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recyclable newsprint with soy-based ink.

letter from publisher*Mark and Shanna Warner***Let's Get Together,
Yeah, Yeah, Yeah!**

Coffee and cream, beans and cornbread, peanut
butter and jelly: Some things just go together;
you can't imagine one without the other. It's not just
food. How about fireworks and the Fourth of July, or
summer and swimming pools, or love and marriage?

How about Oklahoma City and Tulsa? For too
long, we have experienced these two wonderful
cities not as two halves of a unified whole, but as competitive sisters. As Oklahomans, we
need to be united instead. That's one reason Mark and I decided to rename this magazine.
Instead of focusing just on our capital city, we are now *Natural Awakenings* OKLAHOMA.
Through our website (NAOklahoma.com) everyone can read great articles and stories—
from Idabel to Altus, Guymon to Miami—with local content everyone can relate to. It is
our way of fostering inclusion and promoting unity.

As an Oklahoman and an American, I want to focus on the ideas and actions that
bring us together. Our Founding Fathers wrote some heady and idealistic documents to
unite us, stating that "All men are created equal," and that we all have the right to "life,
liberty, and the pursuit of happiness." But where were our Founding Mothers? Oh right,
women could not vote. Their voices were not heard. And "all" men? Not if they were
slaves. They had no voice at all; they were property.

How do we honor the high ideals our nation was founded on when we see the social,
political, racial and gender unrest that Oklahoma and other states are facing right now?
How do we unite our cities, our state and our nation? By refocusing, re-centering and
remembering the words of President Lincoln, "We are not enemies, but friends. We
must not be enemies. Though passion may have strained, it must not break our bonds of
affection. The mystic chords of memory will swell when again touched, as surely they will
be, by the better angels of our nature."

Across this great state—from our two largest cities to every small township—we are
united by our deep roots in the land, by the beautiful cultural mix of our people and by
our enduring spirit. We always lend a hand when others are hurting, whether they are
here or in another state or nation.

This is where we truly stand united. Kindness pulls us all together, never apart. So,
try some. And then try a little more. From Tulsa to OKC and back, and around our great
state, we need to reach out and listen more to each other. Without looking down on
someone's race, gender, political party or religion, kindness will truly unite us. We will not
always agree with what we hear and see, but we can be united in the truth of each person's
right to life, liberty and the pursuit of happiness.

I will remember that we are one people in this state and nation. I will refocus, not on
us versus them, but on us helping us. I will re-center and reach for the higher counsel of
my "better angels". And today, and every day, I will try a little more kindness.

Oklahoma and the enduring spirit of kindness: Just like bread and butter, or life and
liberty, we definitely go together!

With love,

Shanna Warner

I believe that every human mind feels
pleasure in doing good to another.

~Thomas Jefferson

Acupuncture for Pets Available in Del City and Shawnee

Acupuncture for four-legged family members is available in Del City at Holistic Pet Care and in Shawnee at Best Friends Animal Clinic. Dr. Brad Roach, DVM, owns both clinics. He has been in practice since 1990 and has seen the interest in acupuncture grow throughout the years.

Roach treats animals with conventional medicines, but he adds in natural therapies like acupuncture, homeopathy, essential oils and supplements. Acupuncture has been an accepted form of pain management in Eastern healing traditions for thousands of years. It has become more accepted in the Western world over the last few decades, for both humans and animals.

Roach explains, "During acupuncture treatments, small needles are placed in specific areas of the body to alleviate pain and assist in the self-healing process. Veterinarians like me, who have been trained on the nervous system and energy lines of animal bodies, are able to bring some relief and comfort to pets that struggle with joint, nerve and tissue damage."



Dr. Brad Roach and friend

For more information, call 405-605-6675 or visit HolisticPetCare.vet. See ad on the back cover.



New Distribution Available in Tulsa

More changes are coming to *Natural Awakenings*, Oklahoma. Owners and publishers Mark and Shanna Warner are now distributing the magazine in Tulsa, in addition to Oklahoma City. It's a move designed to bring health and wellness information to more parts of the state. According to Mark, "For too long, Oklahoma City and Tulsa have been seen as competitors. Well, we want to spend our energy building cooperation between Oklahoma's two largest sister cities."

The magazine had been available in OKC for nearly a decade until distribution stopped last fall. With the change in ownership earlier

this year, distribution was set to begin again in April. COVID-19 slowed down the progress for the new owners, but, as Shanna reassures, "The pandemic might have slowed us down, but it did not stop us." The magazine's website has stayed strong during the pandemic. Digital versions of the magazine, both past and current, can be read online at NAOklahoma.com.

There are still hundreds of grocery stores, restaurants and offices in OKC where the print magazine can be found each month, encouraging loyal readers to visit local businesses. The same types of distribution channels are currently being developed in Tulsa.

Any business interested in having the magazine in its office or store can reach the Natural Awakenings, Oklahoma offices by calling 405-928-9285 or 918-928-5157.

News to Share?

Do you have a special event in the community?
Are you opening a new office or moving?
Recently become certified in a new modality?

Let us know about it!



natural awakenings

News Briefs

We welcome news items relevant to the subject matter of our magazine. We also welcome any suggestions you may have for a news item.

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news briefs

Natural Awakenings Publishing Corp. Partners with KnoWEwell Collaborative



Natural Awakenings Publishing Corp. (NAPC) is entering into a partnership with KnoWEwell, P.B.C., and is a Founding Patron of The KnoWEwell Collaborative.

KnoWEwell, a 1% for the Planet company, received the Top 50 Healthcare Companies award from the International Forum on Advancements in Healthcare. Founder and Chief Executive Officer Kimberly Whittle says, "It's one centralized private, secure online platform to inspire and empower individuals with today's knowledge, evidence-based resources and collaborative 'wholistic' community to help them address the root causes of chronic diseases and achieve optimal health and well-being."

Whittle points out that KnoWEwell is "the missing link designed to provide people with peace of mind throughout their life journey's collaborative with personal and professional benefits for all in the 'wholistic' ecosystem: individuals, families, providers and organizations. Our purpose is to improve the health of humanity and our planet."

NAPC and KnoWEwell are perfectly mission-aligned, adds Whittle. "Natural Awakenings' well-researched, practical information about the latest natural approaches to nutrition, fitness, personal growth and sustainable living played a significant role in fueling the wellness revolution. We're grateful to collaborate with them."

NAPC Chief Executive Officer Sharon Bruckman says, "Our Natural Awakenings family of 60 publishers is excited about the new resources and opportunities this new partnership brings to our community of readers, providers and organizations. We are honored to be playing such a significant role in the launch and future growth of this incredibly sophisticated platform that will result in tremendous benefits to members."

KnoWEwell will be one of the businesses participating in Natural Awakenings Oklahoma's seasonal giveaways. For more information, see ad on this page and page 2, and visit NAOklahoma.com.

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Shae Tiffany
Massage Therapist

Hug a Mate for a Happy Relationship

The more a couple shares affectionate hugs, kisses and cuddles, the more satisfied they are in the marriage, a new study from the State University of New York at Binghamton shows. It tested 184 heterosexual couples on the effects of non-sexual intimate touching like holding hands or cuddling while watching TV rather than actions intended to lead to sex. The more affection the couples routinely experienced, the more they felt satisfied with their partners' touch, even if they had "avoidant attachment styles" and ordinarily were more reserved with physical displays of affection. "Interestingly, there's some evidence that holding your partner's hand while you're arguing de-escalates the argument and makes it more productive," says lead author Samantha Wagner.



Eat More Fiber for a Longer Life

Eating the right kind of fiber lowers the risk of death from multiple causes, reports a new study in *The American Journal of Clinical Nutrition*. Researchers from the University of Toronto followed more than 92,924 Japanese people 45 to 74 years old for nearly 20 years and found men that ate higher levels of dietary fiber had a 23 percent reduced risk of death compared to those that ate the least dietary fiber; the figure was 18 percent for women. The more dietary fiber people ate, the less likely they were to die from cardiovascular or respiratory diseases and injuries; it also protected against cancer mortality in men, but not women. Fiber from fruits, beans and vegetables, but not from cereals, was linked to lower mortality.

Avoid Toxic Chemicals to Prevent Celiac Disease

Children and young adults diagnosed with celiac disease have been found with elevated blood levels of toxic chemicals found in pesticides, nonstick cookware and fire retardants, reports a new study from the New York University Grossman School of Medicine published in *Environmental Research*. Researchers analyzed levels of toxic chemicals in the blood of 30 children and young adults ages 3 to 21 after being diagnosed with celiac disease. They compared those results to those of 60 other young people of similar age, sex and race.

Girls with higher than normal exposure to pesticides known as dichlorodiphenyldichloroethylenes were at least eight times more likely to have celiac disease. If they had elevated levels of perfluoroalkyls (nonstick chemicals found in products like Teflon), they were five to nine times more likely to have the disease. Boys were twice as likely to receive a celiac diagnosis if they had elevated blood levels of polybrominated diphenyl ethers (fire-retardant chemicals).

Increase Focus by Reducing Saturated Fat



Eating a meal heavy in saturated fat can hinder the ability to concentrate, even five hours later, a new study from the Ohio State University College of Medicine shows. Researchers tested 51 women on computer games that measured attention spans and response times, and then fed

them a 930-calorie meal that mimicked the fare of fast-food restaurants. For half the subjects, their meal was cooked in saturated fat, and for the others it was cooked with sunflower oil that is high in unsaturated fat. Five hours later, the women that ate the saturated fat meal had erratic and slower response times on the 10-minute concentration tests and they were less able to maintain their attention.

Eat Spuds for Muscle Protein

The potato, a perennial favorite deemed nutritionally lackluster, can be a source of high-quality protein that helps to maintain muscle, reports the journal *Nutrients*. Researchers from Canada's McMaster University, in Ontario, gave young, healthy women either a placebo or a pudding made with potato protein isolate that doubled the amount of protein the women typically consumed daily. The study found that the potato protein increased the rate at which the women's muscles produced new protein. "This study provides evidence that the quality of proteins from plants can support muscle," says Sara Oikawa, lead author of the study.

Dirt Can Help Heal Wounds

Dirt has specific healing properties for wounds, new research from the University of British Columbia has found. The study published in *Blood Advances* reported that the presence of soil in wounds helps activate a blood protein known as coagulation factor XII that kicks off a rapid chain reaction helping trigger the formation of a plug, sealing the wound and limiting blood loss. "Excessive bleeding is responsible for up to 40 percent of mortality in trauma patients. In extreme cases and in remote areas without access to health care and wound-sealing products like sponges and sealants, sterilized soil could potentially be used to stem deadly bleeding following injuries," says senior author Dr. Christian Kastrup. The study was done with sterilized dirt; unsterilized dirt poses a risk of infection.



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Dig Business

Dinosaur Bone Ownership Resolved

In 2018, the U.S. Ninth Circuit Court of Appeals ruled that fossils belonged to mineral rights owners, threatening to put a damper on scientific fossil hunting by paleontologists, but the Montana Supreme Court has now decided that fossils should not be deemed minerals, thereby restoring ownership of two dinosaurs buried together to the landowners, as had been customary in the past. A year after buying their property, Mary Anne and Lige Murray, along with a private fossil hunter, found an impressive array of specimens, including a complete *Tyrannosaurus rex* skeleton. Scientists like David Polly, an Indiana University paleontologist and past president of the Society of Vertebrate Paleontology, had warned that tying fossils to mineral rights would make it harder to get permission to excavate them and put the ownership of fossils already on display into doubt. They also feared that distinctive fossils would be purchased by private collectors, denying access to the public and researchers.

Pretty Kitty

Some Animals Garner Lion's Share of Conservation Donations



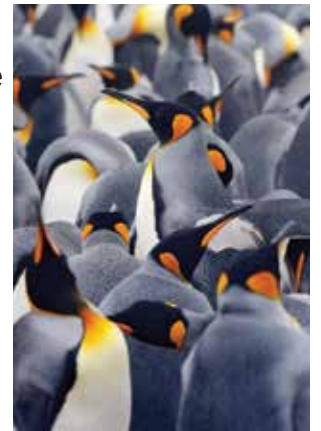
Sarah Papworth, a conservation biologist at the University of London, and artist Rory McCann designed a menagerie of imaginary beasts to find out which animals people were most willing to support. "Donations are really key to a lot of institutions,"

says Diogo Veríssimo, a conservation biologist with the nonprofit San Diego Zoo Global. "Without them, many of the largest conservation organizations would struggle to survive." It is common knowledge that people favor those they find adorable—tigers over turtles, for instance—but no one knows exactly which physical and nonphysical features motivate donors. From all the different body shapes, sizes, colors, eye positions and furriness, hundreds of past conservation donors ranked the imaginary species. Animals that were larger and more colorful were most likely to solicit donations, as reported in *Conservation Letters*. But it turns out that cuteness is not the only thing that matters, because the formula doesn't account for the impact of popular culture. A study in Poland found that proboscis monkeys, once labeled the world's ugliest primate, received a surge in donations through crowdfunding after starring in popular memes poking fun at their appearance. Maybe there really is no such thing as bad publicity.

Elbow Room

Nature Needs More Space

All over the world, plants and animals are increasingly threatened by human activities and habitat encroachment. A 2019 study published in *Science News* estimates that 1 million species face extinction within decades. The natural world makes the planet livable by cleaning the air, filtering water, cycling carbon dioxide and pollinating crops. To impede biodiversity loss, governments are working to set aside more space for natural habitats. The UN Convention on Biodiversity ([Tinyurl.com/Post2020GlobalFramework](https://www.tinyurl.com/Post2020GlobalFramework)), which is now under consideration, seeks to designate 30 percent of land and sea as protected by 2030 and 50 percent by 2050 in order to revive ecosystems and safeguard the diversity of species on Earth. Humans have altered more than three-quarters of Earth's surface, and of the 14 terrestrial biomes, such as tropical rainforest, tundra or desert, eight retain less than 10 percent of undeveloped wilderness, according to a 2016 study in *Current Biology*. Many species have already vanished.





Bug Bites

Bumblebees Chew Leaves to Hasten Pollen Production

When trying to establish colonies in early spring, bees rely on flower

pollen as a protein source for raising their young. Consuelo De Moraes, a chemical ecologist and entomologist at Eidgenössische Technische Hochschule Zurich, in Switzerland, reported in *Science* that at least three species of bumblebees use their mouth parts to snip little confetti bits out of plant foliage, and that the biting gets more widespread when there's a pollen shortage. Experiments show that mustard and tomato plants nibbled by *Bombus terrestris* bees bloomed earlier than unbitten plants by days or weeks. In a caged-bee test, bumblebees trapped with non-blooming plants were more likely to poke holes in foliage after three days without pollen than a bee group buzzing among plentiful flowers. When researchers switched the bees' situations, those trapped without blooms started nibbling leaves, too. Professor of Biology Dave Goulson, at the University of Sussex, in England, says, "I can imagine that hungry bees unable to find flowers might try biting leaves in desperation."

Cooling Towers

More Nuclear Reactors on the Way

The U.S. Department of Energy (DOE) is spending \$230 million this fiscal year to start building two new prototype nuclear reactors over the next seven years as part of an Advanced Reactor Demonstration Program. Both will be built in equal partnership with an industrial firm and could receive up to \$4 billion in funding from the DOE. Commercial nuclear generators supply 20 percent of U.S. electrical power and 50 percent of our carbon-free energy. The inventory comprises 96 reactors, down from 113 in the early 1990s. More reactors are slated to close, and the nuclear industry's share of the electricity supply is expected to fall, yet engineers continue to develop designs for reactors they say will be safer and more efficient. Proponents of nuclear power doubt the program will spur construction of new commercial reactors as long as natural gas and renewable energy remain relatively cheap. Robert Rosner, a physicist at the University of Chicago, says, "New builds can't compete with renewables."



Hot Topic

Tropical Forests Face Climate Change Risk

Tropical forests remove and absorb carbon from the atmosphere as they grow, and researchers estimate that despite current deforestation levels, they still hold more carbon than civilization has generated by burning coal, oil and natural gas over the past 30 years. But as trees stressed by heat and drought due to global warming die and release their carbon, their ability to act as reservoirs will diminish. A global team of more than 200 researchers led by tropical ecologist Oliver Phillips, of Leeds University, measured more than half a million trees in 813 forests in 24 countries to calculate how much carbon the different forests now store, based on the height, diameter and species of each tree. Their research, published in *Science*, also looked at how carbon storage varied from place to place using data from 590 long-term monitoring plots. If warming reaches 2° C above preindustrial levels, the study found huge swaths of the world's tropical forests will begin to lose more carbon than they accumulate. Already, the hottest forests in South America have reached that point.





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Healing, Teaching, Learning, Evolving

Likeminded Therapies Massage Clinic and School of Massage Tunes into the Healing Arts of Life

by Shanna Warner



When visitors ride the elevator up to the fourth floor of the Summit Building in Oklahoma City, they leave the noise, hustle and bustle of Northwest Expressway far below. Clients and students step out of that elevator and into the oasis that is Likeminded Therapies Massage Clinic and School of Massage. As they do, they enter a calm place where they refocus and turn away from the stress of the outside world.

Visitors should not make the mistake, though, of thinking of Likeminded Therapies as a spa. The instructors are quick to point out that it is, instead, a serene space dedicated to helping clients heal, and for teaching the next generation of compassionate healers.

The physical space at Likeminded Therapies is designed to create a positive vibe and gentle energy flow. Each area flows into the next—from the gong in the front reception room, to the peaceful teaching rooms of the school, to serenely decorated practice rooms for students and post-graduates and then into the individual client rooms. This is all part of the design and purpose of Likeminded Therapies. The public and private spaces are all arranged to focus on helping visitors, students and clients become centered and aligned with healing energies. The goal is to bring calm and comfort to clients, while being uplifting and energizing at the same time.

The Instructors

Instructors Jesse Cox, Rodrick Neher and Gebhart Parzer have a calm and comfortable working relationship, with each practitioner joining the others in what they envision as a “grand holistic purpose.” Cox explains, “Our working relationships exemplify the mind/body/spirit connection. I represent the spirit, Rodrick the mind and Geb the body.” With a shared multi-generational educational method, all are focused on the same type of solid principles. They practice therapeutic massage, which is designed to correct many types of problems that cause pain and discomfort, and, as teachers of the practice, their focus is passing on their art and craft of healing.

From the physical facility to the energy of the teachers, Likeminded Therapies is built on a solid foundation. That bedrock foundation begins with Parzer. He is an instructor, teacher, practitioner and mentor. He focuses entirely on building up the next generation of orthopedic/therapeutic massage therapists. He brings a dual nature to his instruction: While he is soft-spoken, he is also direct and precise, a result of his military and martial arts training. This crispness, however, is balanced by a compassionate, kind-hearted dedication to seekers and students.

Business partners Neher and Cox were trained by Parzer a decade ago. They directly credit his instruction and wisdom

for giving them the positive, healing foundations of their craft. They consider that solid foundation vital to teaching the healing art of therapeutic massage at their trade school.

Cox is also a guild-certified member and teaches the Feldenkrais Method of movement. Students learn to integrate movement as they focus on the fluidity of the energy of massage. Clients then benefit from therapeutic massage skillfully combined with these purposeful movements.

Neher has also received apprenticeship training in energy work and craniosacral therapy. He spent several years studying German New Medicine and is passionate about sharing this knowledge. “I intend to continue blending ancient and modern wisdom, pioneering new techniques for a new day and the next generation of practitioners.”

The School and Clinics

The School of Massage at Likeminded Therapies intends to lead students and clients into a deeper understanding of the body, the cause of symptoms and ways to help the body heal itself, both at the subconscious and conscious levels. Each teacher may have a different focus, but all are committed to training healers and helping them find their own paths. They bring different styles and approaches that vary with the needs of each client or student.

The practice maintains a constant state of learning, so it can constantly evolve, embracing students of the healing arts and of life.

The intellectual and mental focus of the school is dedicated to training those special healers that share the same basic, foundational mindset. When a student is like-minded, then they intuit and understand that health has many aspects. Like-minded Therapies focuses on four aspects of health and wellness: physical, emotional, mental and spiritual. The School of Massage teaches that health and healing is a continuous process of seeking balance between those four aspects.

In private practice, Likeminded Therapies Massage Clinic's clients come into alignment and focus on the natural healing methods that are best for their own bodies. A growing and diverse group of talented therapists offer many types of therapies, focusing on honing expertise in holistically integrated health models. To do this, the practice maintains a constant state of learning, so it can constantly evolve. Even as passionate teachers, they consider themselves students of the healing arts and of life, itself.

Committed teachers and humble practitioners, Parzer, Cox and Neher believe, "We are honor-bound to teach and offer the highest level of training for the next generation to build upon." Since each student will someday be a colleague, they want to make sure they pass along the skills necessary to continue building upon what they have learned. They consider their work with students "a sacred duty to not only pass the torch, but to make it brighter while we are at it."

Students are enrolling now in the Core Massage Therapy Program at Like-minded Therapies. The next session begins in mid-August.

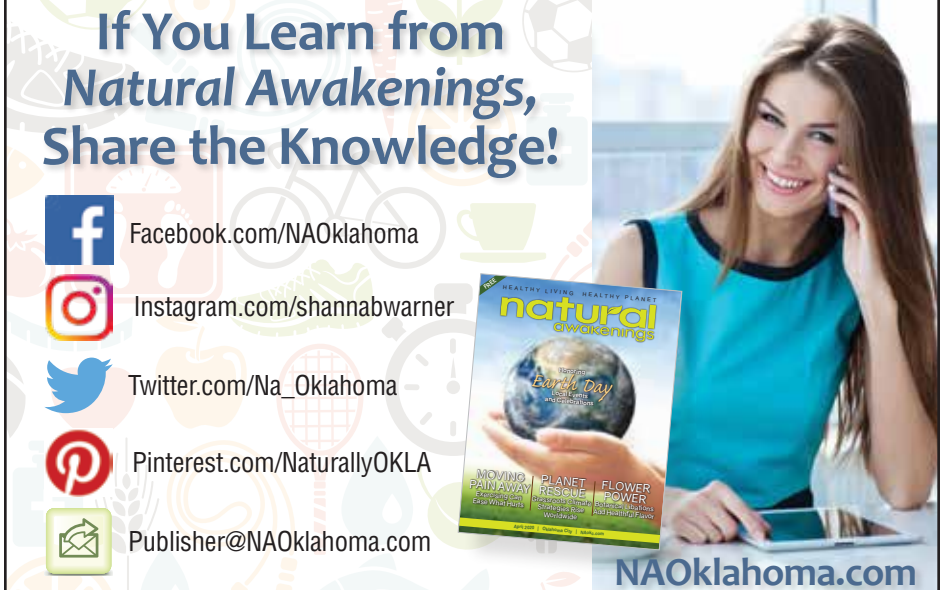
Location: 5929 N. May Ave., Ste. 408, Oklahoma City. For more information, call 405-664-2473, email Info@LikemindedTherapies.com or visit LikemindedTherapies.com. See listing, page 30.



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Love and compassion are necessities,
not luxuries. Without them humanity
cannot survive.
~Dalai Lama



WHOLE-BODY DENTISTRY

Biological Dentists Get to the Root Causes

by Linda Sechrist

While the majority of individuals may consider oral health as separate from overall health, the mouth and body are very much connected. Until the late 1970s, this was rarely acknowledged outside a circle of dental professionals, physicians and allied researchers involved in organizations such as the International Academy of Biological Dentistry and Medicine, The International Academy of Oral Medicine and Toxicology (IAOMT) and the Holistic Dental Association.

Dentists associated with these groups favor the use of preventive measures, a minimally invasive approach to dentistry and biocompatibility testing for all materi-

als used in oral health procedures. Their individualized methodology and systemic health method of addressing the root causes frequently includes nutrition and lifestyle, providing patients with a less-toxic and safe experience for their overall health.

An important newcomer to this area is the myofunctional treatment system used in orthodontics for children 5 to 15 years old. Research in this field now points to the real causes for crooked teeth and incorrect jaw development—mouth breathing, tongue thrusting, reverse swallowing and thumb sucking (known as incorrect myofunctional habits), in addition to allergies, asthma and an open-mouth posture.

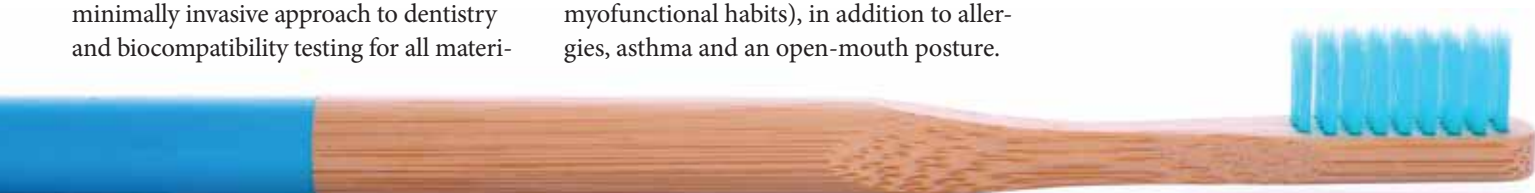
Early interventions beyond conventional solutions

Jean Marie Nordin, DDS, co-owner of Groton Wellness, in Groton, Massachusetts, added pediatric orthodontics to her practice after learning about early innovative interventions from her mentor, James Bronson, DDS, of Bronson Family Dentistry, in McLean, Virginia. “Our program for children involves a comprehensive evaluation on the first visit. We look at breathing habits, the way their tongue swallows and the function of the muscles. In medicine, we believe that form follows function; therefore, we observe what muscles around the mouth actually do when the individual swallows. It is really the way you breathe and swallow, as well as how the muscles work, that plays a significant role in where teeth end up and line up,” explains Nordin, who identifies problems in patients between 2 and 5 years old.

“We can start them on a removable Myobrace mouthpiece that can be worn at night and an hour during the day. The mouthpiece begins to change the way the tongue works, waking it up and strengthening it. If a child is born with the physiological problem of a tongue-tie that can’t swallow properly or get up onto the palate, that tongue will never expand the palate like it’s supposed to,” she clarifies.

For chronic mouth-breathers, the face grows long and narrow, which in the long term can cause cardiovascular disease. In the short term, it can cause anxiety, because the nitric oxide receptors located in the nose signal arteries and veins to relax. “A cardiologist knows about this phenomenon,” says Nordin, who notes that the dysfunction can be unwound before a child turns 9.

While early interceptive myofunctional orthodontic treatment methods such as Myobrace appliances have proven effective for children, there’s also good news for adults that suffer from breathing problems which cause sleep apnea, says





Nordin, who employs a myofunctional therapist. Orofacial myofunctional therapy is neuromuscular reeducation of the oral facial muscles via a series of exercises that work with the muscles of the lips, tongue, cheeks and other parts of the face.

Early intervention and role modeling

“Parents can begin playing a pivotal role in how their children care for their teeth, as well as how they feel and behave in the dentist’s office, as early as age 1. I encourage every mother to bring their child to an appointment. They can hold the child in their lap so they can watch me caring for mom’s teeth. Generally, by the time they are alone in my chair, they aren’t frightened,” advises Pentti Nupponen, a doctor of dental medicine and owner of the Halifax Center for Holistic & Cosmetic Dentistry, in Halifax, Pennsylvania.

Chris Kammer, a doctor of dental surgery and owner of Gums of Steel Oral Hygiene Transformation, in Middleton, Wisconsin, also suggests early interceptive treatments for young children. “Early treatments with removable appliances which expand the arch in the roof dome, influence bone growth and make room for incoming teeth can be performed by general dentists,” says Kammer, who notes that a proper diet may help prevent crowding of teeth, as well as malocclusion, or misalignment, of upper and lower teeth.

Gum and heart disease

Doctors practicing functional medicine are more likely to refer patients to biological and holistic dentists. Cardiologists are particularly aware of a 2014 *American Journal of Preventive Medicine* study in which researchers looked at individuals with gum and heart disease. Individuals

that received adequate care for gum disease had 10 to 40 percent lower cardiovascular care costs than those who didn’t get proper oral care. Another study revealed that gum disease increases an individual’s risk of heart disease by approximately 20 percent. Given such evidence, the American Dental Association and American Heart Association have acknowledged the relationship between the two diseases.

By neglecting important ongoing research regarding new and old dental practices, as well as orthodontics, mainstream media has largely left the public in the dark regarding problems associated with root canals, mercury amalgam fillings and some dental implants.

Root canals, tooth extractions and gum disease

Iveta Iontcheva-Barehmi, owner of Boston Dental Wellness, in Brookline, Massachusetts,



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takes a holistic and biological approach to dentistry founded on the philosophy that everything within the whole body is connected. "Teeth are related to organs, tissues and glands along the body's meridians, energy channels through which the life force flows," says the integrative periodontist, who prefers extracting teeth when necessary and using zirconium implants rather than performing a root canal.

Iontcheva-Barehmi explains, "It's logical that the connection between the meridians and teeth can indicate an individual's overall health and wellness. Tooth extractions protect patients from tooth-related disease and systemic infections that can be harmful to overall health. A failing root canal is a chronic abscess around the root of the tooth. It has a direct connection with the bloodstream and disseminates infection through the whole body. This is the reason why holistic dentists recommend extractions." She believes the best research on this was done by Weston Price, a Canadian dentist and pioneering nutritionist.

Treating gum disease

To treat gum disease, Amparo David, DMD, owner of Dentistry by Dr. David and the founder of the TMJ & Sleep Therapy Center of New England, in Bolton, Massachusetts, refers patients to the periodontist she keeps on staff. "I can tell that a patient has internal inflammation by looking at the gums and tongue. Gum disease has been linked to health problems such as diabetes, heart disease, stroke and premature births or low-birth weight babies," says David, whose preventive and healing suggestions for healthy gums includes chewable oral probiotics, daily coconut oil pulling, consisting of swishing a tablespoon of oil in the mouth for 15 to 20 minutes to reduce harmful bacteria there and on the teeth. She also recommends flossing with an electric toothbrush and a Waterpik. "I suggest adding one or two drops of tea tree oil and iodine to the water in the pick," notes David, who urges patients to eat less sugar and carbohydrates and more vegetables, proteins and fruits.

"We treat gums with ozone after a deep cleaning because it kills bacteria on contact. Patients maintain healthier gums using ozonated oils twice a day and by using a good toothpaste with no glycerine or fluoride," says David, who notes that temporomandibular mandibular joint (TMJ) problems are tied to sleep disorders. "Many adolescents have TMJ problems, and sometimes experience this after extraction or retraction orthodontics."

Despite the slow trickle of related information to the public and the lack of acknowledgement by the majority of dental professionals, these new philosophies and biological dental protocols are definitely improving overall health and wellness. According to the IAOMT, a dentist that chooses to put biocompatibility testing first can look forward to practicing effective dentistry while knowing that patients are being provided with the safest experience for their overall health.

Linda Sechrist is a senior staff writer for Natural Awakenings.

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Mustafa Santiago Ali on Healing America Through Social Justice

by Sandra Yeyati

Mustafa Santiago Ali has dedicated his career to fighting for environmental justice, public health, resource equity and political empowerment to uplift the most vulnerable communities in America. For 24 years, he served at the U.S. Environmental Protection Agency and is currently vice president of environmental justice, climate and community revitalization for the National Wildlife Federation. He is a renowned public speaker and has appeared on MSNBC, CNN, VICE TV, Black Entertainment Television, Democracy Now! and other networks.



Does the Black Lives Matter movement feel different than other moments in our history?

Yes. This is a transformational moment. So many different types of folks are coming together in large numbers, not just in our country, but across the planet, saying that change has to happen and we have to eliminate systemic racism and discrimination. They want the 21st century to look like the 21st century, and not something from the 1950s or the 1940s or even the 1960s.

How can we keep the momentum going?

By bringing all kinds of different folks together, building authentic coalitions that are rooted in change, harvesting the energy of this moment and making sure that the right types of legislation—whether at the federal, state, county or local level—are reflective of

what people are asking for. Then we focus on getting engaged in the civic process—voting.

Dr. King said, “I cannot pass legislation to make you love me, but I can pass legislation to stop you from lynching me.” When we fast forward that to today, we can pass legislation that addresses social ills, disparities and other egregious

types of behaviors. We can also make sure that our organizations are representative of what America looks like—in our hiring practices and on our boards—and make sure that our philanthropic organizations are moving in the right direction where they are helping to fund and support folks who are doing this transformative work. It really is a holistic set of actions.

How do you remain hopeful in light of America’s turbulent history?

I see many artists and entertainers who are getting engaged in an effective way, and they have the ability to reach so many folks. Even more critical are the thousands upon thousands of incredible young leaders who are pushing, willing to put their bodies on the line, creating their own organizations and investing their time to make real change happen.

I see people at the local and state level changing laws that have been entrenched for decades. I see organizations that would not normally see themselves in these types of conversations or actions saying, “You are right. I apologize for not being here sooner,

but we’re going to do everything we can now to stand in solidarity with this change that’s happening.” My hope is anchored in the fact that people are already doing the work and we’re seeing fruits from the seeds that people planted sometimes hundreds of years ago, but definitely decades ago.

What kind of justice are you fighting for?

We’re fighting for housing, transportation, economic and public health justice, and of course, the environment.

Which vulnerable communities are you fighting for?

I fight for communities of color. I fight for lower-wealth white communities. I fight for indigenous brothers and sisters. And I fight for the planet. I know that disproportionately, these are the communities that are often unseen and unheard, and I know if we can give voice to those communities, then it will benefit everyone. Social justice gives us the opportunity to make America whole—to be stronger and better, as we become anchored in real justice. We have to be focused on moving our most vulnerable communities from surviving to thriving.

What is your contribution to the National Wildlife Federation?

I sat down with President Collin O’Mara to have real conversations about what a 21st-century organization and their 6 million members would look like. I thought that if I could get 10 or 20 percent of those members to embrace environmental justice and to stand in solidarity with folks, then that could help the movement and make real change happen. The National Wildlife Federation board has just approved a full environmental justice analysis of all of its programs, policies, activities and budgeting decisions. No other organization in our country does that, and it sends a clear message to all the other organizations that are out there that these are the types of things you have to do to be a 21st-century organization.

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



Mindful Walking

Meditative Steps for Well-Being

by Marlaina Donato

The health benefits of walking, such as stress reduction, improved joint mobility, lower blood pressure and increased oxygen, are well known, but walking or hiking

with a meditative focus offers some other unexpected perks. Mindful walking that fosters focus on each step can combat depression, anxiety and unhealthy food cravings by boosting neurotransmitters. Studies from the University of Exeter, in England, reveal that chocolate cravings and consumption are reduced after just a 15-minute walk, and a German study found overweight people that walked briskly for 15 minutes had less desire for sugary snacks.

A 2016 study in *Complementary Therapies in Medicine* found that meditative walking for 30 minutes three times a week reduced arterial stiffness and the stress hormone cortisol in a 12-week period. Individuals with Type 2 diabetes also had healthier blood sugar levels. Further, the group that employed mindful walking exhibited significant improvement compared to the control group that engaged in regular, non-meditative walking.

Mindful Me-Time

Like seated meditation, meditative walking fosters mind-body awareness that can nourish the spirit. “Some of the world’s greatest artists, like Johann Sebastian Bach and William Blake, were well aware of this, and spent much time on long walks exploring their inner worlds,” says Reino Gevers, of Majorca, Spain. The author of *Deep Walking for Body, Mind and Soul*, he sees walking meditation as an invitation to tap into the bigger matrix of life. “Deep walking, also pilgrimage walking, is spending time alone in nature to walk off the things that are weighing heavy on your shoulders. These could be hurtful and



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traumatic events like the loss of a family member, divorce or financial loss. While practicing mindful walking, there is a reconnection to the natural rhythm of life.”

Meditative walking calms the amygdala, the portion of the brain that can become hyper-reactive from trauma and keep us in the loop of anxiety. Introduced to meditative walking by a spiritual teacher, Carolyn Sinclair, in Houston, found deep healing from depression after a devastating divorce. “Even though I knew tai chi, qigong and sitting meditation, I couldn’t lift my head off the pillow, couldn’t sleep and wasn’t eating,” says Sinclair, who relinquished all medications after six months of taking mindful steps. Today, she blogs at *Walking-Meditation.com* and attributes her capacity to feel joy and her improved emotional resilience to the practice. “We cannot stay in sitting meditation all day long, and life will always throw us a curve ball,” she says. “Walking meditation allows us to be in the world, but not attached to the chaos and drama. This form of meditation helps train the mind to reside in the present moment during our everyday activities.”

Resetting Body and Soul

Going for a mindful walk can cultivate sensory nuance, especially to changing angles of sunlight and the dance of turning seasons. Psychologist Hugh O’Donovan, in Cork, Ireland, the author of *Mindful Walking: Walk Your Way to Mental and Physical Well-Being*, says, “The body is a powerful instrument

of connection. It appears too simple, but this is a necessary aspect of mindful walking for the beginner right through to the more experienced practitioner. It is in this slowing down that you begin to notice.” In 2015, he traversed the entire length of his native country and was reminded, he says, that “In this mindful walking space, the world can come alive at every sensory level. You can see the colors, the textures, the contrasts, the shade, the magic.”

Gevers concurs, “There is a major difference in just walking for exercise and deep walking. When you do mindful walking, you open your senses to the world around you. What do you smell, hear and feel?”

Buddha Steps

Mindful walking begins with communing with each step, heel-to-toe, on Mother Earth. “The beauty of walking meditation is that once it becomes a habit, we can bring it everywhere, naturally,” emphasizes Sinclair.

O’Donovan, whose mantra is, “Show up, slow down and notice”, inspires us all when he says, “You might think, ‘I’ve seen grass a million times; I know grass,’ but this limits the possibility to know in a deeper way. Grass is not just grass when you walk mindfully.”

Marlaina Donato is a composer and body-mind-spirit author. Connect at AutumnEmbersMusic.com.

Tips on Meditative Walking

From Carolyn Sinclair:

- Find a safe, quiet place to walk. A park, your yard, in nature is best, but you can even choose a mall before the stores open.
- Set aside a specific amount of time to walk and start with 10- or 15-minute increments.
- Wear shoes and set your gaze about 12 to 15 feet angled toward the ground in front of you. Relax. Keep arms and shoulders loose; head and neck in alignment.
- Observe the smell of the earth, flowers and trees. Feel the moisture in the air and how it effects your skin; recognize the temperature. Notice how you maintain balance as you walk; how a rock and uneven surfaces feel underfoot.
- Notice any tension without trying to change it—just observe and avoid analyzing, comparing or editing.
- Experience the sensation of feeling the soles of the feet as each foot touches the ground. One shouldn’t be fooled by its simplicity. The mind will always wander; consequently, it’s not necessary to try to stop the mind from thinking. All that is needed is to bring attention back to feeling the soles of the feet, again and again. They contain energy meridian lines and

acupuncture and chakra points that communicate energetically to every cell and every organ of the body.

- Avoid headphones or music whenever possible. With mindfulness, you will be tapping into the music of your sole/soul and experience peace and tranquility.
- If you don’t have time to go out, practice in the living room, going slowly in a clockwise direction, or walk down a hallway in your home or office.
- Something miraculous happens when we bring our awareness to the feet. This is one of the deepest secrets of the Buddha. Bring your awareness to the soles of your feet when grocery shopping or when you are standing in line at the bank. Always bring your awareness to the soles of your feet, even when sitting at a desk or waiting in the doctor’s office.

From Reino Gevers:

- Start with a short 10- to 15-minute walk and do it every day of every week. You will soon begin to notice the positive effects on body and mind. If you put yourself under pressure by wanting to do too much too soon, you will inevitably fail and get frustrated. It’s a small change in one’s daily habit that has an enormous positive impact.



No-Waste Garden Edibles

Ways to Maximize Your Garden's Bounty

by April Thompson

Most gardens are loaded with delicious, nutritious food that goes uneaten and overlooked, from edible greens like sweet potato leaves to flavorful flowers like tulips, marigolds and wisteria. Getting better acquainted with the edible parts of common backyard plants opens up a world of culinary possibilities. With continued concerns around potential exposure to COVID-19, maximizing a garden's bounty while minimizing trips to the grocery store is an added benefit.

"Food foraged from your backyard is fresher, tastier and cheaper than store-bought food," says Ellen Zachos, the Santa Fe author of *Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat*. "There is also the novelty factor. People don't expect to be served a BBQ sauce made from crabapples or a curd made with flowering quince fruit. You simply can't buy those flavors."

Many plants and trees commonly thought of as being ornamental have edible parts. Hostas are a common one that Zachos loves to nibble on as much as the deer do. "You can harvest at a couple stages: First, when spears are poking up and the leaves have not unfurled. A little later in the season, you can blanch them and put in a stir fry or quiche, or roast them as you would asparagus," explains Zachos.

Roses are another multipurpose ornamental, with organically grown rose petals making aromatic additions to sweet or spicy

treats. Leaving the roses to decay after the first frost rather than dead-heading them yields rose hips rich in vitamin C for teas and jams.

Tip-to-Root Eating

Several common vegetables are edible from leaf to root, including broccoli, beets, chard and radishes, says Josh Singer, a garden specialist with the U.S. Department of Parks and Recreation, in Washington, D.C., who teaches classes on "alternative edibles" from the garden. "One of my favorite recipes is a hummus made with chard stalks in place of chickpeas. It's so creamy and delicious."

Singer also cites borage, passionflower and squash flowers as favorite floral foods. "Unfortunately, it does mean making a hard choice between having beautiful flowers in your garden and eating them," he adds. "It can also mean the plant not producing fruit or vegetables, but you can hand-pollinate female flowers in the case of squash and just use the male flowers for cooking. They make delicious fritters."

Marie Viljoen, author of *Forage, Harvest, Feast: A Wild-Inspired Cuisine* cookbook, has one tip for daylilies (*Hemerocallis fulva*) that overaggressively multiply: eat them. "Daylilies are nose-to-tail eating: their tender, cooked shoots are as melt-in-your-mouth as leeks, and their firm, underground tubers are delicious snacks, raw or cooked. I like to roast them with olive oil, like mini-home fries," says the New York

City forager, instructor and chef. "Their buds are juicy snacks and their open, fresh flowers are edible—and stunning in a salad—but so are the older, dried flowers, the so-called 'golden needles' that one can sometimes find in Chinese stores." Viljoen cautions that a small percentage of people have a bad reaction to daylilies, and they should be eaten in moderation, especially when trying them for the first time.

Lindsay-Jean Hard, a food writer in Ann Arbor, Michigan, and author of *Cooking with Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*, points out some common fruits with edible greens. Strawberry greens can be used to make a pesto or flavor water. Tomato leaves can flavor a tomato sauce (sparingly, as they pack a strong taste)—a tip found in Harold McGee's *On Food and Cooking: The Science and Lore of the Kitchen*.

Carrot tops and celery leaves also make great pesto, says Tama Matsuoka Wong, a New Jersey forager, chef and author of *Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market*. While pea shoots have gotten to be a trendy item on many menus, Wong says they have long been an off-menu item at Chinese restaurants. "You won't find it on the menu, but Chinese people eat pea shoots instead of beans all winter long, often stir fried with sesame oil, garlic and bamboo shoots."

Many scrappy cooks know to use garden produce that fails to ripen before the season ends or bolts too soon. Singer uses unripe tomatoes to make green tomato chili, muffins and bread, whereas Hard likes working with flowers from bolted herbs and greens, including arugula, basil, chives, chervil, kale, sage, rosemary and others. "I mainly use them as garnishes, but every year, I make a batch of chive blossom vinegar," she says.

Leaving a plant like cilantro to bolt and flower not only feeds pollinators, but also provides free spices at the season's end, says Singer. Simply let cilantro dry on the stalk, then gather the seed pods for home-harvested coriander seeds. Letting annuals go to seed (and saving the seeds) provides the start for next year's food plot.

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

Flower-ful Feasts



Kale Stem Hummus

Yields: 6-8 servings

1 cup dried chickpeas
1 tsp baking soda
Stems from 1 bunch kale
3 garlic cloves, minced
 $\frac{2}{3}$ cup tahini
1 tsp fine-grain sea salt
 $\frac{2}{3}$ cup freshly squeezed lemon juice
Ice water
Extra-virgin olive oil for serving

The night before making the hummus, put the chickpeas in a large bowl, cover them with at least twice their volume of water and leave to soak overnight at room temperature.

The next day, drain and rinse the chickpeas. Put them, along with the baking soda, in a medium-size pot over high heat. Stir constantly for about 3 minutes.

Add 6 to 8 cups water until the chickpeas are covered by a few inches, and bring to a boil. Reduce the heat to medium, cover the pot and simmer until the chickpeas are very tender—45 to 60 minutes—checking on them occasionally to skim off any foam on the surface.

Skim off any chickpea skins that float up as well, but there's no need to try to remove the skins if they don't come off. They were softened by the baking soda and will blend smoothly into the hummus.

Meanwhile, fill another medium-size pot with water and bring to a boil. Add the kale stems and cook until they are very tender, 30 to 45 minutes. Drain them.

Blend the kale stems, garlic and tahini in a food processor, scraping down the sides as necessary until well blended.

Once the chickpeas are cooked, drain them, add them to the kale stem mixture in the food processor along with the salt and lemon juice, and process until smooth.

Add 2 tablespoons of ice water and process until the hummus is very smooth and creamy, about 5 minutes. Add up to 2 additional tablespoons, one at a time, and process again as necessary.

To serve, spoon into a shallow bowl and drizzle with olive oil.

Note: The hummus can be stored in the refrigerator for 3 to 5 days or frozen for up to 3 months. After thawing frozen hummus, we might need to adjust the seasoning—taste and add salt and lemon juice as necessary. Also, try this hummus with other scraps like Swiss chard stalks or cauliflower cores. Follow the same cooking method as outlined, boiling until very tender, 15 to 30 minutes.

Recipe courtesy of Cooking with Scraps, by Lindsay-Jean Hard.

Daylily Salad

This strikingly beautiful salad marries the sweet crunch of pea pods with crisp orange daylily petals and creamy cheese. Eat the flowers in moderation.

6 daylily flowers (*Hemerocallis fulva*)
2 cups snap peas or fresh garden peas in pods
2 Tbsp soft goat cheese (can substitute vegan cheese or leave out for a vegan version)
2 tsp toasted sesame oil
1 Tbsp aged balsamic vinegar
2 field garlic flower heads, separated

With a sharp knife, slit some of the flowers down the middle. (Remove the anthers and the pistil if following traditional Chinese preparation.) Top and tail the peapods if they have strings. Split half of them down the middle to expose the peas.

Arrange the peas and flowers on a plate. If using cheese, crumble and scatter across the salad. At this point, the salad can be covered and chilled to make it ahead of time.

To serve, drizzle first the sesame oil, then the soy and balsamic vinegar, across the top. Finish with the field garlic flowers. Serve within 10 minutes.

Recipe and photo courtesy of Forage, Harvest, Feast: A Wild-Inspired Cuisine by Marie Viljoen, (Chelsea Green Publishing).



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THE UPSIDE OF LOCKDOWNS

Air Gets Cleaner Around the Globe

by Kimberly B. Whittle

Around the world, the COVID-19 pandemic has changed the way millions of people live their day-to-day lives, but despite their dire consequences, government-mandated lockdowns have had an unintended positive consequence: cleaner air.

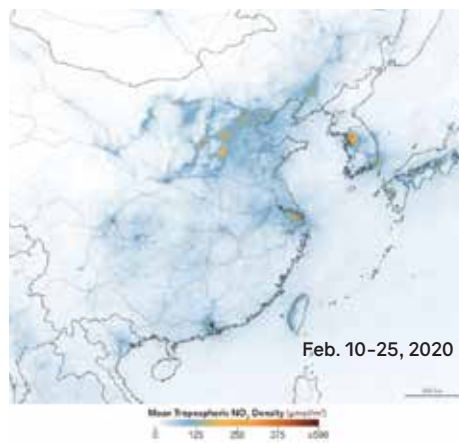
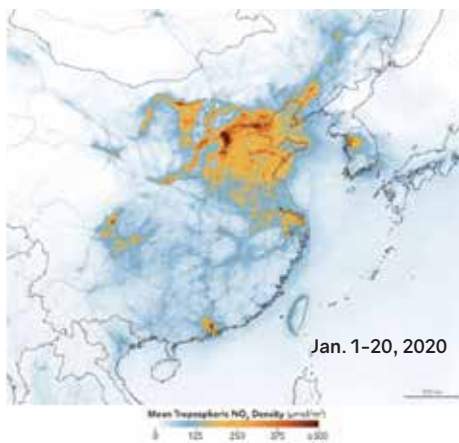
In China, as major cities shuttered factories and reduced transportation earlier this year, experts found that carbon emissions dropped by about 100 million tons over a two-week period. Scientists at the Royal Belgian Institute for Space Aeronomy, in Brussels, are using satellite measurements of air quality to estimate the changes in nitrogen dioxide (NO₂)—a pollutant emitted into the air when fossil fuels are burned—over the major epicenters of the outbreak. Their research shows that NO₂ pollution over Chinese cities decreased by an average of 40 percent during the lockdown compared to the same period in 2019.

Across the United Kingdom, the reduction in traffic and industry similarly impacted the climate. Within the first six weeks of lockdowns, in London, Birmingham,

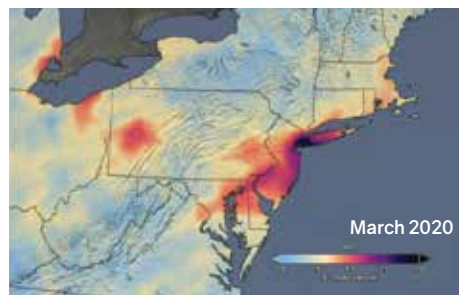
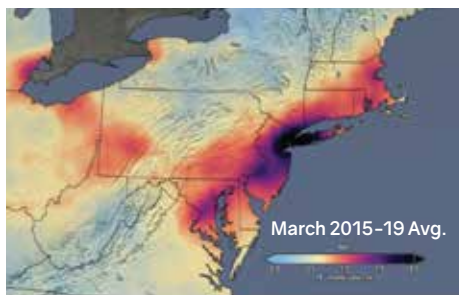
Bristol and Cardiff, NO₂ and fine particulate pollutant levels dropped by a third to half, with large declines recorded in other cities. These are the two air pollutants that have the biggest health impacts on people, says James Lee, professor of atmospheric chemistry at the University of York and research fellow at the National Centre for Atmospheric Science.

The U.S. has been part of these trends, as well. In Los Angeles, known for its smog, the air quality index improved by about 20 percent during March. According to Yifang Zhu, a professor at the University of California (UC) Los Angeles Fielding School of Public Health, during March, the region recorded the longest stretch of “good” air quality that it has experienced for 25 years.

NASA has observed significant air quality improvements in other parts of the U.S., as well. Satellite data for March showed that the mid-Atlantic and Northeast regions had the lowest monthly atmospheric levels of NO₂ that month since 2005. Data on NO₂ from the Aura Ozone Monitoring Instrument over the Northeast in March indicated that levels of the



Stevens, J. NASA Earth Observatory (2020, January/February)
Airborne Nitrogen Dioxide Plummets Over China



Schindler, T. L. NASA's Scientific Visualization Studio (2015-2020, March)

pollutant in March of this year were about 30 percent lower on average across the region of the I-95 corridor from Washington, D.C., to Boston than the mean of the previous five years.

Another immediate benefit of the reduction in pollutants is their effect on the pandemic itself. Public health experts agree people that have higher long-term exposure to fine particulate pollution have a 15 percent greater likelihood of dying from COVID-19. They attribute this to the lung damage caused over time by air pollution, combined with the fact that the virus targets the lungs and increases the risk of pneumonia.

Experts warn, however, that the cleaner air is likely to be temporary if we return to pre-COVID-19 levels of travel and industry. Although we have seen a dramatic reduction in greenhouse gas emissions, carbon dioxide (CO₂) levels—another important contributor to global warming—have continued to rise. “The crisis has slowed emissions, but not enough to show up perceptibly [in CO₂ levels everywhere]. What will matter much more is the trajectory we take

coming out of this situation,” geochemist Ralph Keeling, who directs the Scripps Institution of Oceanography’s CO₂ monitoring program at UC San Diego, told *The Washington Post*. But it’s possible that if people start expecting and demanding the cleaner air we have been enjoying during the pandemic, the coronavirus shutdowns could lead us to embrace new ways of living and working.

Scientists worldwide have emphasized that most of the air quality improvement is due to a reduction in traffic. Ed Avol, a professor of clinical preventive medicine at the University of Southern California, told *Forbes* that telecommuting is here to stay. “Telecommuting from home for those who can, even just for a couple of days a week, can have a marked reduction in terms of emissions.”

Kimberly B. Whittle is the founder and CEO of KnoWEwell.com, a community and marketplace platform committed to rigorous, evidenced-based research that empowers healthier living. To learn more, visit KnoWEwell.com or see ad on page 2.

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healing ways



Coran Bogicevic/Shutterstock.com

HEALING WATERS

Hot Baths Rejuvenate Body and Mind

by Marlaina Donato

Down to our very cells, water is the foundation of life. In the ancient Greco-Roman world, bathing in hot mineral springs and cool saltwater was a common ritual for better health, and spaces dedicated to baths were considered sacred. Stepping into a warm tub harkens back to the safety of the womb while offering abundant health benefits. Opting for a bath instead of a shower can not only help minimize headaches, insomnia, menstrual cramps, depression and chronic pain, but soothe a burnt-out nervous system. It can also enliven stagnant blood and lymphatic fluids, enabling metabolic waste to be carried out of the body through perspiration.

“Hydrotherapy is used in many natural health systems for a wide variety of ailments from inflammation to nervous system dysfunction and skin conditions. Whether you have access to a bathtub or not, there are many ways you can apply these traditional practices to your own self-care routine,” says Marlene Adelman, herbalist and founder of the Herbal Academy, in Bedford, Massachusetts.

Whether we step into a full-body tub or a foot basin, water is a balm for the modern spirit bogged down by information overload and world events. “Taking time away in the sanctuary of warm water allows us to slip into a different state of mind and to release the energetic armor we

defend ourselves with, as well as recuperate and heal internally,” says Kiva Rose Hardin, herbalist and co-editor of *Plant Healer* magazine, in New Mexico.

Insulin Sensitivity, Pain and Depression

A good bath can lower chronic systemic inflammation associated with osteoarthritis, rheumatoid arthritis and fibromyalgia. It can also impact how the body uses insulin. A 2018 study published in the *Journal of Applied Physiology* shows that immersion in hot water counters low-grade inflammation and increases glucose metabolism in individuals unable to exercise.

Hot baths relax muscles by promoting blood circulation through the tissues and prompting the nervous system into a calming parasympathetic mode. Cold-water soaks—preferably in the morning—provide perks that include boosting immunity and increasing depression-zapping endorphins such as dopamine.

A Handful of Nature

The skin is our largest organ, and what we put into the bath affects us from the outside-in. Bentonite clay for detoxing and Dead Sea salts for pain are great choices. Studies going back to the 1990s show significant, lasting effects of Dead

Sea salts on those with osteoarthritis of the knee, as well as rheumatoid arthritis.

Fortifying the bath with Epsom salts, evaporated sea salt or Himalayan pink salt is highly beneficial. “Himalayan salt has 84 valuable trace minerals, including potassium, magnesium and sodium. It draws out toxins, cleanses the skin and helps cleanse the body energetically,” says Hellen Yuan, founder of the bath product company Hellen, in Brooklyn.

Adding bundles of fresh or dried herbs or snipping them into sachets can strengthen immune response and provide a welcome antidote to work-related stress. “Aromatic herbs and essential oils are inhaled through our olfactory system and make a beeline to our brains, signaling that it’s time to relax or feel energized,” says Adelman, who emphasizes practical common sense. “Although flowers and leaves floating in the tub make for lovely social media posts, most household plumbing cannot handle big, bulky plant material. The simplest way to add herbs to a bath is by making a super-concentrated tea.” Hardin concurs, recommending fresh or dried lavender, flowering goldenrod tops, holy basil leaves (*tulsi*, *Ocimum tenuiflorum*) or calendula blossoms.

Sacred Waters

Baths are good medicine for both genders. “Men carry so much stress in their bodies and typically hold in a lot of tension. A good bath brew eases the muscles and replenishes the mind and soul,” says Yuan.

Bathing can be the ultimate sacred offering to the body. From her wood-fired outdoor tub at the edge of a starlit mesa, Hardin advises, “Efforts need not be expensive or time-consuming. Just focused intent will inherently return a sufficient degree of sensuality, magic and beauty to the bath.”

Marlaina Donato is the author of Multidimensional Aromatherapy. Connect at AutumnEmbersMusic.com.

Essential Oils and Safety Tips

From Hellen Yuan: Foot baths are a great alternative to a full-body bath because of the 72,000-plus nerve endings in our feet and the six acupuncture meridians points.

From Marlene Adelman:

Essential oils should always be properly diluted and dispersed in oil, thick aloe vera leaf gel, Castile soap or a dispersing agent such as Solubol. Water, alcohol and hydrosol are not safe carriers, as they do not disperse the essential oils.

For aromatherapy bath salts, dilute essential oils in a small amount of oil before stirring into the salt. For nut allergies, avoid almond oil.

Nourishing Additions Add Zing to Bath Waters

Organic apple cider vinegar: 1 cup to a bath to balance skin pH levels, combat yeast infections and soothe sunburn

Himalayan salt: ½ cup to bath water for acne, eczema and psoriasis

Dead Sea salts or sea salt: ½ cup to bath water for psoriasis and arthritis pain

Chamomile flowers or organic, dried rose petals: 1 extra-strong cup to bath water for relaxation and better sleep or use herbs gathered in a muslin bag or sock and steep in the bath

Ginger: ½ cup shredded fresh ginger or 1 teaspoon ginger powder to bath water for increasing the body’s chi, boosting immunity and relieving pain. Follow-up with a shower to rinse off perspiration (contraindicated in the presence of high blood pressure, diabetes or a history of heart disease)

Epsom salts: ½ cup added to the bath to fortify magnesium and boost serotonin, which can increase energy and stamina, decrease irritability and adrenaline, lower blood pressure, increase concentration and improve sleeping habits

Essential oils: 5 to 7 drops mixed well into bath salts—lavender (for nervous system support), eucalyptus or tea tree (congestion, colds, flu), geranium (adrenal and reproductive hormonal support), pine or fir needle (adrenal and nervous system support)

Marlene Adelman’s Go-to Bath Recipes:

Herbal Bath De-Stress Tea

¼ cup lemon balm leaves
¼ cup chamomile flowers
¼ cup peppermint leaves
¼ cup rose petals

Combine herbs together in a 2-quart jar. Pour 2 quarts boiling water over herbs and let steep for 15 minutes. Strain tea and discard or compost herbs. Pour tea into bath and enjoy.

Herbal Bath Salts

2 cups Epsom salt
1 cup sea salt
½ cup baking soda
2 Tbsp carrier oil
20 drops lavender essential oil

Put salts and baking soda in a bowl and combine thoroughly. Combine essential oil with carrier oil in a small bowl. Add essential oil mixture to salt mixture. Store in a glass jar for 6 to 12 months. Use 1 to 2 cups per bath.



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How Awe Can Transform Our Lives

by Jonah Paquette

What do you feel when you gaze up at the night sky, listen to a soul-stirring piece of music or witness an act of great courage or inspiration? What happens in your body, and what emotions arise, when you come face-to-face with these sorts of moments? This feeling—often complete with goosebumps and a shiver down the spine—is known as awe. And as it turns out, this underappreciated and often misunderstood emotion just might hold the key to a happy, meaningful and healthy life.

Although we might think of awe as a rare experience, awe-inspiring moments are all around us. We don't have to climb to the summit of Mount Everest or stand atop the Eiffel Tower to reap the many benefits of awe. Instead, we can learn to notice the changing colors of the leaves, truly see the joy in a child's eyes or allow ourselves to be uplifted by the kindness of a stranger. When we do, it not only feels good in the moment—it actually can change life in lasting and profound ways. In fact, cutting-edge research has shown that awe holds many benefits, ranging from improved mental health, stronger immune systems, increased compassion, strengthened social bonds and much more. In short, the moments that make us go, "Wow!" can be the very moments that lastingly change our lives for the better.

Here are some ways we can find more awe in our daily life:

Seek out nature: Connect to the natural world, even by just visiting a local park, and notice the beauty all around.

Appreciate the good: Slow down and appreciate the small stuff—the aroma of morning coffee, time with loved ones, having a roof over our heads or even just the breath.

Look for inspiration: The current challenges around the world have also shown some of the best of humanity. Spend time learning about the people making a difference and experience a sense of awe through their courage.

Expand the mind: Learning about mind-expanding topics like astronomy, the human brain or anything else that captures the imagination can be a great way to harness a feeling of awe.

Foster connection: The next time we're with the people we love, take a moment to appreciate how awe-inspiring it is to have the capacity to love and forge bonds the way that we do.

*Jonah Paquette is a psychologist, author and international speaker specializing in the science of happiness and well-being. His newest book, *Awestruck*, explores how moments of awe and wonder can transform our lives. For more information, visit JonahPaquette.com.*

SEPTEMBER

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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.

SATURDAY, AUGUST 1

2 Hip Chicks Roadshow – Claremore – 9am. Dozens of vendors and one-of-a-kind items. This traveling vendor show will feature vintage and shabby chic items for home and self. Shop row after row of clothing, home decor, party items, vintage treasures, antiques and gifts. Free. Claremore Expo Center, 400 Veterans Pkwy, Claremore. 612-888-3002. TwoHipChicksRoadShow.com.

The Internet Cat Video Festival – 7-11pm. A raucous, 75-minute romp through the internet's finest cat video offerings and the shared hilarity with thousands of cat lovers. Film starts at 9pm. At 7pm, participants can put on whiskers and cat ears and enjoy pre-screening festivities, complete with food trucks, live music, drink and more. Free. Myriad Botanical Gardens, The Devon Lawn and Band Shell, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

WEDNESDAY, AUGUST 5

Free Sonic Summer Movie Night – 8-11pm. Bring lawn chairs or blankets and enjoy offerings from a variety of local food trucks and vendors. Movie begins at sundown. This year the movies will be screened at Scissortail Park's great lawn to allow for better social distancing due to COVID-19. Free. 300 SW 7th St, OKC. 405-445-7080. ScissortailPark.org.

THURSDAY, AUGUST 6

Music from Hearts of Space – 9-10pm. A National Public Radio program featuring ambient and ethereal sounds to soothe and calm. Bring a blanket and relax while enjoying the beauty of nature and a sense of peace and togetherness. Free. Myriad Botanical Gardens, The Devon Lawn, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

SATURDAY, AUGUST 8

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

THURSDAY, AUGUST 13

Music from Hearts of Space – 9-10pm. A National Public Radio program featuring ambient and ethereal sounds to soothe and calm. Bring a blanket and relax while enjoying the beauty of nature and a sense of peace and togetherness. Free. Myriad Botanical Gardens, The Devon Lawn, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

FRIDAY, AUGUST 14

Live From The Lawn Concert Series – 7:30pm. Live music with the Scott Mulvahill Trio on the 4.4-acre great lawn, providing ample space to enjoy a free concert while practicing social distancing. Local, regional and national artists and musicians will perform on the Love's Travel Stops Stage & Great Lawn. Free. Scissortail Park, 300 SW 7th St, OKC. 405-445-7080. ScissortailPark.org.

SATURDAY, AUGUST 15

Will Rogers/Wiley Post Fly-In National Day of Remembrance – 7:30am-1:30pm. Come watch more than 100 small planes land at the Will Rogers Birthplace Ranch on the anniversary of Will Rogers' and Wiley Posts' Alaska plane crash. Meet pilots who land on the 2,000-ft grass airstrip located east of Oologah and bordering Oologah Lake. This action-packed event celebrates Will Rogers and Wiley Post's many contributions to aviation. Free. Will Rogers Birthplace Ranch, 9501 E 380 Rd, Oologah. WillRogers.com.

Riverside Rib Festival – 4-10pm. A day of cooking, chilling and chowing down with some of the best food vendors around. Enjoy more than just ribs. Local vendors will be serving up and selling their unique spin on BBQ-inspired dishes and small plates. Live music, spirits, brew and mouth-watering barbeque; there's something for everyone. Free. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

WEDNESDAY, AUGUST 19

Heal Your Binge Eating and Lifelong Dieting – 6-7pm. This ONLINE event is for anyone that feels out of control with food and that struggles with binge eating, overeating, emotional eating, food obsessions, yo-yo dieting or former eating disorders. Free. Register at EventBrite.com/e/85342980151.

THURSDAY, AUGUST 20

Zumba Classes – 7-8pm. Grab workout clothes, comfortable shoes and water. This class combines Latin and international music with a fun and effective workout system. Free. Myriad Botanical Gardens, Devon Lawn, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

SATURDAY, AUGUST 22

Move, Groove, & Gather! Story Time & Drop-In Play – 9:30am-noon. Drum up some fun with family. Musical story time followed by an interactive drumming session and an introduction to making a melody. Learn about the history of percussion instruments, how to play various drums like the Djembe, how drums are a form of communication and practice drumming with a drum circle. Make a Kazoo to take home as a memento. Free. The Gathering Place, OneOk Boathouse, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.



Oxley Botany Walk – 10:30am-noon. Come explore the Flora and Fauna of Oxley Nature Center. There are nearly nine miles of trails. Wheelchairs and strollers are welcome. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

BBQ, Beer & Bourbon Festival Choctaw – Noon-9pm. Well-renowned barbecue competitors from all over the nation will come together to decide who the best BBQ smoker is in the city. Featuring amazing and award-winning BBQ competitors, beer and alcohol vendors (for ages 21+), inflatables and games for kids, live music, a corn hole tournament and a horseshoe tournament. Free. Choctaw Creek Park, 2500 N Choctaw Rd, Choctaw. 405-390-8198. MyChoctaw.org.

TUESDAY, AUGUST 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.

WEDNESDAY, AUGUST 26

Payne County Free Fair – Aug 26-28, 8am-10pm. This free fair in Stillwater features livestock shows, a wide variety of agricultural exhibits, a carnival and so much more. Bring family to ride the Ferris wheel in the carnival, then watch the horse show or other livestock events. Free. Payne County Expo Center, 4518 Expo Circle E, Stillwater. 405-377-1275. PcExpoCenter.com.

FRIDAY, AUGUST 28

Live From The Lawn Concert Series – 7:30pm. Live music with the Jeremy Thomas Quartet on the 4.4-acre great lawn providing ample space to enjoy a free concert while practicing social distancing. Local, regional and national artists and musicians will perform on the Love's Travel Stops Stage & Great Lawn. Free. Scissortail Park, 300 SW 7th St, OKC. 405-445-7080. ScissortailPark.org.

SATURDAY, AUGUST 29

Maker Faire Tulsa – 10am-5pm. Experience a day of creativity at the award-winning, family-friendly Maker Faire Tulsa. In celebration of technology, education, science, arts, crafts, engineering, food, sustainability and making of all kinds, over 150 "makers" and inventors will fill space with amazing projects and ideas. Free. Exchange Center at Expo Square, 4145 E 21st St, Tulsa. 918-779-6025. Tulsa.MakerFaire.com.

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.

tuesday

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

wednesday

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

Plan for Tomorrow, Today Workshop – 10am. 4th Wed. Senior Living and Care Options. As we age or experience our parent's aging, we hear terms we don't understand, and we seek services that are confusing to us. St Paul's Senior Services strives to make a senior living and the idea of living in a nursing home less stressful through their Educational Series. Free. Tulsa City County Library, 400 Civic Center, Tulsa. 918-549-7323. StPaulSeniors.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 7:30pmish. Free. Ice Event Center Sports Bar and Grill, 1148 NE 36th St, OKC. 323-346-8683. [Facebook.com/events/209553842825723](https://www.facebook.com/events/209553842825723).

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



thursday

Second Thursday Art Walk – 5-7pm. 2nd Thu. Head over to the Kendall Whittier area to see local art displayed in business windows. Enjoy art drops and a Kendall Whittier Walls giveaway. Twelve artists are participating with art in the windows. Keep a safe distance (look for the chalk lines) and wear masks 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.

NAMI Family Support Group – 6:30-8pm. 1st Thu. Confidential and safe groups for families helping other families that live with mental health challenges. 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. All Souls Unitarian Church, 2952 S Peoria Ave, Rm 119, Tulsa. 918-743-9124. NamiOklahoma.org.

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 – 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. Walker Arts District of Downtown Norman. 405-360-1162. 2ndFridayNorman.com.

classifieds

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OPPORTUNITIES

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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

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://www.facebook.com/CruiseInForCoffee).

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

See You Saturday/Innovation – 10am-5pm. 2nd Sat. Visit the Museum for uniquely themed programming. Be inspired each month with interactive experiences and meet new Hall of Fame heroes. All ages. Free. Oklahoma Hall of Fame at the Gaylord-Pickens Museum, 1400 Classen Dr, OKC. 405-235-4458. OklahomaHof.com.

Guided Walking Tour – 10am. Last Sat. Educational walking tours to expand knowledge of Oklahoma plants and inspire home gardeners. Each month will feature different plants from the Gardens' outdoor collection. Free. Myriad Botanical Gardens, South Lobby, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

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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 11.*

THE NATURAL VET

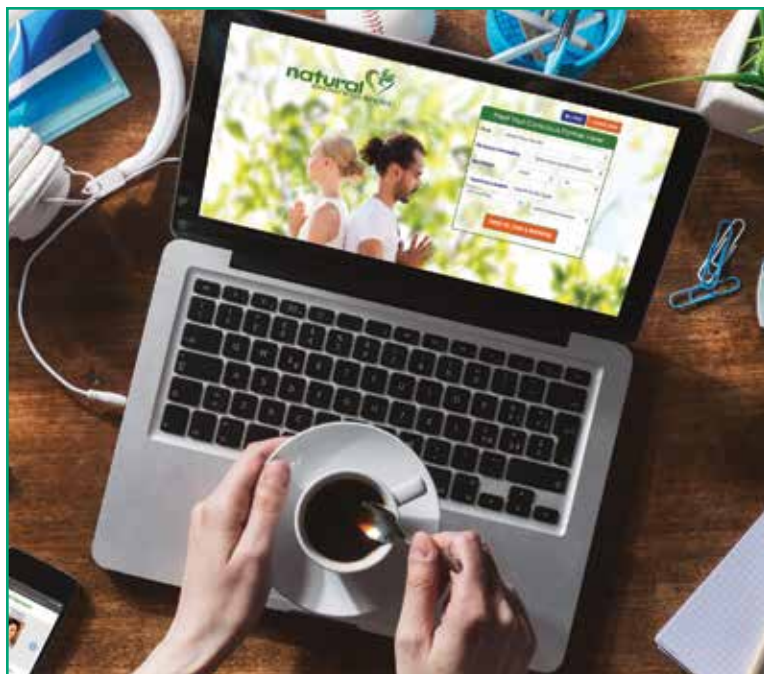
Brad Roach, DVM, CVA
Serving OKC, Del City & Shawnee
405-456-9508, 405-275-9355
BradRoachDVM.com
BestFriendsAnimalClinic.vet



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.*

Study nature,
love nature,
stay close to
nature. It will
never fail you.

~Frank Lloyd Wright



Having someone to
talk to can make a
world of difference

Video meetings, virtual happy hours, online game nights and group streaming viewings. Current times are changing how we date, and humans are immensely adaptable when it comes to companionship. **Join the largest holistic, conscious, spiritual and green network dating site online.** We invite you to become a member and feel the energy on our site from the moment you first log in.



Try for **FREE** at NaturalAwakeningsSingles.com



Holistic Pet Care Center



We are your source for:

Acupuncture

Chiropractic

Electro-Medicine
(Sanawave by Innovarious)

Young Living Essential Oils

Nutritional and Vitamin therapy

Herbal medicine

Homeopathy

Prolotherapy

Affordable dental work

2nd opinion for cancer and arthritis

Comprehensive Healthcare for Man's Best Friend

I would like you all to meet Frankie. She is my 22 year old heart. Dr. Roach, Becca and the staff at Best Friends have been a bedrock for us through some health scares. As a direct result of the bond we formed based on the extreme care they provided her over the years I have literally trusted them with her life. We moved halfway across the country and I still kept in contact with them. When we moved back, they were our first humans Frankie visited. Texas may be our new home, but we will remain under their care. Thank you Dr. Roach, Becca and the entire staff at Best Friends. – Kim B.



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

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