, release the past and live their most courageous life.

Access the body. Practice any body-centric activity like mindful meditation, exercise or dancing every single day to release stress and anxiety, become centered and more present, and clear the mind.

Listen without attachment. When your self-critic offers a warning or criticism, hear the words, understanding that this is fear trying to protect you and deciding that it's misguided and not true.

Reframe limiting stories or beliefs. Amend your internalized self-critic's messages to be more respectful and supportive. If it says, "You're stupid to try that," revise it to, "I'm smart because I'm willing to try."

Create community. Reach out to like-minded individuals that are supportive of the changes you are trying to make.



Building Up Our Happiness Quotient

These exercises are recommended by psychologist Rick Hanson:

Slow down, breathe and see the big picture. This simple practice brings us into the present moment, reduces the stress activation in the body, disengages us from verbal chatter and negative reactivity, and buys us time to see more clearly. Take three breaths, making the exhalation longer than the inhalation.

Five-Minute Challenge

Take in the good. It could be a flower blooming, birds singing or a nice exchange with another person. Slow down, take a few breaths and let it sink in for a minute or two.

Focus on something to cultivate. Perhaps it's patience or gratitude. Look for opportunities to have an experience of this quality and internalize it for another minute.

Marinate in pleasant feelings. Cultivate a sense of calm, contentment or warm-heartedness for a couple of minutes.

perhaps most importantly, an ability to speak authentically.

"If we don't handle the eight feelings, we don't feel capable in the world," she says. The ability to speak adds to that empowerment. "From asking someone to stop a behavior so that you feel safer to telling someone you love them, asking your boss for a raise or letting people know about yourself and your work to garner opportunities and desired experiences—it cuts across every aspect of our lives and is absolutely crucial to our sense of well-being."

Rewiring the Brain for Positivity

Discoveries in neuroplasticity have revealed that the brain changes throughout life well into adulthood. It's designed to learn not just ideas and information, but skills, attitudes, feelings and moods. Rick Hanson, a clinical psychologist and author of several books, including *Hardwiring Happiness* and *Resilient*, contends that we can develop greater happiness, just like we can develop greater depression.

"There's a lot of research that shows that through deliberate little practices spread out through the day or sometimes more formal practices like psychotherapy or meditation, we can actually produce

physical changes in the brain that are now measurable with things like MRIs," he remarks.

Hardwiring happiness is easy, pleasurable and doesn't take a lot of time. "If you take care of the minutes, the years will take care of themselves," says Hanson. "Little steps gradually move us forward a breath at a time, a minute at a time, a synapse at a time. Bit by bit, we grow the good inside while gradually releasing the bad."

"Our power to positively influence who we are in small, genuine ways every day is really important to compensate for the brain's negativity bias, which makes it like Velcro for bad experiences, but Teflon for good ones," he says. "We evolved a negativity bias over the 600-million-year evolution of the nervous system. Learning from negative experiences and mistakes was a critical survival skill, so we have a brain that is designed to scan for bad news, overreact to it and fast-track it into memory. It's not our fault, but it is our responsibility to deal with it by first, feeling the negative without reinforcing it and second, focusing on the positive and taking it in. Gradually, you can give yourself a brain that's like Velcro for the good and Teflon for the bad."

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



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Yoga Perspectives from Local Leaders

by Shanna Warner

More people are home and looking for ways to reduce stress, increase exercise, enjoy family time or just start a new activity. Fortunately, there is an activity that allows us to do all of these at the same time—yoga. For those of us that have tried yoga and left the practice, or those that have just been thinking about trying it, seeing yoga through the eyes and hearts of practitioners can help guide us on our paths.

Six yoga professionals in Oklahoma offer up a new perspective on this ancient practice, their insights coming from decades of experience. Each offers information for those that might be taking a first look, along with their personal reflections on the practice of yoga and what it has done for them.



Martha McQuaid

Martha McQuaid is the co-owner of **Spirit House Yoga**, in Oklahoma City, and has been teaching yoga for twenty-one years. She says that most people think yoga is about only stretching and flexibility, but that the philosophy and transformative aspect is more important. She adds, “It is about how to understand ourselves and the world around us. Yoga changed my life. It is how I know God inside myself.”

Melissa Cameron-Fullerton is the owner and instructor at **I Am Yoga Studio**, in Tulsa. She says “Learning how to become connected to your body and your breath can change everything in your life. Being able to breathe and move better throughout the day impacts your life way beyond the yoga mat.” On her own personal yoga experience, she reflects, “Yoga is about the inner exploration, to know who I am in different situations, to be able to draw the wisdom from inside myself, studying the non-physical components of how we harness that wisdom within.”



Melissa Cameron-Fullerton

Sara Alavi is a yoga therapist at the **Yoga Home School of Therapeutics**, in Oklahoma City. She has a dramatic story of health and healing that she attributes to her yoga practice. In 1996, she lost sight in her right eye due to a serious medical diagnosis. After

five months of intensive meditation and yoga, her eyesight returned, and she says that now yoga “sustains me through the ups and downs.” She likes to point out that all spiritual traditions in the world focus on the imperfections and flaws of human beings, but that “through the practice of yoga each person experiences themselves as new and whole; from the beginning they will feel their own innate worth and value.”



Sara Alavi



Nicole Peltier

Nicole Peltier teaches at **The Yoga Room**, in Tulsa. She mentions the simple calm that comes from awareness of one’s breath. “It is a very simple, calming technique. When you are aware of your breath, and you take conscious breaths, it changes the effect on your mind and body.” She tells of starting her yoga practice because of depression from physical limitations. As an athlete she had over-used her muscles and states that she was “physically broken.” For her, the practice of yoga is “like going to a therapist, the gym, a massage and church all together.”

Janet Parachin teaches yoga at **Tulsa Yoga Meditation Center**. She



likes to remind her students that while a lot of people think of yoga as just a physical practice, it is also about energy and the mind. She says, “The whole body—all the joints, all the muscles, the organs, the entire body—gets energized. You learn to be aware, focus and pay attention to the mind and the body.” She was drawn to yoga as a child, but a serious back and hip injury is what eventually brought her to the practice of yoga. Traditional exercise had caused injury and was part of the problem. Yoga was the solution for her. She explains it this way, “I really believe in yoga’s ability to heal the body, mind and spirit! Yoga—which means union—is truly a way to bring all those aspects of life together.”



MY VINYASA PRACTICE
UPLIFTING COLLECTIVE CONSCIOUSNESS

Tina Hilbert, original publisher of *Natural Awakenings* Oklahoma City, teaches hot yoga at **Bikram Yoga OKC** and kundalini yoga online at **The Bend Wellness Center and Yoga Studio**. She also teaches livestream kundalini yoga classes, livestream workshops and is a lead trainer at **My Vinyasa Practice** yoga studio, located in Austin, Texas. Tina shares, “The single most important aspect of the practice of yoga is focusing on the quality of the inhale and exhale. The breath is the key to calming my mind and my body and connecting with my spiritual being. The awareness of breathing has been a profound life changer.”

Through her personal practice and teaching of yoga, she has discovered that “With yoga, there is no end to learning; there is no destination—it is all about the journey. I’ve learned to trust the process, enjoy the practice, and when in doubt breathe in and breathe out.” She adds, “Speaking of the journey and trusting the process, I am thrilled to have this opportunity to connect with the new *Natural Awakenings* Oklahoma publishers, Mark and Shanna Warner, and be part of this amazing magazine again!”

As part of *Natural Awakenings Oklahoma’s* “Fall into Fabulous” Give-Away, newsletter subscribers can win a new student package from Spirit House Yoga in addition to other prizes, like a membership to KnoWEwell. Details and sign up are on the *Natural Awakenings Oklahoma* website (NAOklahoma.com). See ad, page 5.



Local Yoga Resources

Sara Alavi

Yoga Home School of Therapeutics
online classes only
Sara@YogaOkc.guru, YogaOkc.net

Melissa Cameron-Fullerton

I Am Yoga Studio
2633 E 15th St, Ste D, Tulsa
IAmYogaTulsa.com

Tina Hilbert

online classes available
Tina@MyVinyasaPractice.com
MyVinyasaPractice.com

Martha McQuaid

Spirit House Yoga
5107 N Shartel Ave, Oklahoma City
SpiritHouseYoga.com

Janet Parachin

Tulsa Yoga Meditation Center
5319 S Sheridan, Tulsa
TulsaYogaMeditationCenter.com

Nicole Peltier

The Yoga Room
4329 S Peoria, Ste 350, Tulsa
TheYogaRoomTulsa.com

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Yoga for Every Body

Adaptive Ways Ease Pain and Immobility

by Marlaina Donato

Taming chronic pain, restoring energy reserves, improving heart health and relieving symptoms of depression and anxiety are only a few of the science-backed perks of spending time on a yoga mat. However, misconceptions about this ancient practice can make yoga seem intimidating for individuals that could benefit the most from it.

Adaptive yoga, designed for people challenged by injury, chronic pain, autoimmune disease or debilitating conditions like multiple sclerosis, can foster perhaps unexpected gains through the use of props, chairs, wall space and even countertops. From wheelchair-bound veterans to seniors with compromised balance, adaptive yoga offers new horizons for achieving well-being.

Yoga's gentle influence goes beyond physical benefits. A 2017 British study published in the *Journal of Pain Research* found people with spinal cord injuries that took sitting yoga classes twice a week for six weeks were less depressed, more self-

compassionate and more mindfully in the moment than those in a control group.

Empowerment, Not Perfection

"Yoga is for any body, no matter the size, shape or color. It's not about designer clothing, athletic ability, talents or perfection in the pose. Adaptive yoga is a movement to change this misconception and mitigate the anxiety to try yoga," says Mindy Eisenberg, a Detroit-area certified yoga therapist and author of *Adaptive Yoga Moves Any Body: Created for Individuals with MS and Neuromuscular Condition* and the accompanying *Adaptive Yoga Cards*. For Eisenberg, the focus is about the internal experience, healing and most of all, "the sense of joy that comes from a regular practice."

Ora Ramat, owner of the Wagging Tail Yoga Studio, in Bethel, New York, witnesses remarkable, everyday mastery in her students through adapted poses. "Many of my students are 40 to 95 years young, and the range

of modification I do with them is endless," says Ramat, who underscores the importance of listening to the body. "I learned the hard way 17 years ago when I first became a teacher. I am gentle with myself if I am unable to do a pose and embrace the modification. I go deeper in my poses now than when I was younger."

Freedom Through Support

"Our students have a wide range of health conditions including spina bifida, arthritis, MS, cerebral palsy, Parkinson's disease, fibromyalgia, stroke, chronic obstructive pulmonary disease, paraplegia, epiphyseal dysplasia, Ehlers-Danlos syndrome, chronic back pain and more," says Miranda McCarthy, CEO of Wavelength VR (WavelengthVR.com), a healthcare company that produces a library of science-supported content for pain management without medication. The London-based creator of Adaptive Yoga LIVE, which offers seated online classes, knows firsthand how yoga can change lives.

"Until I found adaptive yoga, I felt like I was constantly at war with my body," she says. Diagnosed with rheumatoid arthritis at the age of 2 and the youngest recipient of bilateral hip replacement surgery in the U.S., McCarthy thought she knew her body inside and out. After 40 surgeries and decades of rehabilitation and medication, she went through a radical shift in perspective. "When I discovered adaptive yoga, I soon realized my relationship with my body had only just begun."

Eisenberg highlights the internal process that adaptive yoga can catalyze: "The energy and sensation that yoga students feel on the inside is much more important than what the pose looks like on the outside." Items such as chairs, blocks, straps, blankets and bolsters are used to make traditional postures more accessible to those with physical challenges and to ensure safety. "Using props is not a sign of weakness or inferiority. We even use ambulatory devices such as a cane as a prop. Those who require assistive devices cease to see them as a hindrance. In fact, they become an accessory," says Eisenberg.

For McCarthy, the biggest takeaway is simple, yet profound self-acceptance. "I no longer judge myself or compare myself to

able-bodied people. I gained a newfound love for my body and a love for myself.”

Eisenberg affirms, “It’s exciting to realize that our bodies are so much more capable than we thought, and we learn that we are not defined by our individual disease or limitations. As my teacher Jon Kabat-Zinn says, ‘As long as you are breathing, there is more right with you than wrong.’”

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

Online Yoga Resources

Free adaptive yoga classes online from Miranda McCarthy.
AdaptiveYogaLive.com

YogaJP, YouTube chair yoga classes for people in wheelchairs.
Tinyurl.com/WheelchairYogaClasses

Yoga and MS, book from the National Multiple Sclerosis Society. omsyoga.org



Adaptive Yoga Benefits

from Miranda McCarthy

- Increased strength, balance and flexibility—both mental and physical
- Discovery of a subtle level of mind-body sensation not impeded by disability
- Improvements in the quality of breathing
- A sense of lightness and freedom within the body
- An increased ability to manage stress
- A deepened sense of wholeness and connection with others

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Natural Antivirals

Help in Staying Strong and Healthy

by Ronica O'Hara



In these sobering times, we must use every weapon in our arsenal against invasive viruses, including often-overlooked natural remedies with antiviral properties. As is also the case with pharmaceutical agents, natural approaches have not been shown to stop an aggressive virus in its tracks, but they may ameliorate symptoms. “Nutrition and supplementation are unlikely to prevent an infection, but they may help prevent the infection from becoming symptomatic or severe,” explains Leo Galland, M.D., a global leader in functional medicine and author of *Power Healing: Use the New Integrated Medicine to Heal Yourself*.

Eating healthy foods, sleeping seven to nine hours a night and exercising at least 150 minutes a week are also key in fortifying our natural defenses against viruses. Steps still necessary for COVID-19 protection include hand-washing, mask-wearing, social distancing and sterilizing objects and surfaces.

Baseline Protectors

Scientists report that some vitamin and mineral deficiencies appear to be linked to poor COVID-19 outcomes, while adequate levels help combat other viruses. *ConsumerLab.com*, which provides comprehensive research overviews and information on nutritional products, lists these natural supplements as potential aids against COVID-19, although at this early stage, none have been proven to work:

Vitamin D: According to Galland, vitamin D “stimulates your immune system to produce factors called defensins and cathelicidins that kill viruses.” People with levels below 30 nanograms per milliliter (ng/mL) were 45 percent more likely to test positive for the coronavirus and 95 percent more likely to be hospitalized, Israeli researchers found. Getting three 30-minute sessions of sun exposure a week and eating D-fortified foods raise levels, and supplementing with up to 2,000 international units daily is generally considered safe.

Zinc: “Zinc throws a wrench in the viral replication machine and helps fight infections by boosting the production of antibodies,” says Nicole DeMasi, an integrative dietitian nutritionist in Los Angeles. Zinc lozenges may ward off the coronavirus in the upper respiratory tract. The recommended dosage is 15 to 30 milligrams (mg) a day for up to two weeks.

Vitamin C: A cup of orange juice, tomato juice or a kiwi supplies most of the minimum recommended intake of vitamin C, a vital supplement for white blood cells that fight viral infections. Supplementing with 1,000 mg daily is also safe. Intravenous megadoses are being studied for critically ill COVID-19 patients, but no evidence exists so far that higher levels prevent infections, reports *ConsumerLab.com*.

Potassium: A critical antiviral mineral and electrolyte, low levels of potassium were found in 61 percent of 175 Chinese patients hospitalized with COVID-19, making them more prone to heart damage, reports the *Journal of the American Medical Association*. Foods that boost levels include potatoes, squash, lentils, spinach, avocados, bananas and raisins.

Supplemental Supporters

When choosing supplements proven to be effective, “Much of what we know and can apply is based on our previous research on viruses of the past,” says Monisha Bhanote, M.D., an integrative physician in Jacksonville Beach, Florida. Here are some good choices.

Melatonin: Known best as the hormone that regulates sleep, melatonin also supports antiviral immunity and helps control inflammation in viral infections. A study of 11,672 people tested for COVID-19 found that those taking supplemental melatonin were less likely to test positive, and a clinical study is underway to see if 2 mg a day helps protect healthcare workers. Typical dosages range from 0.3 to 3 mg.

Licorice Root Extract: This herb contains a substance called glycyrrhizin that makes

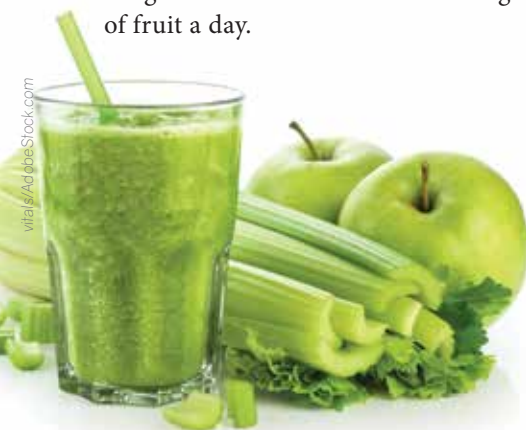
it hard for a virus to attach to and invade a cell and hinders its ability to replicate, slowing the spread from one cell to another. Chinese doctors used it with other traditional herbs to combat COVID-19, and studies have shown it effective against an earlier coronavirus, as well as against HIV, herpes, viral hepatitis and respiratory infections. For dosage, follow package directions. People with high blood pressure, congestive heart failure, kidney disease or low potassium levels are advised against its use.

Astragalus: Known as *huang qi*, astragalus “is one of the most powerful herbs used in Chinese medicine for people with weakened immune systems,” says Tsao-Lin Moy, a New York City acupuncturist and herbalist. It’s best taken as a hot or cold tea using tea bags or the root itself.

Andrographis: This herb has long been used for colds and throat infections in China and India, and may prevent flu viruses from binding to cells. In a Swedish study, flu patients that took an andrographis extract along with Siberian ginseng recovered more quickly with fewer complications than those given a U.S. Food and Drug Administration-approved flu medication. Because of its potency, it’s best to consult a health practitioner to avoid interactions. The recommended dosage is 400 mg twice a day.

Fightin’ Foods

To lower the inflammation linked to poor viral outcomes, integrative physician Monisha Bhanote, M.D., recommends a predominantly whole foods diet with at least five to seven servings of vegetables and two to three servings of fruit a day.



Quercetin-rich foods, such as apples, onions, broccoli, raspberries, parsley and celery are especially important, she says, because the bioflavonoid enhances zinc’s antiviral actions: “It functions as a zinc ionophore, chelating zinc and transporting it into the cell cytoplasm.” Quercetin can also be taken as a supplement in doses ranging between 500 and 1,000 mg daily.

Garlic has potent antiviral and antibacterial properties, and can be cooked into food, eaten raw in salads and dressings or obtained from capsules of allicin, the active component.

Green tea has epigallocatechin gallate, a compound with “a wide range of antiviral activity, especially in the early stages of infection, by preventing viral attachment and entry into the cell,” says Bhanote. Aim for three to five cups a day.

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

Learn More

Coronavirus Handbook by Leo Galland, M.D.:

A comprehensive look from an integrative physician at coronavirus mechanisms, nutritional strategies and supplements.

DrGalland.com/coronavirus-protection-protocol

Coronavirus Information Center:

Up-to-date information on natural remedies and nutritional supplements.

ConsumerLab.com/coronavirus

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~Mahatma Gandhi

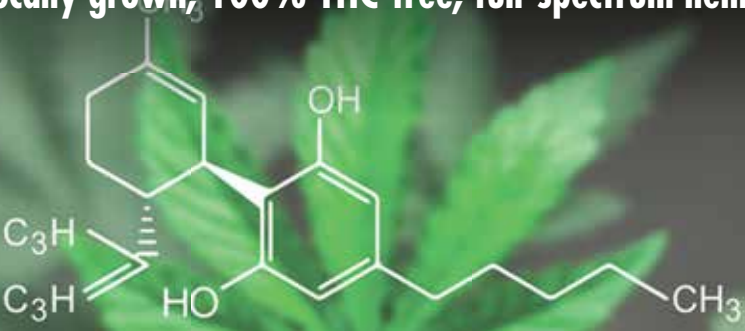


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Raising Resilient Kids

How to Help Them Bounce Back

by Ronica O'Hara

In these turbulent times, children need to know how to confidently weather and deal with changes no matter what life hands them, say many psychologists. Studies show that when kids are resilient—having the ability to recover quickly from difficulties—they are less fearful and anxious, more confident and empathetic, and better able to handle cataclysmic events like 9/11.

Resilience can help them deal creatively with everything from cyberbullying to societal change. A Florida Atlantic University study of 1,204 children found that those that agreed with such statements as, “I can deal with whatever comes my way,” “I am not easily discouraged by failure,” and, “Having to cope with stress makes me stronger,” were less likely to be bullied in person or online and better able to cope when it occurred.

Resilience can be taught and learned at any stage in a child's life, studies suggest. Some useful strategies include:

1 Let them know they're loved and supported. One stable, committed relationship with a supportive adult such as a parent, grandparent, aunt, teacher or coach is what a child needs to be resilient, according to research from Harvard's Center for the Developing Child. This can be particularly important for children raised in less-than-ideal circumstances. “It is absolutely critical for African-American children to learn resilience due to the current climate of hostility and racism, the inherent disadvantages in education and household income they are born into and hostile, crime-

infested neighborhoods where they live,” says Damon Nailer, a Monroe, Louisiana, motivational speaker and author of *Living, Loving, Leading*. For children in all circumstances, he says, it's important to “teach them that setbacks, failures, losses and adversity help you to learn, grow and become stronger.”

2 Make resilience a household word. When San Diego child psychologist Bruce Thiessen's daughter Cassidy was 4, he'd pretend to be the wolf in *The Three Little Pigs*, howling, “I'll huff and I'll puff and I'll blow your house down!”

She would reply, “Go ahead! I'll rebuild it tougher and stronger!”

It was his way of embedding resilience in her, which he and his wife Roxie have reinforced with books, movies and songs. “Making the theme of resilience dominant in multiple activities will make an enduring, indelible impression on your child,” he says.

3 Be a good example. “The most important thing to cultivate resilience, mindfulness and any other emotions really, is for parents to practice and model these things themselves,” says Christopher Willard, Ph.D., a Harvard lecturer and author of *Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children*. Adults need to bounce back from setbacks, whether it's a social media mistake or a lost job, and find ways to reframe what happened in a positive light. To convey that attitude to a child, ask at dinner or bedtime, “What was the rose in your day? The thorn? What did you learn? What would you do differently next time?” The parent can model responses to these questions by sharing their own rose and thorn.

4 Let them figure things out. “As tempting as it may be to step in every time you see your children struggling, allowing them to figure things out on their own builds resilience,” says Katie Lear, a Davidson, North Carolina, therapist specializing in childhood anxiety. “On the flip side, when a parent

hovers or immediately steps in to solve a child's problem, the child may interpret that behavior as, "I don't trust you to be able to do this without help." Asking a child how they plan to solve a problem rather than questioning why the problem happened in the first place is a way to teach them creative problem-solving, advises Lynn Lyons, a Concord, New Hampshire, psychotherapist and co-author of *Anxious Kids, Anxious Parents*.

5 Teach thankfulness. Feelings of gratitude bolster resilience, studies show. For example, college stu-

dents that performed gratitude-inducing exercises reported feeling better able to handle academic challenges. "Teach your child to look for the gift within every problem," advises C.J. Scarlet, author of *Heroic Parenting: An Essential Guide to Raising Safe, Savvy, Confident Kids*. "That's often hard to do in the midst of challenges, but just knowing there will be a gift found at some point can help your child to ride out the storm with greater patience and confidence."

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

Resilience is Just a Deep Breath Away

Mindful Means to Resilience Bounce-Back Breathing

Mindfulness—being in the moment without judgment—has been linked to youthful resilience, numerous studies show, perhaps because it allows a child to take a deep, calming breath in the midst of a trying event. "Mindfulness training really does create new brain connections that boost resilience to stress," says Christopher Willard, a Harvard lecturer and author of *Growing Up Mindful*. When children learn mindfulness, he says, they "can better self-regulate their emotions, and stress is less likely to overwhelm them and lead to mental health issues like anxiety or depression." Getting a child started on mindfulness can be as simple as teaching them a breathing exercise.

Chocolate breathing: Imagine you are holding up a mug of hot chocolate. Breathe in through your nose like you are smelling it, then exhale through your mouth like you are cooling it off. Repeat for a minute or two.

Bumblebee breathing: Sitting comfortably, breathe in through your nose for a count of four. Exhale, making a buzzing or humming sound. Repeat 10 or more times.

Mountain breathing: While inhaling through your nose, raise your arms high above your head and bring your palms together, imagining you are as high as a mountain. Then ground your feet into the floor, imagining roots going deep into the earth. Exhale through your mouth while lowering your palms together in front of your chest. Repeat several times.

Count breathing: Closing your eyes and sitting quietly, count "one" to yourself as you exhale. With the next exhale, count "two" and so on up to "five," start back at one again, and repeat for at least five minutes.



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SPICE UP HEALTH

Using Herbs for Flavor and Medicine

by April Thompson

Herbs add lush flavor to all kinds of dishes, and they are culinary friends that bring the benefits of helping to restore and maintain health. “Food is medicine, and herbs bring out the medicinal properties of food,” says Kami McBride, of Sebastopol, California, author of *The Herbal Kitchen: Bring Lasting Health to You and Your Family with 50 Easy-to-Find Common Herbs and Over 250 Recipes*. “The spice rack is a relic from another time when we knew how to use herbs and spices to optimize health and to digest our food.”

To get a medicinal dose of an herb, consider making teas, vinegar extracts or pestos, says Brittany Wood Nickerson, the Conway, Massachusetts, author of *The Herbalist's Kitchen: Delicious, Nourishing Food for Lifelong Health and Well-Being*. “Parsley, for example, is a nutrient- and vitamin-rich herb. If you garnish with parsley, you won't get a significant amount of vitamin C, as you would if you make a pesto from it.”

Salads can also pack a healthy dose of herbs into a meal, says Martha's Vineyard resident Holly Bellebuono, an herbalist and author of *The Healing Kitchen: Cooking with Nourishing Herbs for Health, Wellness, and Vitality*. “So many herbs, including violets, mints and red clover, can just be tossed fresh into a salad, offering both fiber and minerals.”

Vinegars are one of Bellebuono's go-to methods to incorporate herbs into a diet, infusing fresh or dried herbs into red wine or apple cider vinegar for salad dressings and other uses. “Vinegar is great at extracting minerals from herbs and making them more bioavailable,” she says.

Drying herbs does not diminish their medicinal properties, but rather concentrates their essence, as it removes excess water, according to Bellebuono. “Dried and powdered herbs are a great way to preserve the garden harvest and add herbs into everyday dishes. You can throw a teaspoon of turmeric, a wonderful anti-inflammatory herb, in spaghetti sauce or oatmeal, and you won't even notice it,” she says.

Best Herbal Buddies

While Mediterranean herbs like oregano and basil are often at the front of the spice rack, Nickerson also suggests lesser-used herbs such as sour sumac, anise-accented tarragon and versatile, yet often discarded orange peels, which can be added to soups along with fennel seed and bay leaves for a complex flavor. Thyme is another of Nickerson's favorites, a hearty herb for fall dishes that's also a powerful antifungal and aids with digestion, lung health and detoxification.

While some may think of parsley as a garnish, “It offers incredible freshness and livens up almost anything,” says Nickerson. “I use it as a vegetable and make a salad of its leaves or add handfuls of it into a quiche. Parsley is loaded with vitamins and minerals, and has detoxification properties.” Adding it near the end of cooking maintains its vibrant flavor and color, she notes.

McBride loves versatile herbs like mint and coriander that can be used in sweet and savory dishes with antimicrobial properties that help fight colds and flu. She also keeps salt shakers on the table filled with spices like cardamom, an antibacterial, anti-spasmodic and expectorant, to sprinkle onto beverages and dishes. Bellebuono also recommends infusing honey with herbs such as sage or oregano that support the immune system.

Herbal-Aided Digestion

All herbs, whether leafy, green culinary herbs or spices like coriander and clove, are carminative, meaning they help digest food, McBride says. “Digestion can use up to 40 percent of your day’s energy, which is why you often get a nap attack after a big meal. Every meal needs a carminative, even if it’s just black pepper, which is one of the problems with most fast food.”

Pungent and bitter herbs, in particular, support digestion and absorption of nutrients and make them more bioavailable, says Nickerson: “Activating the taste buds dedicated to sensing bitter stimulates the digestive system.” A salad of bitter greens, for example, can help prepare digestion of a heavier meal to come, whereas a post-meal aperitif can help with digesting the food afterward.

“It absolutely adds up when you add small doses of herbs to your meals every day,” McBride advises. “Many Americans suffer from gastrointestinal inflammation from modern diets and lifestyles, and herbs can help reverse that. Your gut gets a little healing every day.”

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



bonniekittler/Unsplash.com

Some Herbal-Aided Delights



Spinach & Grapefruit Salad with Toasted Pumpkin Seeds

The floral notes of tarragon in the dressing and the juicy, sour grapefruit invigorate the senses and wake up the digestive processes.

Yields: 4 to 6 servings

8 oz spinach (about 4 packed cups)
1 large or 2 medium-size grapefruits
½ cup pumpkin seeds

Dressing

½ cup olive oil
1 Tbsp lemon juice
1 Tbsp white wine vinegar
1 tsp Dijon mustard
1 Tbsp finely minced shallot
1 tsp finely chopped tarragon
Pinch of salt

Tear the spinach into bite-size pieces, if necessary, and place in a large bowl.

Cut the top and bottom off the grapefruit so that the flesh of the fruit is exposed so it sits flat on a cutting board. Cut the peel and pith from the fruit using a sharp knife or vegetable peeler.

Set the grapefruit on one of its flat ends on a cutting board. The sections of the fruit will face up. Cut out the sections, slicing from the outside toward the center

of the fruit, just inside the membranes. Leave the sections whole or cut them into bite-size pieces.

Toast the pumpkin seeds in a skillet over medium heat, stirring often, until they are lightly browned, have puffed up and begin to pop—4 to 7 minutes.

Combine the oil, lemon juice, vinegar, mustard, shallot, tarragon and salt in a bowl and whisk together. Stir in any grapefruit juice that may have puddled on the cutting board while sectioning the fruit.

Pour the dressing over the spinach. If any dressing is left over, it will keep in the fridge for up to a week. Toss the spinach well, then add the grapefruit and pumpkin seeds and toss gently again to combine.

Recipe and photo from Recipes from the Herbalist's Kitchen by Brittany Wood Nickerson.



Mint and Feta Bruschetta with Chive Blossoms

Yields: 4 servings as an appetizer

½ cup fresh chive blossoms (can be substituted with other edible flowers or left out)
1 French baguette
½ lb feta cheese, crumbled, or a vegan alternative
1 cup chopped fresh mint
½ cup minced chives (can be substituted with scallions)
2-4 Tbsp olive oil
Salt and freshly ground black pepper

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Preheat the oven to 325° F. While the oven is heating, pull apart the chive blossoms, removing the central stem and plucking the tiny purple florets.

Set the baguette in the hot oven and bake for 7 to 10 minutes, until the edges are crispy, but not browned.



Meanwhile, combine the feta in a bowl with the mint, minced chives and chive florets. Add enough of the oil to moisten then season with salt and pepper to taste.



Mix well.



Remove the baguette from the oven and slice along the diagonal. Arrange on a platter with 1 to 2 tablespoons of the bruschetta mixture on each slice. Drizzle with a little more oil and serve.

Note: For the bread to be crisp throughout rather than soft on the inside and crispy on the outside, slice it on the diagonal to start with, brush each piece with olive oil and bake on a baking sheet at 325° F for 5 to 7 minutes until crispy.

Recipe and photos from Recipes from the Herbalist's Kitchen by Brittany Wood Nickerson.



Cilantro Pesto

Yields: about ½ cup

2 Tbsp (heaping) walnuts
2 cups packed cilantro leaves and stems (one large bunch)
2 garlic cloves
2 Tbsp olive oil
Salt and freshly ground pepper

Soak the walnuts overnight in enough water to cover them. (This makes them easier to digest and helps remove some of the bitterness in the skin.)

Drain and rinse the walnuts. Combine them with the cilantro, garlic, oil and salt to taste, and a few grinds of pepper in a food processor. Blend until smooth.

Taste and adjust the seasonings as necessary. The pesto will keep for 5 to 7 days in the fridge or for 6 months or more in the freezer.

Recipe and photo from Recipes from the Herbalist's Kitchen by Brittany Wood Nickerson.

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



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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.

WEDNESDAY, SEPTEMBER 9

Sports Fur-natic Tailgate – 6-8pm. Kick-off football season at the Dog Play Wednesday “Sports Fur-natic Tailgate”. Enjoy fan-favorite tailgate games, fur-tastic food from The Patio and live entertainment. Make sure dogs wear their lucky jersey and bring a foam finger to enter in the “Fantastic Fur-natics Duo” costume contest. Free. The Patio at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

SATURDAY, SEPTEMBER 12

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.

Scissortail Kite Festival – 10am-2pm. Come watch or fly a kite at Love’s Travel Stops Stage & Great Lawn. Free. 415 S Robinson Ave, OKC. 405-445-7080. ScissortailPark.org.

THURSDAY, SEPTEMBER 17

Yappy Hour – 6-8pm. Four-legged friends are welcome to visit the Myriad Botanical Gardens

Dog Park for a signature craft brew, food trucks and gourmet dog treats. Swag available for purchase. Free. Myriad Botanical Gardens, The Dog Park, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

SATURDAY SEPTEMBER 19

Butterfly Walk – 10:30am-noon. Come see all the beautiful butterflies. A hat and binoculars are recommended. No experience is necessary. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Virtual Saturday Yoga with Living Arts of Tulsa – 11am-noon. Virtual Saturday with Ayngel McNall. Classes available via Zoom. Facebook. com/events/3458757700823483.

FRIDAY, SEPTEMBER 25

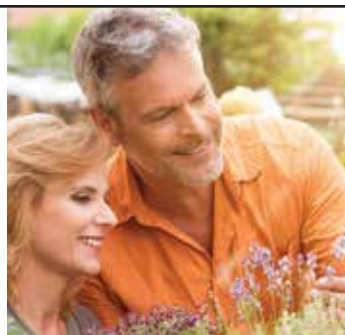
Thunder Free Days – 9am-6pm. In recognition of the 25th Anniversary of the 1995 Oklahoma City bombing, the Oklahoma City Thunder are providing admission to the Oklahoma City National Memorial & Museum for all visitors on the 25th of each month for the entire calendar year. Free. 620 N Harvey Ave, OKC.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



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 SEPTEMBER 26

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.



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ongoing events

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

daily

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.

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

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.

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.

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.

thursday

Second Thursday Art Walk – 5-7pm. 2nd Thur. Head over to the Kendall Whittier area to see local art displayed in business windows. There will also be art drops and a Kendall Whittier Walls giveaway. Twelve artists are participating with art in the windows. Please keep a safe distance (look for the chalk lines!) and wear a mask when interacting with the artists. Some artists will be present for immediate purchases, and other items can be purchased online. Free. Admiral & Lewis, Tulsa. 918-633-1934. VisitKendallWhittier.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.

friday

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.

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. 405-360-1162. 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.

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/Live.

saturday

Tulsa Farmers' Market – 7-11am. Come see all the favorite Cherry Street vendors at the new location

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

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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.

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.

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.

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 Skydance Bridge). Free. Scissortail Park, 415 S Robinson Ave, OKC. 405-445-7080. ScissortailPark.org.

OSU-OKC Farmers' Market – 9am-1pm. Come out to shop the weekly farmers' market on the stage plaza north of the Love's Travel Stops Stage and Great Lawn. Check Scissortail Park's social media for updated vendor lists. Free. North Plaza at Love's Travel Stops Stage & Great Lawn, Scissortail Park, 415 S Robinson Ave, 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.

Plaza District 16th Street Saturdays – Noon-5pm. Every Saturday there are special deals, activities, music and more. More than 50 local businesses offer shopping and entertainment in a safe and family-friendly environment. Free. Plaza District, 16th St between Classen and Penn Ave, OKC. 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 to request our media kit.

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~Mae West



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