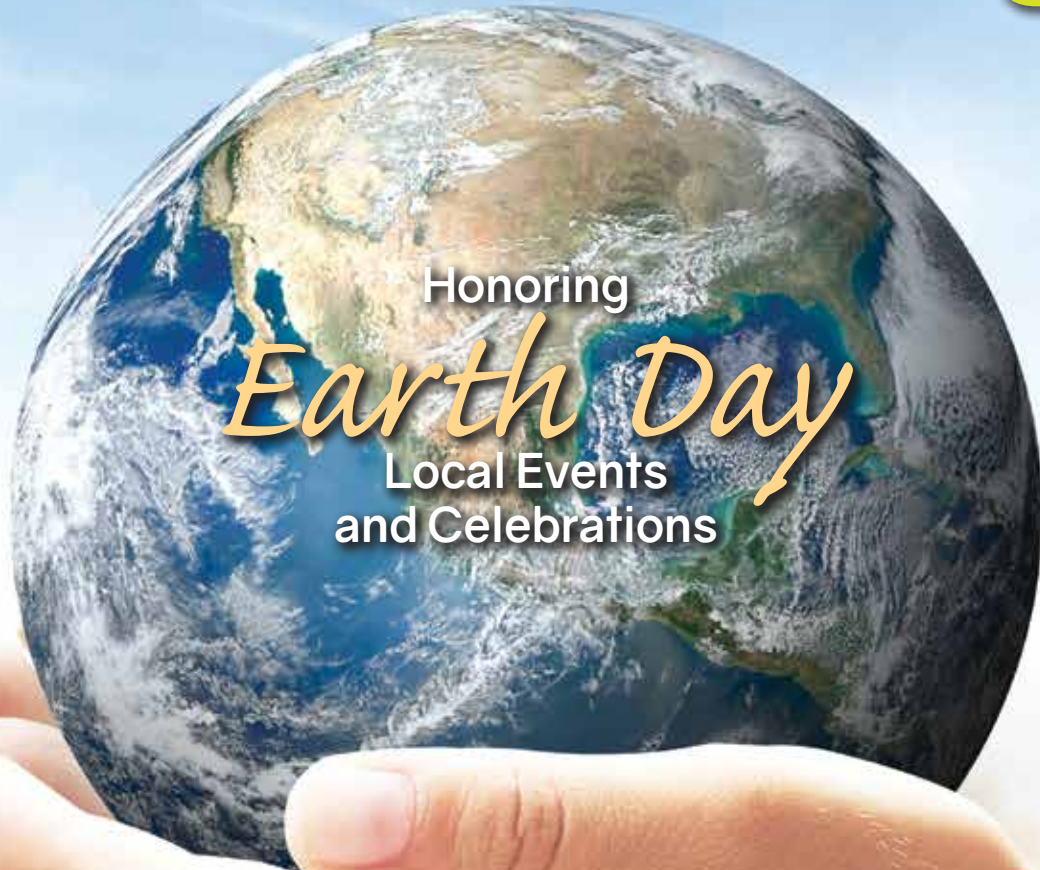


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11 50th EARTH DAY TAKES ON CLIMATE CHANGE

Golden Anniversary Marks Call to Action

12 PLANET RESCUE

Grassroots Strategies Combat Climate Crisis

16 CLIMATE WARRIORS UNITE

A Call to Action

18 FLOWER POWER

Botanical Libations Pack Healthy Punch

21 MOVING THROUGH CHRONIC PAIN

How Exercise Can Heal What Hurts

22 A HOME THAT HEALS

Creating a Nurturing Space

24 BRIGIT STRAWBRIDGE HOWARD

on Rediscovering Nature

25 MAKING LUCK

An Intentional Path to Good Fortune

26 ACUPUNCTURE FOR ANIMALS

Needles Work Wonders on Pets



DEPARTMENTS

5 news briefs

6 health briefs

8 global briefs

10 eco tip

16 green living

18 conscious eating

21 fit body

22 healing ways

24 wise words

25 inspiration

26 natural pet

28 calendar

31 resource guide

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letter from publisher



Mark and Shanna Warner

Small beginnings can lead to great things. Even the mighty oak tree was once an acorn. The magazine you are reading right now is *our* small beginning.

My husband Mark and I have been fans of *Natural Awakenings* magazine for years. When printing stopped last year, we called the company and asked if we could bring it back. This is our first edition as publishers.

We are Oklahomans, both of us born and raised in this grand land. Mark is a city boy and I am a country girl, but we grew up with the same Okie principles—honesty, hard work and a can-do spirit! Those principles will be a part of every magazine we print.

Our goal is to inspire and empower you to rise up, rethink and renew your life. (Lofty goals for just a little acorn.) And listen, when it comes to health and wellness, all of us need a little encouragement, Mark and I included.

You can make positive changes, often through simple steps. I know. My health and wellness journey began twenty-five years ago. My newborn had a life-threatening medical disorder. (He still does.) The doctors prepared me for the worst. While searching for ways to deal with all the stress, I found meditation. That first 10-minute guided meditation changed my life. It empowered me to rise up and make a difference for him.

Daily positive choices can change lives; that is why we decided to bring *Natural Awakenings* back to you. This magazine is like a secret weapon to use when life gets you down. You need some inspiration? We got that. You need an idea to get moving and out of the house? We got that. You need to connect with other positive-minded folks? We got that, too.

Enjoy all this issue has to offer, but know there is more to come. Soon, we will add a Teen Voices section and a fabulous food section. (Hello, veggies!) Everything in the print magazine will also be in the online version. And did I mention the festivals, contests and podcast? The networking groups and the blog? Yep, this little acorn is planning to be a huge oak tree someday.

We are so glad you are a part of this journey and our fresh, new beginning at *Natural Awakenings*. Stick around; we have amazing plans to inspire and empower our fellow Oklahomans. Together, we will make a difference. We look forward to meeting each and every one of you!

With love,

Shanna

Shanna Warner





Mark Warner



Shanna Warner

Natural Awakenings OKC Celebrates New Owners

After a six-month absence, *Natural Awakenings* magazine is available once again in the OKC area. Readers noticed when the magazine stopped printing last September, and two readers from Tulsa made a commitment to bring it back to Oklahoma City.

New owners and publishers Shanna and Mark Warner are not associated in any way with the prior publisher or her management team, allowing them to take the magazine in new, exciting directions. They plan to expand the OKC market offerings and then publish an edition in Tulsa within the next year.

Beyond the print magazine, *Natural Awakenings* OKC now offers a complete media management system, with podcasts, email/blogs, social media and extended digital offerings. Shanna invites, "We are committed to our mission statement: Empower, Educate and Connect. This magazine exists for you, and we hope you will pick one up every month at one of hundreds of locations in the OKC metro area. If you can't find one near you, just reach out to us!"

For more information, email Publisher@NAokc.com or visit NAokc.com.

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.

Doctor of Veterinary Medicine and Certified Veterinary Acupuncturist Dr. Brad Roach 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.

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.

Visit NAokc.com for additional information, or call 405-928-9285.

Take Echinacea to Reduce Anxiety

Echinacea extract may be helpful for situation-induced anxiety, indicates a new study from Hungary's Institute of Experimental Medicine, in Budapest. The researchers tested 64 middle-aged people that had scored high on the State Trait Anxiety Inventory. They were given either 80 milligrams *Echinacea angustifolia* root extract or a placebo every day for seven days, followed by a three-week washout period during which no pills were taken. Those taking the echinacea started experiencing less anxiety than the placebo-takers by day seven, and scored significantly lower in "state anxiety", marked by arousal connected to specific dangers or threats. Measures of "trait anxiety", in which anxiety is an ongoing personal characteristic, improved slightly compared to the placebo group. Improvements were maintained even during the washout period.

Breathe Cleaner Air to Help Bone Health



Air pollution has long been linked to lung cancer, stroke and respiratory disease, and now research has found that it can lead to osteoporosis, as well. Researchers from the

Barcelona Institute for Global Health studied the bone mass and density of 3,717 people living in villages near Hyderabad, India. These were compared to fine particulate air pollution levels, which averaged more than three times the recommendations of the World Health Organization. The researchers also surveyed in-home cooking over wood, coal and other biomass sources. The results showed that exposure to ambient air pollution was associated with lower levels of bone mass, and that cooking over fires did not have that effect. "Inhalation of polluting particles could lead to bone mass loss through the oxidative stress and inflammation caused by air pollution," says lead author Otávio T. Ranzani.



Consume Grape Seed Extract to Improve Cholesterol and Lower Inflammation

Grape seed extract, an antioxidant-rich supplement that is a byproduct of the wine and juice industry, significantly improves both total and LDL cholesterol levels and triglyceride levels, and lowers markers of inflammation, concludes a meta-review of 15 randomized trials in the journal *Phytotherapy Research*. Researchers from Iran, Canada and Croatia concluded that the popular extract also improves fasting glucose levels, but has little effect on HbA1c or HDL cholesterol levels.

Try Pine Bark to Improve Erectile Function and Cholesterol

Erectile dysfunction, an early diabetic indicator, responds to treatment with pine bark extract, Slovakian researchers report. They tested 53 diabetic and non-diabetic patients with erectile dysfunction, giving half of them the extract (marketed as Pycnogenol) and the other half a placebo for three months. The pine bark extract improved erectile function by 45 percent in the diabetes group and 22 percent in the non-diabetes group. It also lowered LDL cholesterol by 21 percent and reduced blood sugar levels in the diabetes group.



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Coal Costs

Closing Plants Saves Lives and Crops

Between 2005 and 2016, the shutdown of coal-fired plants in the U.S. saved an estimated 26,610 lives and the equivalent of around 570 million bushels of corn, soybeans and wheat, reports a new University of California at San Diego (UCSD) study published in *Nature Sustainability*. The coal plants were typically decommissioned as utilities transitioned from coal to natural gas for electric power generation, thus reducing particulate matter and ozone in the lower atmosphere. "When a coal-fired unit shuts down, local pollution [including particulate matter] levels drop, mortality rates

drop and crop yields of major staple crops rise," writes study author and UCSD associate professor Jennifer Ann Burney. The newer, natural-gas and coal-fired units that have supplanted them are not entirely benign and deserve further study, she notes.



Cool Solution

Biodegradable Cooler Keeps Food Cold and Dry



The ice chests we haul to picnics are typically made of Styrofoam, Dow Chemical's trademarked name for extruded polystyrene, but it is a highly flammable source of greenhouse gases that animals

can mistake for food and won't degrade for hundreds of years, leading thousands of landfills to ban it. Now, Igloo, the top global cooler maker, has introduced a new, less-destructive alternative made out of paraffin wax and recycled tree pulp called Recool. The 16-quart, water-resistant cooler, sold at REI and other stores, keeps 75 pounds of contents ice-cold for up to 12 hours and goes up to five days without leaking water. The coolers can be stored and reused many times and then recycled, composted or used as a dry storage container. It's also less likely to break or chip than Styrofoam.



Plastics Adios

Mexicans Return to Old Ways After Ban

A new law bans popular plastic bags in the Mexican capital, and grocery stores are poised to sell reusable synthetic fiber bags. The same law will ban handing out plastic straws, spoons, coffee capsules and other single-use items by 2021. Claudia Hernández, the city's director of environmental awareness, says, "We are finding that people are returning to baskets, to *cucuruchos* [cone-shaped rolls of paper]." The old ways are present in other aspects, too. Many residents still use wheeled, folding shopping baskets and some vendors still measure out bulk goods in discarded sardine cans. Grocery stores that give out plastic bags will be fined, so most will opt for reusable shopping bags made of thick plastic fiber for about 75 cents. For hygienic reasons, the law leaves the door open to using plastic bags for such items as perishable deli meats or cheese.

Hot Spots

Climate Change City Index for 2050

Temperature changes, water shortages and rising sea levels will impact some of the world's most populous cities during the next 30 years. Apartment rental hub *Nestpick.com* commissioned researchers to comb through data and determine how the ongoing climate shift could impact specific cities to help people choose where to live and add to the debate about procedures that can be put in place to ensure the longevity and livability of cities. Bangkok faces the highest risk of flooding from rising sea levels and a projected temperature increase of 3° F. Nairobi may move from a temperate humid warm summer climate to a tropical-type savanna wet summer climate due to rising temperatures. The demand for water is projected to be double the supply in Melbourne. Ho Chi Minh City and Amsterdam are also very high on the list.

Roundup Redux

Organic Standards Clarified for Hydroponics

The U.S. Department of Agriculture (USDA) has clarified its standards regarding organic crop container systems such as hydroponics and aquaponics, requiring that those operations stop using synthetic chemicals not approved for organic crop production in the soil underneath, as well as in containers, for three years prior to achieving certification. The clarification arose after soil-based farmers reported that hydroponics operations were spraying the soil to clear weeds with Monsanto's glyphosate shortly before building a greenhouse and applying for quick organic certification.

The World Health Organization classified glyphosate as a Group 2A carcinogen, and it is absolutely prohibited on organic farms. The Real Organic Project, a family farmer-driven organization, is lobbying for an add-on label to USDA Certified Organic to provide more transparency on whether organic crops are grown in soil or hydroponic greenhouses.



Unsafe Sipping

Widespread Drinking Water Contamination Found

The Environmental Working Group (EWG) has found contamination of U.S. drinking water with manmade "forever chemicals" to be much worse than estimated. Miami, Philadelphia and New Orleans have some of the highest levels. Perfluoroalkyl substances (PFAS) are resistant to breaking down in the environment and some have been linked to cancer, liver damage, low birth weight and other health problems. David Andrews, a senior scientist at EWG and co-author of the report, says, "It's nearly impossible to avoid contaminated drinking water from these chemicals." Sources include



products like Teflon, Scotchguard and firefighting foam. Only one location in the country, Meridian, Mississippi, which has 700-foot-deep wells, had no detectable PFAS, while Seattle and Tuscaloosa, Alabama, had levels below 1 part per trillion, the limit EWG recommends. The U.S. Environmental Protection Agency has known since at least 2001 about the problem of PFAS in drinking water, but has so far failed to set an enforceable, nationwide legal limit.

Nutty News

Eco-Sunscreen Made from Cashew Shells

A "green" sunscreen has been synthesized from discarded cashew-nut shells by a team of scientists from South Africa, Malawi, Tanzania and Germany, reports the *European Journal of Organic Chemistry*. Using xylochemistry (wood chemistry), the scientists produced new aromatic compounds that show good UVA and UVB absorbance, which can protect humans, as well as polymers and coatings, from harmful rays from the sun. The research was published in the *European Journal of Organic Chemistry*. UV rays can lead to sunburn, premature aging and the development of lethal melanomas in humans and animals, and are also damaging to most materials, causing the discoloration of dyes and pigments, weathering, yellowing of plastics and the loss of gloss and mechanical properties.

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eco tip

Think Outside the House

Expanding Spring Cleaning



Spring cleaning traditionally heralds a new beginning, an opportunity to take stock of hearth and home and a time of renewal regardless of the season. Clearing figurative cobwebs is as important as sweeping away real ones, and while most folks focus on giving their

abode a thorough airing and scrubbing, there's plenty to tend to outside before the heat of summer sets in.

Clear out potentially dead grass and leaves and other organic matter near the sides of the house to prevent termites and other insect infestations. Collect the organic matter, add in food scraps and compost it all to benefit the garden. Composting sends the nutrients of loose ingredients into the soil as a natural fertilizer. EarthEasy.com/grow_compost.html reports it can help divert as much as 30 percent of household waste from the garbage can.

Make sure to check the top and outer walls of the house. Upraised nails in a shingled roof or deteriorated shingles or gaps where plumbing vent pipes penetrate the surface—possibly due to high winds, falling branches or ice thawing in colder climes—can produce small breaks and holes for water to seep through onto tops of ceilings. That can possibly lead to mold as summer temperatures rise and water leaks into the interior of the house. OldHouseWeb.com says collars of vent pipes should be tight, as “some older [ones] can loosen over time and even some newer rubber collars crack and leak long before the shingles fail.” Also, check the gutters to make sure they are clear of packed leaves and tree branches.

Don't forget the family car, which may need its own spring cleanup. Go green with a natural soap to remove slush and grime, and then take a close look at the toll the past year has taken. Pebbles and rocks may have been kicked onto the sides of the car, resulting in small chips and abrasions of the paint from which rust might spread. The nonprofit Car Care Council (CarCare.org) recommends covering the areas as quickly as possible and if necessary to use a little clear nail polish—nontoxic, of course—as a quick fix for minor paint damage until a proper touch-up can be scheduled.

Then there's the undercarriage. Salt particles that may have been used in treating roads and highways in icy regions may be lodged into crevices which can corrode metal and functional parts. Make sure the hose sprayer also reaches these areas.

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50th EARTH DAY TAKES ON CLIMATE CHANGE

Golden Anniversary Marks Call to Action

On April 22, 1970, 20 million Americans—10 percent of the nation—took to the streets and campuses to protest environmental degradation so severe that rivers were literally catching on fire. That groundswell was followed by the passage of landmark environmental laws, including the Clean Air Act, Clean Water Act, Endangered Species Act and the creation of the U.S. Environmental Protection Agency, laws soon adopted by many other countries.

Half a century later, as temperatures approach 70 degrees in Antarctica, catastrophic wildfires race through Australia and species die off around the world, the planet's status seems anything but golden. On this Earth Day, the climate crisis that precipitated these events and trends take center stage: The goal is to mobilize millions, perhaps billions, of Earth's human inhabitants to rise up in its defense. "The urgency has never

been greater and the stakes have never been higher," say the organizers of the Earth Day Network. "We are now in an environmental emergency and a climate breakdown. The world needs you—and your actions—for Earth Day 2020."

To learn about personal actions, including step-by-step instructions on how to organize an event, consult *EarthDay.org*. Participants can join in a cleanup of trash from rivers, beaches, streets and forests; host a teach-in; take part in a climate strike or campus rally to show united action; join the world's largest citizen science initiative to document declining environmental conditions and participate in social media campaigns to raise awareness.

Help OKC celebrate victories and support future progress by participating in these local Earth Day 2020 events. See our Daily Events calendar on page 28 for more details about these and other April events.

If you don't have time to do it right, when will you
have time to do it over?

~John Wooden

TUESDAY, APRIL 7

Earth Fest – 11am-4pm

Fun for the whole family. Free.
Martin Park Nature Center
5000 W Memorial Rd, OKC
405-297-1429

FRIDAY, APRIL 10

LIVE! on the Plaza: Earth Day – 6-10pm

Art shows, live entertainment, great food and local shopping.
OKC Plaza District, NW 16th St between
N Blackwelder Ave and N Pennsylvania Ave
PlazaDistrict.org/calendar

SUNDAY, APRIL 19

Earth Day Festival – Noon-5pm

Family activities. Free.
Reaves Park, 2501 S Jenkins Ave, Norman
405-366-5472 • NormanOk.gov/parks/norman-earth-day-festival

Open Streets Earth Day – 2-5pm

Bikes, skates, skateboards, strollers, walking shoes all welcome. Free.
Stephenson Park, Littler Ave from 15th to Campbell, Edmond
405-359-8830 • [Facebook.com/events/stephenson-park-edmond-ok](https://www.facebook.com/events/stephenson-park-edmond-ok)

FRIDAY, APRIL 24

Earth Day Birthday Bash - 6-10pm

Celebrate the 50th anniversary of Earth Day. Free.
Devon Lawn. Myriad Botanical Gardens, 301 W Reno, OKC
405-445-7080
OklahomaCityBotanicalGardens.com

SATURDAY, APRIL 25

Earth Day Litter Blitz – 9am-2pm

Volunteer cleanup in multiple areas, followed by a celebration in the park.
Schilling Park, 601 SE 25 St, OKC
OKCBeautiful.com/programs

Party for the Planet – 10am-2pm

Help plant a new pollinator garden at the Zoo. Free with paid admission.
OKC Zoo, 2101 NE 50th St, OKC
OKCzoo.org

The message I try to express [through my art] is that some of our best-known wild animals might, in my lifetime, no longer be on the planet.

~Josie Martin



painting by Josie Martin

PLANET RESCUE

Grassroots Strategies Combat Climate Crisis

by Julie Marshall

Like most kids, Azalea Morgan loves polar bears. “They’re fluffy and cute,” the 8-year-old says, and after watching a documentary on how climate change is affecting these Arctic apex predators, she badly wanted to help. Her mom, Molly Morgan, suggested she do something big, because the problem of global warming is monumental.

For nearly three weeks last September, Azalea pedaled her bike alongside her mom and 9-year-old sister, Ember, setting out from their hometown of Andover, New Hampshire, en route to New York City to attend the United Nations (UN) Climate Action Summit, where Greta Thunberg and other global youth leaders marched for change. The trip was a fundraiser to put solar panels on their school and for future projects under KidsCare4PolarBears, a Facebook page that documents their ongoing efforts.

While not everyone has the time or inclination to ride 250 miles and camp—some of it in the rain—or as Thunberg did, sail across the Atlantic in a zero-emissions yacht, there are steps individuals can take to combat climate change on a grassroots level, experts say, because the crisis is undeniable, as seen most recently in the catastrophic bushfires across Australia.

There are peaceful protests taking place worldwide scheduled throughout 2020 at [FridaysForFuture.org](https://www FridaysForFuture.org) and other organizations, but a growing number of individuals that want to do more are using their imaginations and creative endeavors, inspiring others to take unique action.

Students at a school in Spain wrote and performed a play and illustrated a book to raise climate change awareness, while a teen from California used her artistic skills to raise thousands of dollars for wildlife. On March 28, people around

the world participated in the World Wildlife Fund’s Earth Hour by collectively turning off lights at 8:30 p.m. while holding eco-events, and others are joining in the global tree-planting campaign of The Nature Conservancy (TNC).

Reversing course may seem insurmountable, but individuals have a lot of power, says Dan Shepard, UN global communications officer: “The choices we make, the things we do, collectively matter and can have a huge impact on the world.”

Stepping Up for Biodiversity

“I wanted to inspire other kids,” Ember says of her bicycle trek for polar bears. “I love animals and they deserve to not die.”

According to a 2019 UN *Global Assessment Report on Biodiversity and Ecosystem Services*, more than 1 million species are threatened with extinction, and one of the main reasons is climate

I love to see what young people are doing, because if we collectively use our voice to amplify the facts about climate change, we can work to find solutions.

~Elan Strait

change, say experts, including Nikhil Advani, director of Climate Communities and Wildlife at the World Wildlife Fund (WWF). Protecting large predators is one key to enriching biodiversity, Advani says. “The top of the food chain has a significant impact on prey species and the ecosystem.”

But predators are suffering because of humans that are feeling the impacts of climate change, Advani says. Long droughts have forced many Kenyan pastoralists to enter protected parks and compete with wildlife for water and grazing land, resulting in lion deaths as retaliation for killing livestock. In the Himalayas, as the Earth warms, snow leopard habitat is being encroached for pastureland. In Zimbabwe, farmers have turned to chopping down trees for wood as an alternative economic opportunity. “Everybody is stressed and competing for resources,” Advani says. “It is a very severe result of climate change.”

Advani and researchers are working in tandem with local societies in 30 countries across Africa, Central America and Asia to fund novel projects under the Wildlife Adaptation Innovation Fund. For instance, they are piloting a rainwater harvesting project to help farmers get through the dry seasons and are constructing concrete and mudbrick nests to help albatross breed better in Tasmania. These special projects are based on available levels of donations that are sometimes crowd-sourced.

Raising funds for innovative projects, as well as increasing awareness of what’s happening, is an important grassroots strategy, says Elan Strait, WWF director of U.S. climate campaigns. It can be as simple as sharing updates, tagging social media influencers and instigating a rallying cry. WWF has its own program called Panda Ambassadors in which conservation activists of all ages can get tips and tools to promote specific projects they feel most passionate about.

“I love to see what young people are doing, because if we collectively use our voice to amplify the facts about climate

change, we can work to find solutions,” Strait says. “And we need facts to get out there because, at least in the U.S., some people think climate change is still a controversy and are afraid to talk about it, but we should have that conversation with friends and family so we can find solutions.”

Youth Rising to the Challenge

Getting involved in grassroots-level strategies is empowering not only for kids, but for adults that need their resiliency and inspiration, says Janet Stringer, manager of donor relations at Polar Bears International, in Bozeman, Montana. “In my work, I hear from so many people who are feeling deep despair about the climate crisis. I draw hope from the children who write to us, sharing stories and pictures about their dreams for a future that includes polar bears,” says Stringer. “I think we owe it to the next generation to work as hard as we can to come together and make the necessary changes to ensure that polar bears—and all wildlife—are not a species we learn about in the pages of a book, but a wild species that we can see with our own eyes, reminding us of how special our planet is and why it deserves our respect.”

One of her favorite examples comes from students at the Daina-Isard school, in Olesa de Montserrat, Spain, and their climate-driven projects with teacher Connie Darilek, who asked the Aquarium of Barcelona to help them grow plankton, an organism threatened by warming seas.

“They gave us plankton and jellyfish, and it was really amazing for the students to learn the [Arctic] food chain and how serious it would be losing the polar bear on top,” Darilek says. Students recently published the book *Nanuc*, a story about a polar bear that they also illustrated, now in its second printing.

Josie Martin, 13, of Solana Beach, California, has raised \$8,700 for conservation of rhinos, elephants, pangolins, gorillas and polar bears by giving



Extinction Is Forever

Josie Martin

With the help of her mother, Jill, Josie Martin dedicated her ninth birthday to the conservation of rhinos with a fundraiser. This marks the fifth time Josie has chosen to actively support an animal she loves to paint for her birthday month. She raises money for the animal and creates awareness about climate change and the resulting possibility of their extinctions. Donors received signed and numbered copies of watercolor paintings in her *Extinction Is Forever* series.

The young artist’s fundraisers provide well-researched information on animals and the issues they face. With an upbeat message and a photo of her joyful smile, Josie requests that donors provide their email address so that she and her mom can keep them updated. She works to improve her skills as an artist and sets a modestly higher goal for the number of donors and amount of funds to raise each year. She believes her events are a small thing that she can do for a big world and wants to help ensure that animals do not go extinct in her lifetime.

View the artist’s latest fundraiser at Donate.GorillaFund.org/Fundraiser/2458766.

It's important that everyone feel they can contribute
because everything does make a difference, and
no action is too small.

~Catherine Macdonald

watercolor paintings to those that donate to charities through her PayPal Giving page at [Chuffed.org/project/peace-love-hope-for-rhinos](https://www.chuffed.org/project/peace-love-hope-for-rhinos). "Each year, I think I'm getting a little bit better at creating art which sends a strong message," she says. "The message I try to express is that some of our best-known wild animals might in my lifetime no longer be on the planet. I think the difference I make through art is that I am helping to raise awareness for important animal conservation work."

Every Action Counts

There's no one solution to climate change, says Catherine Macdonald, TNC director of natural climate solutions for North America. "We really have to try, all of us. It's important that everyone feel they can contribute, because everything does make a difference, and no action is too small."

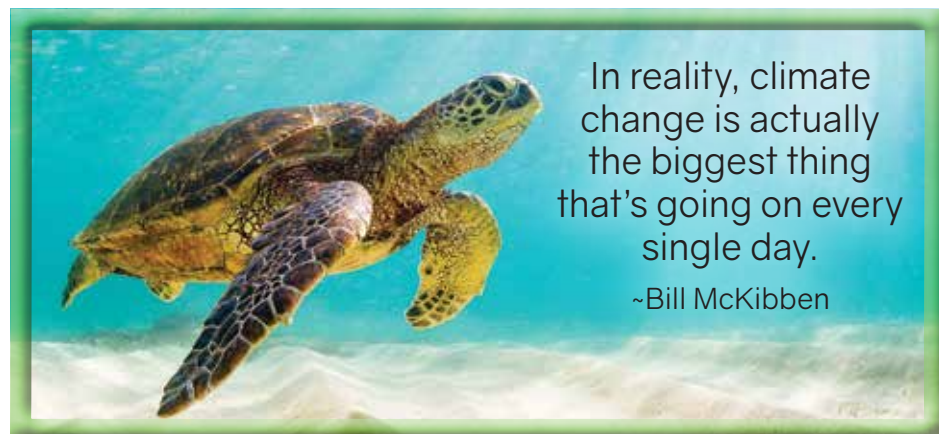
For those that are not art-inclined, one of the best things people can do is to plant trees, Macdonald says, whether it's replanting forests or increasing their numbers in urban areas. According to a 2018 study by TNC published in *Science Advances*, nature-driven land management could sequester 21 percent of America's annual greenhouse gas pollution—the equivalent of emissions from all cars and trucks on the roads today. Planting trees emerged in

the study as the most significant among 21 strategies to mitigate global warming. One good way to get started is join the TNC Plant a Billion Trees program, Macdonald says; details are at [Tinyurl.com/TNCPlantABillionTrees](https://tinyurl.com/TNCPlantABillionTrees).

"Climate change is definitely a growing concern that we are facing, and as more people understand there is a problem and what the solutions are, the more influence we can have on the big decision-makers, whether that's government or corporations that make our products," she says. "And being aware informs voters to advance climate action."

While Josie, Ember, Azalea and the students at Daina-Isard aren't old enough to vote, their message is strong. "I'm worried about the impact climate change will have on our future," Josie says. "I think people should protest peacefully for the things they believe in and that more people should exercise their right to vote for leaders who care about the youth in our world and the generations to come. I also think people should try to spend a little bit of their time taking action for what they want to see changed in our world."

Julie Marshall is a Colorado-based writer and author of Making Burros Fly: Cleveland Amory, Animal Rescue Pioneer. Connect with her at FlyingBurros@gmail.com.



In reality, climate
change is actually
the biggest thing
that's going on every
single day.

~Bill McKibben



painting by Josie Martin

Getting Started

Climate Action Opportunities

Fridays For Future – This is a global movement sparked by Greta Thunberg, with a map for climate strikes around the world ([FridaysForFuture.org](https://fridaysforfuture.org)).

The United Nations – Consider supporting several campaigns for climate change with grassroots strategies, including Climate Neutral Now, ACT Now and Good Life Goals ([UN.org](https://un.org)).

Moms Clean Air Force – Parents protecting children from climate-driven pollution, offering strategies to get kids involved ([MomsCleanAirForce.org](https://moms-clean-air-force.org)).

Earth Hour 2020 – Read about the global effort to dramatize environmental concerns that occurred on March 28 when lights were turned off for an hour around the world ([EarthHour.org](https://earthhour.org)).

Panda Ambassadors – World Wildlife Fund engages activists of all ages with a toolkit and inspirational stories ([WorldWildlife.org](https://worldwildlife.org)).

Plant a Billion Trees – Join in the massive reforestation project by supporting the Nature Conservancy and planting trees ([Nature.org](https://nature.org)).

Polar Bears International – Get involved and inspired through creative projects for polar bears ([PolarBearsInternational.org](https://polarbearsinternational.org)).

Seven years without a cold?

New device stops cold and flu

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign.

Even up to 2 days, if they still

get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Dr. Bill Keevil:
Copper quickly kills cold viruses.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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New research: Copper stops colds if used early.



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~Greta Thunberg
2019 World
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Climate Warriors Unite

A Call to Action

by Sandra Yeyati

In November 2018, one of the worst fires in California history overtook the town of Paradise and surrounding communities, killing 88 people and destroying more than 18,000 buildings. Alexandria Villaseñor, who was visiting family 100 miles away in her hometown of Davis, experienced the suffocating effects of the smoke: Every breath was difficult for the asthmatic teen who is now 14 and lives in New York City.

The fire changed Villaseñor's life. "I was very upset, and I wanted to understand why these fires were happening," she says. "I started to research climate change and wildfires, and began to see the scientific connection between the two."

Awakened by personal concerns and ignited by emerging role models, activists of all ages are learning how to become effective climate warriors. Watching Greta Thunberg speak soon after the California disaster to world leaders at COP 24, the United Nations Climate Change Conference in Poland, empowered Villaseñor to take to the streets and protest. "Greta gave permission to students all around the

We are the
ones we've been
waiting for.

~Solemi Hernandez

world to make their voices heard," she says of the Swedish teenager whose school strike initiative—Fridays for Future—has become a worldwide phenomenon.

On December 14, 2018, Villaseñor began her own Friday vigils outside the U.N.—sometimes alone, other times with friends she's inspired to take action; she also helped organize the 2019 Global Climate Strike in New York City, attended by more than 300,000 people, and founded Earth Uprising, a nonprofit global youth movement. She's one of 16 youngsters, along with Thunberg, that filed a legal complaint with the U.N. demanding that France, Germany, Brazil, Argentina and Turkey curb their carbon emissions.

"There are so many ways that young people can get involved," says Villaseñor. "They can give presentations about climate change in their classes and communities. Go out with a sign and protest, or lobby politicians. Have clear demands of what you want your city or town to do. I've seen local action influence action nationally and internationally."

Dianne Rhodes, 76, of Saskatoon, Canada, began her activism in 2006 after seeing Al Gore's documentary *An Inconvenient Truth*. "It was shocking what we were doing to the environment, our home, our planet. It hit me like a freight train, and I saw the urgency," she says.

Rhodes trained with Gore, enabling herself to give up-to-date, truthful and science-based slide presentations. Her talks vary in subject and audience, from composting instructions for a group of pre-K kids to in-depth climate science for business professionals. "Activism is a way of letting people know what's happening. It's so important to get that awareness, to give people hope and then to show them how they can make a difference," she explains.

Rhodes recommends both grassroots and "grass-top" action, including protest marches, working directly with city planners and changing personal behavior and choices at home. She's excited about a new initiative in Canada: "We're doing town hall meetings all across the country based on the Green New Deal ... where people talk about how to get a city's carbon emissions down—what we can do in our neighborhoods, and how we can



Activism is a way of letting people know what's happening.

~Dianne Rhodes

go after our city governments to get them behind this as fast as possible."

Solemi Hernandez, 41, a Venezuelan immigrant raising two sons in Naples, Florida, quit her job and took out a loan so she could dedicate all her time to environmental activism. "Ecosystems are about to collapse and we don't know the exact tipping point. I don't see a healthy future for my kids," she says. One month after her dramatic decision, the Citizens Climate Lobby hired her to become its southeast regional coordinator. "We're going to create and elect new decision-makers instead of trying to change those leaders that are not representing us."

In 2019, Hernandez attended COP 25 in Spain and saw Thunberg up close speaking to thousands of cheering activists. "Greta is an inspiration, but it's not on her shoulders to solve the issues," she says. "It's on us to organize in our communities, see what can we do personally and not look to her to be the savior.

We are the ones we've been waiting for."

Sandra Yeyati is a contributor to Natural Awakenings and past president of the Naples, Florida, Press Club. Connect at SandraYeyati@gmail.com.

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FLOWER POWER

Botanical Libations Pack Healthy Punch

by April Thompson

Flowers and other budding botanical elements this spring aren't just eye candy to dress the table; they can bless an everyday beverage with intoxicating new scents, flavors and colors. "It's such a joy to see a beautiful flower or plant, smell it and then add it to a delightful beverage or meal. Plants have so much medicine to share, and it's fun to play with that," says Myra Sinnott, an aromatherapist and owner of Essential Botany, in Washington, D.C.

Many beverage favorites can be given a floral twist with little effort, says Cassie Winslow, author of *Floral Libations: 41 Drinks + Ingredients* and founder of the blog *DecoTartelette.com*, in Santa Cruz, California. Winslow's go-to drinks include lavender-infused lemonade and rose petal almond milk, which can be served hot or cold. "I also love an iced lavender *café au lait*. If I'm feeling extra fancy, I'll use fresh flower ice cubes, too." Dried hibiscus is another favorite of Winslow's, as even a few petals of the concentrated dark magenta flower will brighten and beautify any beverage—even a yogurt-based drink.

While many botanical drink recipes call for simple sugar syrup, Winslow suggests honey with a splash of water as a

substitute. Other drinks are naturally sweet, like jasmine tea steeped in apple cider.

Sinnott likes to fuse the power of flowers with other botanical elements such as rose petals in a light raspberry drink. "I also use rosewater in a warm elixir with a base of reishi mushroom tea, goji berries, turmeric, cinnamon and ginger, cacao, pearl powder and honey. Rose is a heart-opener and vitalizes the body with the immune-boosting reishi and the other tonifying ingredients," says Sinnott.

Winslow stresses the importance of buying organic ingredients, as many flowers are sprayed with toxic pesticides—or better yet, home-grown. She suggests the tea aisle of natural food stores is a good place for procuring organic floral ingredients such as chamomile and jasmine, which often come unblended in whole form.

Dried flowers are easier to source and are often more potent than fresh, she says. "Fresh is pretty, but can be more subtle in flavor." Her rose salt recipe, which can be used to rim drinks or seasonal dishes, calls for dried roses, which have a longer shelf life and won't clump up like fresh petals.

Marie Viljoen, Brooklyn-based author of *Forage, Harvest, Feast: A Wild-Inspired Cuisine*, suggests using cold infusions rather

than heat or boiling flowers to retain their flavors and aromas. She also recommends picking flowers early in the morning or late afternoon, when their scent peaks.

~Myra Sinnott

than heat or boiling flowers to retain their flavors and aromas. She also recommends picking flowers early in the morning or late afternoon, when their scent peaks.

A Cup of Wildflowers

While botanical ingredients can be obtained commercially, it can be more fun—and frugal—to forage for them, suggests Viljoen, founder of the blog *66SquareFeet.blogspot.com*. "It's a lot of fun to go out to collect ingredients you cannot find in the store. You can experience unique textures, flavors and perfumes, and play with wild ingredients that have been all but forgotten," she says.

Some of Viljoen's seasonal foraged favorites include the fragrant elderflower, honeysuckle and common milkweed flower. "I like to capture milkweed's fragrance and deep pink color in a wild soda or a sweet cordial."

For newbie foragers, drink ingredients can be sourced as easily as herbs from a window box, like the antiviral thyme, which makes for a delicious wild soda made from a handful of herbs, sweetener and water left on the countertop a few days to lightly ferment and fizz. Another spring favorite, tender young spruce tips, has a sour flavor that ferments well with strawberries and rhubarb, says Viljoen.

The same recipe can also be used to make vinegar, a longer process resulting in a more enduring product with great botanical properties. "You can create a sipping vinegar, which is good to mix with seltzer or slow-cook with," says Viljoen.

Whether botanical ingredients are foraged, bought or brought in from the backyard garden to be put in a hot tea, a cocktail or a cold brew, the magic is in the making. "Flowers are endless fun to experiment with, especially when added to everyday drinks and dishes. It brings life to the kitchen," says Winslow.

April Thompson, a freelance writer in Washington, D.C., can be reached at *AprilWrites.com*.

SOOTHING BOTANICAL SIPS



photo by Susan Bell

Unconditional Love

Here's an Indian-inspired herbal infusion featuring classic Ayurvedic herbs that help spread unconditional love that is so needed in the world right now. It's recommended that you serve the infusion on heated rose quartz crystals; this will continue to emanate the love. This recipe is best made in larger quantities and stored for use throughout the year or whenever you need to spread or share more love with friends and family.

Yields: 3½ oz beverage

.7 oz cinnamon bark (*Cinnamomum zeylanicum*)
½ oz ginger root (*Zingiber officinalis*), dried
.2 oz ashwagandha root (*Withania somnifera*), dried
.2 oz rhatavari root (*Asparagus racemosus*), dried
½ oz rose petals (*Rosa spp*), dried
.4 oz rose hips (*Rosa canina*), dried
1 oz tulsi (*Ocimum tenuiflorum*), dried

For the warm rose quartz:
3-4 Rough pieces of rose quartz crystal

Mix all the herbs together in a large bowl, then decant into a sealable pouch or jar, being sure to store away from direct sunlight.

Flowers are endless fun to experiment with, especially when added to everyday drinks and dishes. It brings life to the kitchen.

~Cassie Winslow

Cleanse the crystals, by first rinsing and gently scrubbing them under running water, then place in the sun for a few hours and whisper some love poetry to them.

Place the crystals in the oven on a low heat (158 to 170° F) for 15 minutes, or until hot. Place the crystals in the teacups.

For a pot for 3 to 4 people, take 6 heaping teaspoons of the blend, pour over freshly boiled water, infuse with the lid on for 5 to 6 minutes, then fine strain and serve in cups over the warm pieces of rose quartz crystal.

Recipe courtesy of Michael Isted, the Herbal.

Dandelion Honey Bowl of Soul

"I love to make a bowl of soul when I need to unwind, as this beverage is quite soothing," says Cassie Winslow. "Dandelions have a subtle spice that pairs so nicely with other warming spices such as cinnamon and nutmeg. Steeped in your favorite nutty milk, this'll be your new go-to goodie when you want to sit with your thoughts, gaze out the window and sip on something warm."

Yields: one beverage

1 cup, unsweetened, almond milk
or hazelnut milk
1 Tbsp honey (or agave sweetener)
1 dandelion tea bag
Freshly ground nutmeg for garnish

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



In a small saucepan, warm the milk over medium heat until it just begins to simmer.

Whisk the milk, then slowly add the honey or agave sweetener and whisk together.

Pour the milk mixture into a large mug.

Add the tea bag and allow to steep for five minutes.

Discard the tea bag. Sprinkle the nutmeg on top.

Recipe courtesy of Cassie Winslow, Floral Libations: 41 Drinks + Ingredients.

FLORAL PARTY FAVORS

For those that want to impress guests with a little floral flourish at their next dinner party, here are some tips from the experts.

Garnishing is a great way to use fresh edible flowers and show off their natural shapes and colors, says Cassie Winslow, author of *Floral Libations: 41 Drinks + Ingredients* and founder of the blog *DecoTartelette.com*, in Santa Cruz, California. “Unless it’s a small pretty bloom, you’ll want to just use a couple of petals though, as whole flowers can be hard to drink around otherwise.”

Simply infusing fragrant flowers in water overnight can be a refreshing upgrade to table water, says Marie Viljoen, author of *Forage, Harvest, Feast* and the 66-Square-Feet blog, based in Brooklyn. “Go for flowers with lots of fragrance, like jasmine, roses or violets. Just put in cool

water overnight and strain out the flowers in the morning.”

Drinks can be dressed up with a floral sugar or salt rim using rose or lavender. “I like to rim half the glass on the side and not just the top, to give it a cascading effect,” says Winslow.

Another fun party trick is to set up a bar and let guests garnish their drinks themselves.

Winslow suggests almost any cocktail recipe can be turned into a mocktail by using sparkling water instead of alcohol; for example, a virgin lilac margarita greyhound.

Floral ice cubes also add a fancy touch to the dinner table. To capture the blossoms in ice, Viljoen suggests filling the tray halfway with water, putting in the flowers, freezing and then filling in the rest of the water to refreeze.



photo by Doan Ly

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MOVING THROUGH CHRONIC PAIN

How Exercise Can Heal What Hurts

by Julie Peterson

When our body keeps hurting, especially if it's been that way for a long time, it's natural to want to snuggle into pillows with a good movie and move as little as possible. And for many years, that's the kind of rest that doctors recommended for the 20 percent of American adults suffering from chronic pain. But with a plethora of studies showing that exercise can reduce pain severity, enable better physical functioning and boost morale with virtually no adverse side effects, that advice is fast changing. "Exercise helps to release endorphins, which are the body's natural painkiller chemicals," explains Rumki Banerjee, M.D., medical director of Apex MD, in Glen Allen, Virginia.

For those suffering from conditions like rheumatoid arthritis, fibromyalgia and low back pain, the thought of moving may be uncomfortable, and even the sight of stairs may trigger pain signals. But walking up just one step can give the brain new information. "If it's possible to do a movement one time without pain, the brain starts to change, the door to movement reopens and we begin to end the chronic pain cycle," says Annie Forest, a fitness trainer who

specializes in the neurology of pain at Forest Coaching Studios, in Madison, Wisconsin.

A good first step is to consult an expert. "If your doctor approves, take advantage of the knowledge and expertise of a movement expert. Physical therapists, occupational therapists, Pilates trainers and yoga teachers are trained to help others move safely and more effectively," says Peter Abaci, M.D., medical director of the Bay Area Pain and Wellness Center, in Los Gatos, California, and author of *Conquer Your Chronic Pain: A Life-Changing Drug-Free Approach for Relief, Recovery, and Restoration*.

The muscle pain that occurs in everyone starting a new exercise regime—known as delayed onset muscle soreness—typically lasts only a day or two, and is a sign the body is slowly gathering strength, say physical therapists.

It's best—and probably the only thing possible for those in chronic pain—to start slow. "Walking is one exercise that gets your body moving, blood and fluids circulating, and if done outdoors, can take you out into nature to offset the amount of time spent indoors," says physical therapist Karena

Wu, owner of ActiveCare Physical Therapy, in New York City and Mumbai.

Slow stretching, especially if it involves holding positions up to one minute, and gentle versions of yoga, including chair yoga, have also proven helpful. A study of 228 people with chronic back pain published in the *Internal Archives of Medicine* found that both approaches reduced symptoms within 12 weeks and lowered the use of pain medications, and that results lasted at least six months.

Tai chi, an ancient Chinese practice that involves breath control combined with slow, fluid movements, has been shown to benefit people with osteoarthritis, rheumatoid arthritis and tension headaches, among other chronic conditions. In a study in the *New England Journal of Medicine*, people with fibromyalgia taking tai chi classes twice a week for 12 weeks reported less pain and depression and better sleep than another group taking wellness classes and stretching sessions. Chi kung (qigong), another slow-moving, mind-body exercise, supplies similar benefits, concluded a February study published in the journal *Holistic Nursing Practice*.

Compared to aerobics, especially for older people with lower back pain, "Pilates may be more effective for pain and disability because exercises are more targeted to the muscles of the pelvis and trunk," concludes a recent Brazilian study.

Aqua therapy, also known as water aerobics, reduces pressure on aching joints while still providing enough gentle resistance to build strength, plus a heated pool can relax the whole body. Swimming was shown in a 2013 study in *Clinical Rehabilitation* to ease the lingering pain of cancer survivors better than land exercises; studies of arthritis and fibromyalgia patients showed similar results.

It's also key to have goals—even as simple as cooking a meal without pain. "I ask people to envision a pain-free life and imagine what that would look like, what they would do if they didn't hurt," says Forest. "If you say, 'I'm a softball player and a mom who picks up her kids,' then your brain wants to head in that direction. Having a target is really important."

Julie Peterson writes from rural Wisconsin. Reach her at JuliePeterson2222@gmail.com.



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JAN Age-Defying Habits
Plus: Healthy Immune System

FEB Cardiovascular Health
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MAR Thriving on a Plant-Based Diet
Plus: CBD

APR Grassroots Climate Crisis Strategies
Plus: Healthy Home

WOMEN'S WELLNESS ISSUE

MAY Autoimmune Breakthroughs
Plus: Protein & Collagen Connection

JUN Inspired Lifestyle Travel
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healing ways



A Home That Heals Creating a Nurturing Space

by Marlaina Donato

Home, whether a humble studio apartment or a dream house, is a critical facet of well-being, a spiritual headquarters from which good health springs. Everyone in the family, including two- and four-legged children, can benefit from an environment that feels like a sacred space. Creating nourishing corners, along with more open areas that feed the senses and a system of functional ease, can be a deep and rewarding act of self-care.

“Our home is by far one of the most significant investments we’ll ever make. Our spaces are not meant to be stagnant, but to evolve through each stage of our lives,” says *feng shui* expert Bridget Saraka, of Saskatoon, Canada.

Ali English, owner of Eldrum Interiors, in Lincolnshire, England, concurs, “We all need a safe holt to return to, that space where we can be utterly ourselves, utterly at peace.”

Sanctuary and Mental Health

Investing in harmony does not require a high price tag. “It’s important to have a mental vision of what this means, and for me, there are three major components: peace, order and beauty,” says Texas-based designer Rachel Anne Ridge, who blogs at *HomeSanctuary.com*.

Like water and wind, harmony within the home should also flow. “Listening to the energies in your home and taking the time to move furniture around until you have a placement that makes your head feel calm is really important,” says English.

Feng shui—the ancient Chinese system of creating harmony in personal and professional spaces—prioritizes color psychology. “More times than I can count, I’ve had clients report loss of motivation after painting their homes taupe. They’ve also reported weight gain and digestive disorders,” says Saraka. “It’s best to use colors that reflect light, especially for homes in locations where winter is long and days are short.”

Disruptive clutter is another key player in eliciting discontent, especially for children that are sensitive to environmental stimulus. “A space that is cluttered can cause emotional distress, resulting in less-than-desirable behaviors,” says Saraka. “Something as simple as the lines of the furniture can feel sharp, creating anxiety. It all matters.”

Cultivating Comfort

Soul-inspiring visuals, satisfying textures and natural, delightful scents are all desirable domestic companions. A small, ambient lamp

Our spaces are not meant to be stagnant, but to evolve through each stage of our lives.

~Bridget Saraka

in a bathroom or a spring-colored sheer in a window can invite the benediction of light.

“Step outside the room and then come back in as a guest,” suggests Ridge. “What do you notice with your newcomer’s eyes? What does the room feel like? What smells are you aware of? Do you need to move a cat litter box to another area of the house? Would an area rug soften the hard sounds of foot traffic? Pause on each of your senses and make notes.”

Bringing the Outdoors In

Incorporating organic elements can boost the vitality of any living space. “House plants are a wonderful way to bring the green world into our homes. Go for organic ones if possible, and if you’re worried you may forget to water them, consider plants like scented leaf pelargoniums; for example, Royal Oak. They thrive on neglect and can also provide some wonderful room fragrances,” says English. She also suggests including natural or quality faux branches and blooms in the home as ways of decorating—berries to provide splashes of rich orange, pine cones dabbed with metallic paint, or even long stems of ivy leaves twisted into garlands.

Having live plants in the home also benefits physical health. “Adding a few real plants to a space can help reduce environmental toxins found in paints and man-made products, as well as electromagnetic frequencies—by-products of electronics.”

Ridge concurs, “Cacti can be a charming alternative for those of us who don’t have a green thumb, but still want to enjoy a living plant indoors.”

In the end, a place of sanctuary comes from a place of love. English sums it up best: “If you pour that sense of love into your home, you will, over time, find that mirrored back at you, and you’ll feel it whenever you go through your front door.”

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

Tips from our experts

Feng shui tips from Bridget Saraka:

Create daily rituals with small, manageable goals that’ll help sustain balance and harmony.

Give everyone in the household daily, weekly and monthly chores to help maintain a clean, healthy, safe, beautiful and calm home.

Make sure that each space has optimum lighting, that all light bulbs work and window treatments are opened daily to fill each room with natural light.

Position the beds in the home to have a view of the door entering the room. This is called the “command position”, which instills a sense of control over the immediate environment.

Practical suggestions from Rachel Anne Ridge:

Start with the floor. Simply pick up and straighten the items there—shoes, books, papers, coats and that stack of items earmarked for donating that you set in the corner weeks ago. A clear walk space gives you immediate energy and a sense of order.

Use a timer. Setting it for five minutes (or giving yourself just enough time

to let a teabag steep in a cup) is perfect motivation to unload a dishwasher, clear the junk mail from the counter or wipe down a sink.

Reduce indoor noise pollution. Installing felt bumpers on cabinet doors and drawers is a tiny activity that yields big results. Cover the feet of kitchen chairs with pads and use fabric placemats on tables. Throw rugs can also soften sounds. Upgrading speakers for TVs and devices can improve sound quality and facilitate lower volumes.

Inspiration from Ali English:

One of my most favorite guidelines is William Morris’ adage, “Keep nothing in your home that you do not know to be useful or believe to be beautiful.”

Never feel that you are “stuck” with where you’ve placed furniture and items. I move things around my home on a regular basis, only really settling when furniture has found the place where it merges most perfectly with the overall energy of a room.

Begin by creating a “mood board” where you collect ideas that inspire you.

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Brigit Strawbridge Howard on Rediscovering Nature

by April Thompson

Bee advocate, wildlife gardener and naturalist Brigit Strawbridge Howard was alarmed the moment she realized she knew more about the French Revolution than the native trees around her. Howard's realization that she had lost touch with the natural world led her on a journey deep into the fascinating world of honeybees, bumblebees, and the often unsung superpollinator solitary bees, chronicled in her book *Dancing with Bees: A Journey Back to Nature*. Howard writes, speaks and campaigns to raise awareness of the importance of native wild bees and other pollinating insects. She lives in North Dorset, England, with her husband, Rob, where they love to bee-watch in their backyard garden.

What first piqued your interest in bees?

Initially, apocalyptic headlines about bee decline and colony collapse with female worker bees leaving hives and not coming back alarmed me from a human food chain perspective. It happened to be around the time I realized I had completely lost touch with the natural world I so loved as a child. I started looking for bees and became completely immersed in their world; the more I watched them, the more I lost track of time and the more questions I had. I also began to more worry about the bees themselves than about their decline's effect on us.



It's never too late to reconnect and find the curiosity and awe that you experienced as a child.

Bees have been a portal to the natural world for me. It happens when many people get interested in a specific species because everything is interconnected, and you start to notice the whole web of life.

What makes bees distinct from other kinds of insects?

Bees go out specifically to collect pollen and nectar to feed their larvae; other insects eat pollen and are important pollinators, but don't collect it for their young. They also tend to visit the same flower species again

and again, which other pollinators don't always do.

How has your study of bees affected you personally?

I dropped out of school as a teenager. Bees are the only thing I've truly ever studied; I am self-taught in insect biology and ecology. I have read scientific papers that I would have never thought were for the likes of me in my quest to understand more about bees.

Also, when I feel overwhelmed with life, because of my interest in bees I have something else to focus on. I can lose hours and hours walking in the woods and totally forget my problems. I have learned to tune into the tiny things, the fungi and miniscule plants I would have otherwise walked past.

What is one of the most interesting aspects of bee behavior?

Some years ago, I remember vividly a day on my patio listening to bees with my eyes closed and seeing if I could recognize them by their buzzes. Bumblebees have a deep booming buzz, for example, and I recognized this, but suddenly it changed to a high-pitched sound like a dental drill. I opened my eyes, and it was a bumblebee going round and round the sides of a Welsh poppy, sounding really frantic and having a pollen bath. As it turns out, she was sonicating, otherwise known as buzz foraging. This is how bees pollinate tomatoes. A lot of flowers don't give up pollen easily, but the bumblebee knows exactly what to do. It grasps the flower and continues to vibrate without moving its wings. This produces high-frequency vibrations that trigger the tomato flower to open and explodes pollen out onto the bee.

What are a few ways that we can help support bee populations?

Maintain gardens, backyards and balconies with a variety of nectar-rich plants and create habitat for bees to nest in. Plant flowers that will bloom in succession. Stop using pesticides, insecticides and other chemicals, because the bees are taking that cocktail of chemicals back to the hive or nest, and collectively they are more dangerous than the sum of their parts. Also, dare to be less tidy in your garden; grow wildflowers and let flowering weeds like clover and dandelions be. Watch and see what comes. It won't just be the bees: If we get it right for the bees, it spirals out to other species.

It's never too late to reconnect and find the curiosity and awe that you experienced as a child. It was bees that captured my attention and imagination; for someone else it may be something else, but if you make time to stop, sit and look around you, you will find the wonder in nature.

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



MAKING LUCK

An Intentional Path to Good Fortune

by Carol Kline

By its very definition, luck is random, capricious and based on chance rather than our own actions. Yet there is reason to believe that might not be the whole story—that living a charmed life and being lucky both in love and a chosen field is within our control. Recent research in the field of positive psychology and the experiences of consistently lucky people show that we can, and in fact already do make our own luck. Although there will always be an element of chance to luck—both good and bad—we have more influence over the events in our lives than we realize. This means a great deal of our luck can be changed, and quickly, with a little conscious attention.

The first step is changing our ideas about how luck works. Stanford University professor and luck expert Tina Seelig, Ph.D., explains that the key is “understanding that luck is rarely a lightning strike—isolated and dramatic—but a wind that blows constantly... You need to build a sail made up of certain tiny behaviors to catch the winds of luck.” Here are a few ideas and ways for us to get started in raising our sails and harnessing the winds of luck.

Believe it's possible and commit to being lucky. This is called mindset. It may seem simplistic, but studies clearly show that people that believe they are lucky are more open to and aware of the opportunities that come their way and act upon them, which leads to a larger number of positive outcomes.

Become aware of our own negative conditioning about luck. Most of us have decided on an unconscious level how lucky we deserve to be. To turn our luck around often requires “lifting curses”; rooting out those limiting beliefs we’ve acquired along the way that become self-fulfilling prophecies.

Take bold action consistently. Think of action as a cosmic lottery ticket. The more actions we take, the more chances we have to win. To turbocharge this step, we must get out of our comfort zone; meet new people, change our daily routine and do things that stretch us. Fortune favors the bold.

Learn to listen to inner mental, emotional and physical promptings. Being true to our deepest values, priorities and intuitions, and staying centered in our bodies while we move through space, are the keys to being in the right place at the right time, a common definition of luck.

When we focus on the elements of luck that are within our control, chance becomes less important. Begin today and watch good fortune blossom.

Carol Kline is a New York Times bestselling author and the co-author of Happy for No Reason, Love for No Reason, five books in the Chicken Soup for the Soul series and the upcoming Conscious Luck: Eight Secrets to Intentionally Change Your Fortune, with Gay Hendricks.

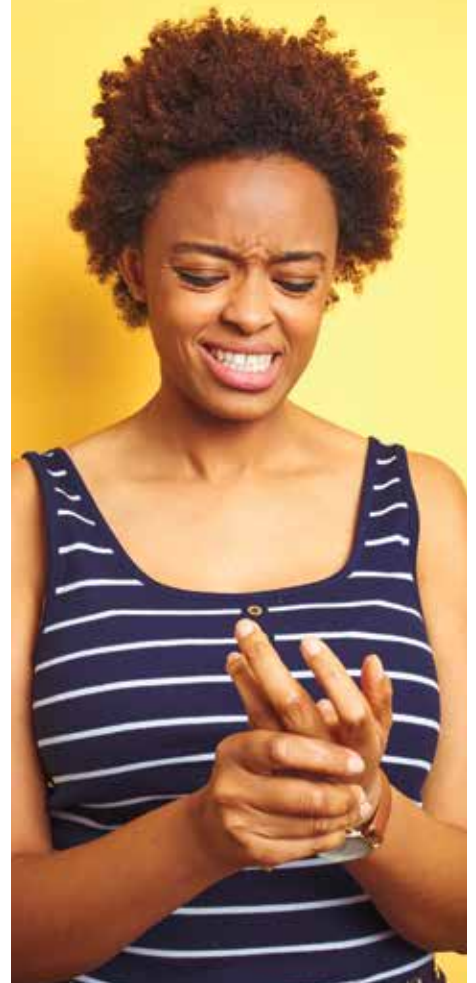
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ACUPUNCTURE FOR ANIMALS

Needles Work Wonders on Pets

by Julie Peterson

Needles make most pet parents cringe, but those used for acupuncture don't hurt animals, they help. They are what traditional Chinese veterinary medicine has used for thousands of years to enhance blood circulation, balance the nervous system and promote release of pain-relieving hormones in animals ranging from rabbits to horses.

"It's a holistic approach that pinpoints the issues, unlike medicines that must go through the entire body," says C.J. Schnier, coach for the University of Wisconsin women's polo team. The five thoroughbreds and a quarter horse on her Verona, Wisconsin, farm have a standing appointment every three weeks with a veterinarian that performs acupuncture for their injuries, arthritis, colic and immune systems.

Since the founding of the Boulder, Colorado-based International Veterinary Acupuncture Society in 1974, the number of certified animal acupuncturists has grown from 80 to about 1,800, making the specialty more accessible worldwide.

Treating the Ark

Beyond the usual four-legged friends, acupuncture helps animals such as reptiles, rabbits and livestock as a complement to Western medicine or other body work to alleviate pain and speed recovery. "All animals can have acupuncture," says veterinarian Carol Jean Tillman, of the Animal Kingdom Veterinary Hospital, in Las Vegas. She uses acupuncture for dogs and cats with musculoskeletal conditions such as lameness due to injuries, arthritis and paralysis, and also finds it helpful for allergies, immune system problems and digestive issues.

A 2016 review of veterinary acupuncture clinical trials published in the *American Journal of Traditional Chinese Veterinary Medicine* concluded that it was safe and effective in treating a wide range of medical conditions like canine hip dysplasia, pain from osteoarthritis and surgery, intervertebral disc disease, seizure disorders, vomiting, inflammatory bowel disease, cardiac and respiratory problems, and depression and anxiety.

It's a holistic approach that pinpoints the issues, unlike medicines that must go through the entire body.
~C.J. Schnier



The Many Methods

Dry needle acupuncture is what most people recognize—the use of thin, solid, metallic needles inserted into specific meridian acupoints on a body. There is also aquapuncture, that involves injection of a liquid, such as diluted vitamin B₁₂, into an acupoint to relieve muscle pain and discomfort. Moxibustion is a technique used for joint stiffness or allergies in which a heated Chinese herbal compound is applied to or held over acupoints. Electrostimulation, sending an electrical current through pairs of inserted needles, takes less time and creates longer-lasting effects.

“Electrostimulation is very effective for treating neurological conditions such as radial nerve paralysis, facial nerve paralysis, disc disease and any condition that requires strong stimulation,” says veterinarian Bernadette Aleksey, at the Adorable Pets Veterinary Center, in Haddam, Connecticut. She regularly treats dogs, cats and horses for arthritis, neck and back pain, as well as neurological and gastrointestinal problems.

Results similar to acupuncture can be obtained without using needles. Acupressure using hands, cupping therapy using special cups or cool laser stimulation using low levels of light can stimulate hard-to-reach acupoints or work for animals that are too restless for needles. “Depending on the severity of the condition, acupuncture treatment could be recommended daily for several days, then spaced out to every week, then as-needed or once a month,” says Tillman.

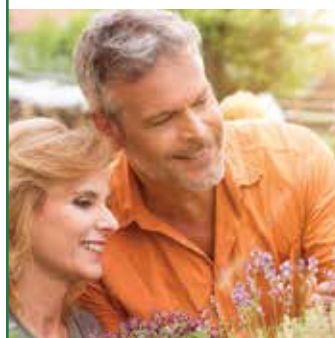
Precise placement of tiny needles into an ailing dog or a massive horse seems fraught with risk, but the animals only need to be gently restrained and plied with treats during the first treatment. They generally relax quietly for subsequent treatments.

Even Sienna, Schnier's typically reactive thoroughbred mare, stands still for acupuncture around a swollen eye. “She knows it's being done to help her,” Schnier says. And her 17-year-old cat held still for tiny needles placed in the sinus areas that helped it breathe better.

In a clinical setting, pets may be more apprehensive, but there are workarounds such as lasers or aquapuncture. “We provide a relaxing environment. The lighting is dimmed, we play relaxing music and treats are encouraged,” says Aleksey.

Pet parents can search for a certified veterinary acupuncturist at ivas.org/vets.

Julie Peterson writes about pets, health and environmental issues. Connect at JuliePeterson2222@gmail.com.



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calendar of events

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

FRIDAY, APRIL 3

Paseo First Friday Gallery Walk – 6-9pm. Over 80 artists in more than 25 businesses and galleries participate, all within walking distance. Some galleries offer lite refreshments, and food trucks will be available. Paseo Art District: NW 28th & Walker Ave to NW 30th St & Dewey Ave, OKC. 405-525-2688. ThePaseo.org.

SATURDAY, APRIL 4

Arcadia Lake Sweep – 8-11am. Clean-up event. Participants receive a t-shirt (while supplies last) and a hot dog lunch. Please bring your own gloves. Trash bags and clean-up assignments are given at the registration table. Spring Creek Park, 2.5 miles east of Interstate Hwy 35 on 15th St, Edmond. 405-216-7471.

Essentials of Raja Yoga Meditation – Noon-3pm. Learn to meditate. An opportunity to gain insight into the practice of Raja Yoga meditation and look at the practical application of spirituality in daily life. A combination of lecture, conducted meditation and video with a break in between. Free. 2500 S Broadway, Ste 104, Edmond. 405-227-9618. BKDallas.net/ok.

TUESDAY, APRIL 7

Earth Fest – 11am-4pm. Fun for the whole family. Learn about ways to enjoy nature and keep Mother Earth healthy. Games and activities for all, and a trash truck on display. Registration not required. Free. Martin Park Nature Center. 5000 W Memorial Rd, OKC. 405-297-1429.

WEDNESDAY, APRIL 8

Total Wellness With OCCHD – 5:15-6:15pm. Registration required. Classes are forming now. Other days, locations and times available. Weekly interactive weight loss classes for Oklahoma County residents to help prevent diabetes and heart disease. One hour every week for eight weeks. All class participants have a goal of losing 5% of their body weight and being more active. Free. Will Rogers Senior Center, 3501 Pat Murphy Dr, OKC. 405-425-4422. TotalWellness@occhd.org.



FRIDAY, APRIL 10

LIVE! on the Plaza: Earth Day – 6-10pm. LIVE! on the Plaza is a monthly artwalk featuring art shows, live entertainment, great food and local shopping. Plaza District, NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. PlazaDistrict.org/calendar.

SUNDAY, APRIL 19

Earth Day Festival – Noon-5pm. State agencies, local organizations and city departments come together to provide family activities teaching the importance of protecting our Earth's air, water, forests, wildlife and all natural resources. Free. Reaves Park, 2501 S Jenkins Ave, Norman. 405-366-5472. NormanOk.gov/parks/norman-earth-day-festival.

Open Streets Earth Day – 2-5pm. Bring your bike, skates, skateboard, stroller or walking shoes to celebrate. Free. Stephenson Park, Littler Ave from 15th to Campbell, Edmond. 405-359-8830. Facebook.com/events/stephenson-park-edmond-ok.

TUESDAY, APRIL 21

Festival of the Arts – Tue-Sat 11am-9pm, Sun 11am-6pm. Community celebration of the visual, performing and culinary arts, bringing a variety

of talented artists together in downtown OKC's Bicentennial Park. An OKC tradition since 1967 and a signature event for the Arts Council. Free. Bicentennial Park, 500 Couch Dr, OKC. VisitOKC.com/events.

FRIDAY, APRIL 24

Earth Day Birthday Bash – 6-10pm. Celebrate the 50th anniversary of Earth Day. Live music, movies, food trucks, crafts, local artists, vendors, plants for sale, beer tents and more. Hands-on education about the Earth and ways we can protect it, as well as a giant birthday card to sign. Kids that wear an animal costume get a special prize. Bring your lawn chairs and blankets to watch an inspiring movie about our planet. Free. Devon Lawn. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

SATURDAY, APRIL 25

Earth Day Litter Blitz – 9am-2pm. Come help us celebrate Mother Earth for her special day. Help us clean up around the park or in your own neighborhood. Register with us and we will provide safety vests, gloves and trash bags for your group. After you help keep OKC beautiful, join us for a celebration in the park. There will be free food, drinks and games. Schilling Park, 601 SE 25 St, OKC. OKCBeautiful.com/pgramps.

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.

Myriad Gardens Walking Tour – 10-11am. Expand your knowledge of Oklahoma plants and find inspiration for your own garden with an educational walking tour. Featuring different plants from the outdoor collection that make great choices for our region. Geared towards adults, children and leashed dogs welcome. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

Party for the Planet – 10am-2pm. Help plant a new pollinator garden at the Zoo. Guests will receive a free milkweed to take home to start or add to their own pollinator gardens. Information about gardening for pollinators will be provided. Free with paid admission. OKC Zoo, 2101 NE 50th St, OKCzoo.org.



ongoing events

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

tuesday

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

thursday

Zumba – 3rd Thu, Apr-Jun. 5:45-6:45pm. YMCA instructors lead this class that combines Latin and international music with an effective workout system. Wear comfortable clothes and shoes. Bring your water bottle. Free. Meet on the Devon Lawn. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

friday

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

saturday

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



Guided Walking Tour – 10am. Last Sat. Expand your knowledge of Oklahoma plants and find inspiration for your own garden with an educational walking tour. Featuring different plants from the outdoor collection that make great choices for our region. Geared towards adults, children and leashed dogs welcome. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.



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