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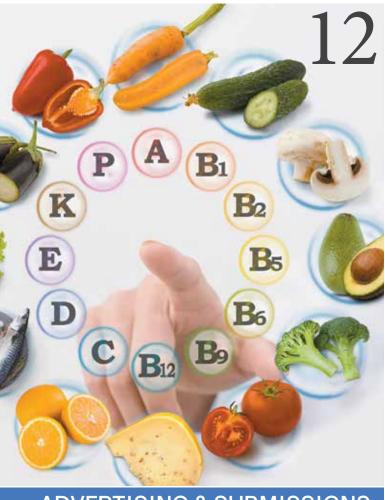
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Natural Awakenings is a family of 50+ healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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natural awakenings

OKLAHOMA EDITION

Publishers Shanna Warner
Mark Warner
Editor Melanie Rankin

Editorial Assistant Joshua Poor Contributing Writers Joshua Poor

Shanna Warner

Design & Production Melanie Rankin

Ad Design Helene Leininger
Mark Warner

Sales & Marketing Shanna Warner
Mark Warner

CONTACT US

918-346-8577
Publisher@NAOklahoma.com
NAOklahoma.com
Facebook @ NAOklahoma
Instagram @ shannabwarner
Pinterest @ NaturallyOKLA
LinkedIn @ shannawarner
Twitter @ Na_Oklahoma

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NATIONAL TEAM

CEO/Founder Sharon Bruckman
COO/Franchise Sales Joe Dunne
Layout & Design Gabrielle W-Perillo
Financial Manager Yolanda Shebert
Asst. Director of Ops Heather Gibbs
Digital Content Director Rachael Oppy
National Advertising Lisa Doyle-Mitchell
Administrative Assistant Anne-Marie Ryan

Natural Awakenings Publishing Corporation 4851 Tamiami Trail N., Ste. 200 Naples, FL 34103 Ph: 239-434-9392 • Fax: 239-434-9513 Natural Awakenings.com

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letter from publisher



Mark and Shanna Warner

Happy Birthday, America!

When I was a child, I believed that the fireworks, watermelon and hand-churned ice cream we enjoyed on July 4th was for me. I believed this because my parents told me so. See, my birthday is July 2nd. (My momma always told me I was a firecracker.) And there was always a great big celebration with family on the 4th, along with a great big cake with my name on it.

I grew up in a rural part of Oklahoma and was blessed to have cousins on both sides of the family living nearby. (Hello David, Nancy, Vernon, Scott, Ross, Kevin, Cendy, Rex, Christopher, Laura, James, Brian, Brandon and Thomas—whew, and those are just my first cousins!) At some point, most of them participated in watermelon seed-spitting contests or even better, cowpatty jumping with me. (Yes, it is exactly what you think—the winner is the kid with clean shoes or feet.) Christina, Shelly and Joshua are my siblings, and they were right there celebrating my birthday, ahem, the NATION's birthday, with me.

Celebrations like the 4th of July bring us together—all 328 million of us. Yes, America has issues. Every country does. But when we put aside our differences and remember to be thankful for each other, then the celebration is sweeter and more meaningful. It's also more delicious with great food.

If you are looking for a new recipe to add to your celebration buffet and to enjoy throughout the summer, then we have got you covered! We add in as many great-tasting and healthy recipes every month as we can fit into the pages. There are even more online. Go visit our website, *NAOklahoma.com*. While you are there, sign up for the Newsletter, because we send out even MORE great recipes each month just for our subscribers. (And all of that content is free.)

Whether you celebrate our country's birthday with veggie fried rice, gumbo, hot dogs, tofu tacos, clam chowder or chicken-fried anything, I hope it is delicious and that you are surrounded by family and friends. I sure will be!



news briefs

Contemporary Arts in Oklahoma



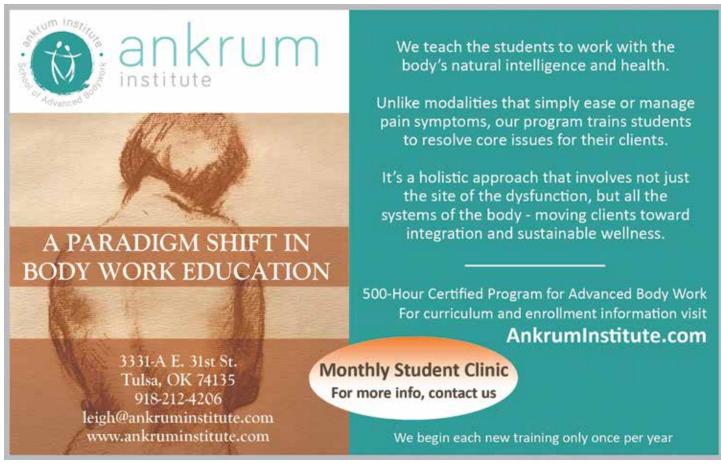
Oklahomans eager for things to do this summer are encouraged to put the Oklahoma Contemporary arts center on their must-see list. The center is housed in a stunning new building, designed by Rand Elliott Architects to reflect the unique quality of light and sky in the region. This home for exhibitions,

education and performance is free and open to the public and anchors their new, central location at NW 11th and Broadway, in downtown Oklahoma City. The new center will dramatically increase the capacity for free, internationally relevant exhibitions and programming, and will increase art access and education for citizens of Oklahoma, students and visitors alike.

Oklahoma Contemporary ignites creativity through exhibitions, performances and public programming. They focus on living artists, the art of now and the art of what's next. They are committed to providing accessible, inclusive arts experiences for everyone by hosting free exhibitions, events and performances year-round and by offering low-cost, high-quality arts classes and camps for youth and adults.

Location: 11 NW 11th St., OKC. For more information about current exhibitions, camps and classes, call 405-951-0000 or visit OklahomaContemporary.org.







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health briefs

Use Sunlight and Sleep to Lower COVID-19 Risk



Two readily available natural strategiessunlight exposure and sufficient sleep-appear to lower the risks of suffering and dying from COVID-19, report two new studies. Researchers from the UK University of Edinburgh examined records of 2,474 U.S. counties from January to April 2020 to compare numbers of COVID-related deaths to levels of UVA rays from the sun. They found that people living in counties

with the highest UVA levels had on average, a 29

percent lower chance of dying from the coronavirus. They ruled out the vitamin D factor by not including counties with UVB levels that would produce the vitamin. Repeating the analysis in England and Italy produced the same results. The researchers theorized that nitric oxide released by the skin when in sunlight may reduce the ability of that virus to replicate.

A second study of 2,884 high-risk health-care workers in five European countries and the U.S. found that every additional hour of sleep reduces the risk of COVID-19 infection by 12 percent. However, insomnia, disrupted sleep and daily burnout are linked to a heightened risk of becoming infected with the coronavirus, having more severe symptoms and a longer recovery period, reports the researchers in BMJ Nutrition Prevention & Health. People that had problems like difficulty falling or staying asleep or regularly using sleeping pills were 88 percent more likely to be infected with COVID-19 than those without such issues.

Try Saffron Extract to Raise Mood

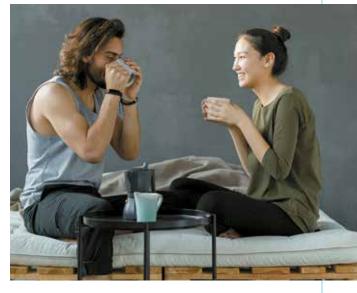


Saffron, harvested by hand from the stigma of crocus (Crocus sativus L.), has long been used in cooking, dying and fragrances, and a new study also verifies its traditional use for lowering depression. European researchers gave 56 people with

poor moods, anxiety or stress either 30 milligrams a day of saffron extract or a placebo for eight weeks. Those getting the saffron reported feeling less depressed and having improved social relationships, and their urinary crocetin levels correlated with a change in their depression scores.

Resolve Arguments the Same Day for a Happier, Healthier Life

Either sidestepping an argument or resolving it on the same day pays off quickly by halving the reactivity level-negative "aftertaste"that day and often erasing any darkened emotional response the following day, say University



of Oregon researchers. Based on surveys of more than 2,000 people reporting their emotional ups and downs during an eight-day period, the researchers found that when people feel they have resolved an argument, the emotional response associated with that disagreement is significantly reduced or even eliminated. Stress reactivity has been found to significantly reduce lifespan, studies show, and is linked to heart disease, a weakened immune system, reproductive issues and gastrointestinal conditions.



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global briefs

Gaining Momentum

Dealers Align Behind Electric Cars

Traditionally, auto dealerships have presented a skeptical and confusing experience for those seeking to purchase electric transportation. When Tesla launched the Model S electric sedan in 2012, it had to build its own stores to educate consumers about electric vehicles (EV) because dealers wouldn't sell them in Texas or Michigan, for instance. The subsequent success of Tesla, Ford and GM EV models, along with a plan to stop selling new internal combustion cars by 2035 in California, have propelled the transition from fossil-fuel-powered vehicles.



The American division of German automaker Volkswagen is delivering large quantities of their electric SUV ID.4 as part of a nationwide launch, with more than 650 dealers on board. U.S. CEO Scott Keogh reports that the goal is to have at least one vehicle initially at every VW dealer in America. He says, "We see the potential for EV sales to double this year. We're optimistic that this is a turning point year for electric vehicles."

Green Gone

Las Vegas Seeks to Ban Nonfunctional Grass



With Assembly Bill 356, Las Vegas-area water officials hope to impose the first policy in the U.S. banning grass on "nonfunctional turf" that no one walks on in such places as highway medians, housing developments and office parks. This ornamental grass, which

occupies about eight square miles in Las Vegas, requires four times as much water as drought-tolerant landscaping like cactus and other succulents. Removal by 2026 could reduce annual water consumption by roughly 15 percent. Clark County Commissioner Justin Jones says, "To be clear, we are not coming after your average homeowner's backyard."

California imposed a temporary ban on watering ornamental grass during a recent drought, but no state or

Rock On

Volcanic Ground Cover Slows Climate Change

Researchers are using recycled rock
dust to enrich farm and rangeland soils to accelerate the processes by
which soils capture

atmospheric carbon. The

natural process of rock weathering provides a proven method of capturing carbon from the atmosphere and putting it into the soil, where it may remain for centuries.

Benjamin Z. Houlton, the Ronald P. Lynch Dean of the Cornell College of Agriculture and Life Sciences, says, "Soil can be part of the solution set. It will not save us, but it can help to put us on path to negative emissions." Field testing has been conducted for a year with positive early findings. Iris Holzer, a Ph.D. student at the University of California-Davis, has seen a doubling of the rate of carbon capture in soils with rock amendments compared to soils without.

Excess carbon speeds up the greenhouse effect, which causes rising temperatures and other challenges to global security, food production, economic growth, infrastructure and human and ecosystem health. Over a five-year period, crushed volcanic rock added to agricultural soils across the globe could remove 2.8 billion tons of carbon.

major city has eliminated specific categories of grass permanently. The water authority banned developers from planting green front yards in new subdivisions in 2003 and offers owners of older properties up to \$3 per square foot to tear out sod and put in desert-type landscaping. Still, water consumption in southern Nevada has increased 9 percent since 2019. The Colorado River, which accounts for 90 percent of southern Nevada's water, is under intense pressure. Last year was among the driest in the region's history, when Las Vegas went a record 240 days without measurable rainfall. If the initiative is successful, it may be duplicated in other areas that face their own water crises.

local spotlight

Fulcrum Health & Wellness

A Pivot Point for Facilitating Change

by Shanna Warner

ulcrum Health & Wellness started because of one family's mission to find better care for their son. When Family Nurse Practitioner Mark Fergeson injured his knee in early 2018, requiring an ACL replacement, he had plenty of time to think about his family. The injury occurred during a trip to Colorado to help his transgender son move back to Oklahoma. His son had received care in Oklahoma a couple of years earlier, but after moving to Colorado for school and getting established with a clinic there that specializes in hormonal treatments, the family realized how mismanaged their son's treatment had been in Oklahoma.

Fergeson spent 20 years working in emergency rooms as a nurse and a nurse practitioner. He had considered opening a clinic before, but the timing never seemed right. During the eight-week wait for surgery, he hobbled around and realized it was time for a change. He knew his son was having difficulty finding a clinic to manage his hormones. It did not take much research to discover that options for transgender hormone replacement in the Oklahoma City area were very limited.

While at work on a very slow overnight shift, Fergeson put together a plan. He sent his wife, Sonya, a text describing a family practice clinic open to everyone but specializing in LGBTQ+ healthcare and transgender hormones. This clinic accepted insurance but didn't require it because it had affordable self-pay options and membership plans. It guaranteed to provide quality healthcare services in a respectful, non-judgmental, friendly environment regardless of sexual orientation. She loved the idea and asked what the name of the clinic was. Fergeson emoji laughed and told her that he had no idea because it didn't exist yet, but it would soon.

They pulled money out of retirement. Other family members also invested in the clinic. While Fergeson was stuck in bed recovering from surgery, they set up the business. They chose the name "Fulcrum Health & Wellness" because in physics a fulcrum is a pivot point, or something that facilitates change. By August 2018 they purchased office space at the corner of Southwest 89th and Penn streets in Oklahoma City. During his recuperation, Fergeson completed over 120 hours of education on hormone optimization through The Academy of Preventive and Innovative Medicine and WPATH (World Professional Association for Transgender Health). On September 4, 2018, Fulcrum Health & Wellness opened its doors.



Mark and Sonya Fergeson

The clinic specializes in hormone replacement, autoimmune issues and sexual health. They blend functional, homeopathic and traditional approaches to patient care, allowing them to customize treatment plans to better fit a client's needs. They understand that many medical problems can be treated without the use of pharmaceuticals and work with patients to find the right balance between supplements, diet and lifestyle modification, and medications to help them meet their goals.

Fergeson spends extra time making sure that each patient understands their medical condition and gets the right tools for achieving their health goals. Patients will never hear a statement like "you just need to lose weight, so eat less and exercise more." No one will ever be told that their symptoms are "all in their head" at Fulcrum Health & Wellness. Almost every day the clinic hears from a new patient how they have been bounced between providers, even specialists, for years and never been taken seriously. Being listened to by a provider is more important than simple validation; it allows the search for the underlying condition to truly begin. The focus of treatment is to improve, correct or resolve the

underlying condition, not to put a bandage on symptoms to cover them up.

The variety of services they offer makes them a little different from other primary care clinics. They provide a full range of affordable, high-quality IV infusion therapies normally only available at expensive infusion centers. They have massage chairs in the infusion room to help patients relax and unwind. They have a

variety of peptide therapies that assist with weight loss, wound healing, building muscle mass and recovering from joint and tendon injuries. They utilize DNA testing that helps pinpoint and treat medical problems with a very high degree of accuracy, eliminating a lot of trial and error. They offer DNA panels for

hormones, autoimmune, neurotransmitters/mood, detoxification, methylation and vitamin utilization, diet and weight loss.

Fulcrum has three primary patient populations. First is general primary care/family practice, which consists of sick visits, managing chronic conditions, health maintenance and yearly exams. Second, hormone replacement is available for women, men and transgender clients. These patients are generally seen for menopause, perimenopause, sexual dysfunction, erectile dysfunction and, of course, transition. The third is autoimmune issues. The clinic has developed very effective treatment protocols for many autoimmune diseases, including PCOS, lupus, thyroid disorders and even pediatric autoimmune issues known as PANDAS or PANS.

Fergeson encourages all of us to practice some self-trust. He believes that each person knows themselves best. He adds, "If you know something is wrong, then don't let someone tell you that it's all in your head or that it's just a normal part of aging. You know your body better than anyone. Just don't ever give up!"

Mark Fergeson, MSN, APRN, FNP, is the primary provider for Fulcrum Health & Wellness. He is a member of The American Academy of Nurse Practitioners, The Academy of Preventive and Innovative Medicine, WPATH (World Professional Association for Transgender Health), PANDAS Physician Network and The Association of Oklahoma Nurse Practitioners. For more information or to make an appointment, call 405-546-7888 or visit Fulcrum-Clinic.com. See ad, page 13.

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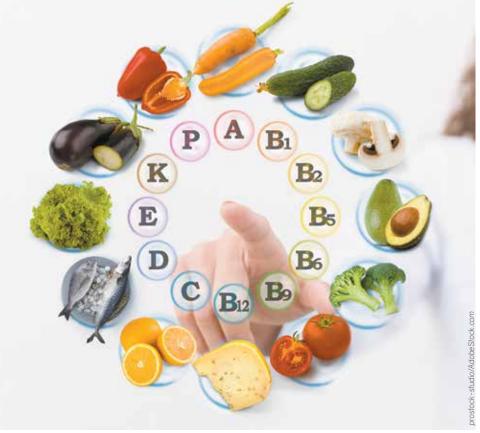


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FOOD AS MEDICINE

The Healing Power of Nutrition

by Julie Peterson



ating is a basic need, but many Americans are not filling this need with healthful choices. Among the more than 700,000 Americans that die each year from heart disease, stroke or Type 2 diabetes, about 45 percent eat meals heavy in salt, processed meat and sugary drinks, and

SAD is a primary risk factor for high blood pressure, abnormal blood lipids, increased blood glucose and weight gain, according to the World Health Organization (WHO). These intermediate conditions can lead to full-blown chronic diseases such as heart disease, stroke, cancer and

low in fruits, vegetables, fish and nuts, according to a March 2017 study in the Journal of the American Medical Association.

"I fully understand and empathize with people in the public," says T. Colin Campbell, Ph.D., author of the groundbreaking The China Study and founder of the T. Colin Campbell Center for Nutrition Studies, in Ithaca, New York. Campbell has often stressed that public and professional understanding of nutrition is lacking.

The problems with the Standard American Diet (SAD) start with the very ground it is grown in. Large-scale farming in the U.S. has depleted the soil, producing lower nutrient foods. In addition, many foods are processed by manufacturers to improve shelf life, which further destroys nutrients and requires toxic additives.

"The default choice, the easy choice, is the inexpensive, highly processed food. Our built environment throughout the country has made it easier to find fast food than a produce store," says Lisa Mc-Dowell, director of lifestyle medicine and clinical nutrition at Saint Joseph Mercy Health System, in Ann Arbor, Michigan.

diabetes, all of which are on the rise. The U.S. Centers for Disease Control and Prevention reports that 60 percent of American adults have at least one chronic disease and 40 percent have two or more, making chronic disease the leading cause of death and disability in the country.

The good news from WHO is that up to 80 percent of heart disease cases, 90 percent of Type 2 diabetes cases and one-third of cancer incidences could be avoided by a healthier diet, as well as lifestyle changes like stopping smoking and increasing physical activity.

A healthy diet is not as simple as cutting out convenience foods, because many people literally can't stop eating them. Studies have compared the addictive properties of added sugar and salt to those of nicotine and cocaine. "Additives like sugar release opioids and dopamine in the brain. The same neurochemical changes in the brain occur in addictions," says Claire Stagg, DDS, founder of Health Connections Dentistry, in Indian Harbour Beach, Florida, and author of Smile! It's All Connected, a layperson's guide that explains the essential connections between the mouth and overall wellness. "People need to be educated, or re-educated, to take

ownership of their health by remembering the basic premise that their bodies can be healthy if they get the right nutrients to facilitate and support that basic process."

Campbell agrees that more people need to be educated. A major theme in his latest book, *The Future of Nutrition*, is how to sift through the conflicting information that exists.

Healthier Helpings

As the food industry continues to woo Americans with fast and easy processed foods, there are consumer shifts taking place. "About a quarter of U.S. adults are trying to manage a health or medical condition by making healthy food and beverage choices," stated the NPD Group consumer research firm in 2019. "Younger adults, ages 18 to 24, are particularly interested in using foods to improve their health."

It turns out that it's most beneficial to focus on adding what is needed for optimal health, instead of worrying about what to eliminate. As William Li, M.D., counsels in *Eat to Beat Disease*, "Human nature abhors deprivation." As president of the Angiogenesis Foundation, in Cambridge, Massachusetts, Li advises us to "practice health care at home every day in our own kitchens." He suggests frequently eating such simple, but disease-defying foods as dark chocolate, walnuts, kiwis, sourdough bread and sauerkraut.

"I recommend participating in bigger box stores. They do a great job at making high-quality food available at an inexpensive price," says McDowell. She also suggests batch cooking and planning meals ahead for the week.

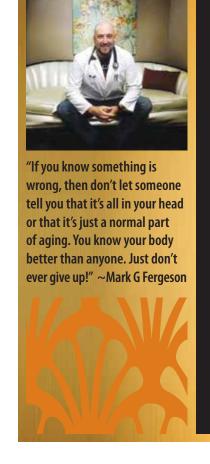
The Power of Plants

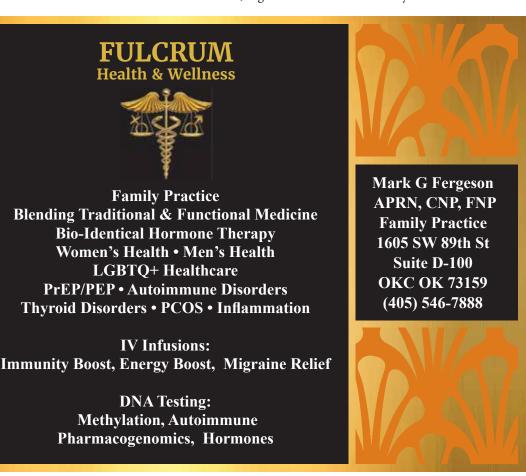
Plant-based eating is finally becoming mainstream, thanks in part to such eye-opening documentaries as Forks Over Knives, Earthlings, PlantPure Nation and Food, Inc. Research backs up the benefits. In a 2019 study in the Journal of the American Heart Association, Johns Hopkins researchers report that in a 30-year period, people eating a mostly plant-based diet were 32 percent less likely to die from a cardiovascular condition and 25 percent less likely to die from any cause. A 2017 report published in International Journal of Epidemiology suggests that fruits and vegetables are associated with a reduced risk of many chronic diseases and may protect against certain types of cancers.

For treatment, reversal and prevention of chronic disease, the American College of Lifestyle Medicine, in Chesterfield, Missouri, recommends eating a primarily plant-based diet containing minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

Campbell says that moving to a 100 percent plant-based diet "and staying there for one to three months, provides an opportunity for virtually everyone to finally crave a salad on a regular basis. This is a place wherein people have little or no interest to back-slide because their taste preferences have profoundly changed."

As plant-based eating gains momentum, there are more imitation meat products. These foods can be helpful to transition away from meat, but Campbell cautions, "They do not replace the whole plant-based foods, even though they are plant-based, because salt, sugar and added oil are usually added."







Eating by the Colors

Eating fruits and vegetables in a rainbow of vibrant colors ensures we get a variety of phytochemicals, vitamins, minerals and antioxidants. The federal Office of Disease Prevention and Health Promotion recommends consuming two and one-half cups of vegetables and two cups of fruit each day. McDowell suggests including "deeply pigmented fruits and veggies in at least five different colors, so that you're getting all of the micronutrients and they're all working together."

Aim to include a couple different foods from each of the following color groups over a week's time. Infographics and charts are available for download from the American Heart Association (Heart.org), Vegan.Easy.org, Dr. Ranjan Chatterjee (DrChatterjee.com) and others. Apps such as Eat the Rainbow Food Journal, Eat Five and VegHunter also make vegetable and fruit intake easy to track.

GREEN: Dark greens have cancer-blocking chemicals like allyl sulfides, lutein and indoles, which inhibit carcinogens. They also contain folate for healthy cells and calcium for stronger bones, muscles and heart regulation. Get plenty of asparagus, avocados, broccoli, Brussels sprouts, green tea, kale, kiwi, spinach and green herbs.

BLUE AND PURPLE: Anthocyanins wipe out free radicals, boost brain health and reduce inflammation. Resveratrol can delay cellular aging, protect the heart and reduce risk of some cancers. Add blueberries, blackberries, eggplant, elderberries, figs, grapes, plums, raisins, eggplant and purple cabbage.

RED: Rich in lycopene, a potent scavenger of gene-damaging free radicals, red plants lower risk of certain cancers and boost heart, brain, eye and bone health. Try apples, beets, cherries, cranberries, raspberries, red peppers, tomatoes and watermelon.

YELLOW AND ORANGE: Contain vitamin C, hesperidin and carotenoids such as beta-carotene to inhibit tumors, protect eyes, detoxify the body, reduce inflammation and boost the immune system and heart health. Add apricots, bananas, cantaloupe, carrots, mango, oranges, pineapple, pumpkin, sweet potatoes, tangerines and yellow peppers.

WHITE AND BROWN: The onion family contains allicin and beta glucans, which have anti-tumor properties and can help lower cholesterol. Nuts contain healthy fats. Other foods in this group contain blood pressure-regulating potassium and antioxidant flavonoids like quercetin and kaempferol, along with digestion-boosting fiber. Choose beans, cauliflower, garlic, leeks, mushrooms, nuts, onions, parsnips and whole grains.

Gaining Gut Health

The gut contains the organs that make up the digestive tract and the gut microbiome, a balance of microorganisms that survive on food. A healthy gut can prevent and heal illnesses in the digestive tract, immune system, cardiovascular system, kidneys and brain.

If the gut is burdened with unhealthy foods and digestion is impeded, illness may arise. However, shifting to healthier, plant-based foods can cause a measurable shift in the gut microbiome in three to four days, Duke University researchers report in *Nature*. Gut health can be enhanced and restored with specific foods:

ENZYMES to break down food are found in raw fruits, vegetables, sprouts, nuts and fresh herbs, and can be destroyed by cooking or processing. These work before the body's digestive enzymes kick in to improve digestion, eliminate toxins and boost energy. Studies have shown that raw plants also help with weight loss, decreasing cholesterol and reducing inflammation.

PROBIOTICS, live bacteria that promote healthy gut flora, are found in fermented foods like sauerkraut, kimchi, sourdough bread, yogurt, kefir, pickles, miso and cheddar cheese.

PREBIOTICS, undigestible natural fibers that feed probiotics, abound in apples, asparagus, bananas, barley, burdock root, dandelion greens, flaxseeds, garlic, oats and onions.

Going Local

Whole foods grown locally provide the most nutrition. Michael Pollan, professor of science and environmental journalism at the University of California, Berkeley, and author of *In Defense of Food*, famously said, "Don't eat anything your great grandmother wouldn't recognize as food."

Buying, preparing and eating whole foods may seem laborious at first, but the shift away from "easy foods" can quickly become a way of life as the body begins to feel better. "We hear stories every week about people who have fixed health issues from eating healthy," says Brock Hall, owner of the Florida Fields to Forks organic community supported agriculture (CSA) farm in Malabar, Florida. He adds that everyone "ought to get closer to your food" by growing it or getting to know organic farmers at local markets, self-pick operations or through CSAs.

Healthy eating is about balance. Enjoy comfort foods occasionally, focusing on the bigger picture of more healthful foods overall.

Julie Peterson has contributed to Natural Awakenings *for more than a decade. Connect at JuliePeterson2222@gmail.com.*

The Shift in the Medical Field

"We, as a society, have gotten locked into focusing on disease cure over health care," writes T. Colin Campbell, Ph.D., author of the bestselling *The China Study* and the recently released *The Future of Nutrition*. Fortunately, as studies prove that diabetes, kidney disease, cancer and Crohn's disease improve with changes in diet, the medical community is slowly shifting toward using nutrition in tandem with traditional care to help manage and prevent disease.

Unfortunately, says John Osborne, M.D., director of cardiology at State of the Heart Cardiology, in Dallas, "The amount of nutritional education in medical school is minimal." Now, the American College of Lifestyle Medicine (ACLM) is aiming to fill that void by training healthcare teams to prevent and reverse chronic disease through lifestyle behaviors.

Saint Joseph Mercy Health System, in Ann Arbor, Michigan, is one example. After a group of physicians and registered dietitians received ACLM certification, it launched a Lifestyle Medicine and Clinical Nutrition program. "The goal is to provide support to individuals and teach them to hardwire best practices that optimize their own personal health and potential," says Lisa McDowell, program director.

The Food as Medicine Institute, in Portland, Oregon, also offers a training program for healthcare professionals and nutritionists to implement community-based nutrition programs. The Cleveland Clinic Center for Functional Medicine, in Ohio, offers programs that help patients identify genetic, lifestyle and environmental factors to shift health from illness to well-being. The Gaples Institute, in Naperville, Illinois, offers nutritional training and accreditation for medical clinicians, as well as free nutritional instruction online for the public.





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Benefits of Local Honey

by Gina Saka

h, honey. It isn't just a sweet delight that cartoon bears seek out—it's a traditional, natural medicine that treats everything from stomach issues to acne. Whether ingesting or using topically, the benefits of local honey are abundant. In fact, honey has been used medicinally by people for nearly 8,000 years.

Honey is a natural antiseptic with antibacterial and antimicrobial properties that helps support a healthy body from the inside out. When consumers choose sustainably sourced, raw, local honey, they reduce their carbon footprint, protect local honey bee populations, boost the food system, support small businesses and even reduce their allergy symptoms. Luckily, an abundant selection of local honey can be found right here in Oklahoma.

Three Benefits of Local Honey:

Alleviates Allergies. Raw, local honey is super beneficial for allergy sufferers, working almost like a natural vaccine. The reason is that honey contains not only the nectar, but also the pollen from local flora. This pollen that a person would typically be allergic to can be introduced into the body

via a spoonful of local honey per day. This helps accustom the body, causing less of a reaction when exposed to pollen in the air.

Treats Sore Throat. Honey on its own or in warm herbal tea brings almost immediate relief to anyone with a sore throat. It has anti-inflammatory and antibacterial properties that soothe the throat and reduce irritation. Honey is also an effective cough suppressant. Studies have found that honey is more effective than over-the-counter cough medicines.

Full of Vitamins. Honey is bursting with vitamins and minerals, including B6, thiamin, niacin, riboflavin, calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc. It also has high levels of antioxidants. And while it's mostly composed of natural sugar, it has a sweeter taste, but a lower glycemic index than table sugar, making it a better option for people with diabetes.

By consuming just a teaspoon of local honey each day, people can help protect themselves from seasonal allergies and illness, while providing themselves with a huge dose of vitamins, minerals and antioxidants.

Gina Saka, currently residing in San Diego, is a contributing writer for Natural Awakenings editions across the country. To connect, email GinaMarieSaka@gmail.com.

GOOD TO KNOW

PRICKLY PEAR CACTUS

might be worth tackling in order to gather some of the pads. By peeling the pads and making a poultice, a moist mass of the pulp, it can be applied to areas on the body that are sore and inflamed. The poultice is usually covered with a piece of cloth and lightly bandaged.

Don't forget that the fruit can be made into a yummy jam, jelly, butter or syrup.



WE SUPPORT FAMILIES

Are you a family impacted by autism?

Autism spectrum disorder now affects 1 in 68 children. Boys are nearly 5 times more likely than girls to be diagnosed with ASD. Autism spectrum disorder is one of the fastest-growing developmental disorders in the United States. ASD is more common than childhood cancer, diabetes and AIDS combined.





"Autism spectrum disorder (ASD) runs a spectrum from attention deficit hyperactivity disorder (ADHD) to severe autism and is characterized by some fundamental issues within the endocannabinoid system. Under the GnuPharma model, these misbalances can be addressed by providing needed regulatory resources to these points of disregulations."

Focus for Autism is designed to provide missing resources to the endocannabinoid system that might benefit autism and ASD patients. The products range from tincture, tablets, powders, nasal spray, or gummies. Autism has a range and so should the products!

View the full line of Autism products by TrueMedX at: https://truemedx.com/product-category/focus/



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GOOD TO KNOW

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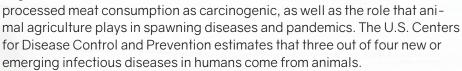
naturally occurring chemical compound that is found in the spice turmeric. The two words are sometimes used interchangeably, but the technical difference between the two is that turmeric is the yellowish powder used to flavor foods, while curcumin is a chemical contained within turmeric.

Doctors' Orders

All-Vegan Menu Debuts at Lebanon Hospital

Hayek Hospital, in suburban
Beirut, Lebanon, launched a 100
percent plant-based menu in
March as a "moral responsibility".
Patients will no longer be greeted
after waking up from surgery with
ham, cheese, milk and eggs, the
same foods that may have contributed to their health problems.
The family-owned private hospital
emphasizes the health benefits
of vegan diets, which have been
shown to reduce the risk of heart
disease, diabetes and some cancers.

The hospital says deciding factors included the World Health
Organization classification of



The American Medical Association passed a resolution in 2017 requesting U.S. hospitals promote better health by offering plant-based meals to patients, staff and visitors, and similar recommendations have been issued by the American College of Cardiology. New York and California now have laws requiring hospitals to provide a plant-based option with meals.



Local Veggies

Huge Indoor Vertical Farm to Serve Food Desert



The agriculture startup Plenty Unlimited Inc. is building an indoor vertical farm in the South Los Angeles suburb of Compton to provide jobs and fresh produce to the historical "food desert" and surrounding areas. Traditional farms are usually only able to harvest crops a few times a year, but because Plenty's hydroponic farms are free of the limitations of seasonal changes, weather conditions, pests and natural disasters, they can produce food year-round. The crops are cultivated in a clinically sanitary environment with full personal protective equipment for staff, as well as robots to do much of the picking. The first time produce is touched by human hands is when the consumer opens the package.

Plenty's project condenses 700 acres of farmland into a 95,000-square-foot warehouse. Its first vertical farm opened in South San Francisco in 2018, and it maintains a research and de-

velopment farm in Laramie, Wyoming. By building farms vertically, healthy, quality produce can be grown without harming the environment, especially in urban areas, where land is limited and food insecurity may be widespread. In addition to the vertical plant towers, Plenty uses LED lighting and automation to plant, feed and harvest crops. The warehouses grow plants faster and with more nutritional density with no need for pesticides, using a fraction of the water required by traditional farming.



Just 3 percent of uneaten food in the U.S. is composted, reported the Natural Resources Defense Council in 2012. The remaining food scraps rotting in landfills account for 23 percent of U.S. methane emissions, a greenhouse gas at least 25 times more powerful than carbon monoxide in global warming. With minimal planning and effort, however, food scraps can be recycled through composting into an organic, high-nutrient fertilizer.

Compost is called "black gold" for its high value in gardening, but it's simply decayed organic material.

Consider all the organic materials that fall to the forest floor, break down and return to the earth. This process can be easily recreated at home.

To start composting, get a couple of containers.

- A covered kitchen bucket.

 Beautiful containers abound,
 but an old pan will work. Countertop positioning makes it easy
 to toss in kitchen scraps, but it
 could also be placed under the
 sink or in the freezer. A review of
 several options can be found at
 TheSpruceEats.com.
- A yard bin or pile. Due to critters and pets, a lid is recommended.
 Gardening stores sell compost bins, but they can be made using instructions at Homesteading.com.

Bins in place, start collecting and piling. Organic materials will break down—it's just a matter of time. The pile should consist of yard waste (grass clippings, plant scraps, small sticks) and kitchen waste (peels, cores, eggshells, tea leaves, coffee grounds, bread). Do not include invasive weeds, meat, bones, dairy products, oils or pet excrement.

The basic recipe is a mix of nitrogen-rich/green materials (food waste, grass clippings, plant trimmings) and carbon-rich/brown materials (dried leaves, sticks, shredded newspaper or cardboard). Shoot for 25 percent green materials.

An unbalanced pile can be amended.

- If it's wet, moldy or stinky, add more brown materials and stir with a pitchfork to increase oxygen flow and loosen the pile.
- A pile that is too dry will take longer to break down. Add kitchen scraps, green grass clippings or sprinkle with water to encourage microbial activity.

A balanced pile that is stirred or turned weekly will decay the fastest. Seeing worms and other soil organisms in the pile is a good sign that the process is working.

Finished compost looks like dark, rich soil. Spread it onto the garden in the spring. Scoop some into the holes for new plants. Side dress plants all season.

Compost releases nutrients gradually, improves soil condition and helps retain water. Plants thrive with better root systems. Compost gardeners reap bountiful harvests.



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Growing Food Security

The Benefits of Urban Gardening

by Laura Paisley Beck



or a lot of Americans, healthy food is scarce. According to *FeedingAmerica.org*, more than 35 million Americans faced food insecurity in 2019. That number is expected to increase substantially due to the pandemic, which disrupted the food supply chain in ways that most Americans have never seen.

The good news is that urban and localized gardening can bring fresh, healthy, organic, sustainable and affordable food to nearly every household. A 2013 abstract from Michigan State University published in *Agriculture & Food Security* states that urban gardens could not only provide healthy food, but also create a more resilient food system.

During the pandemic, many people jumped at the chance to put in a garden, and in cities, where available land is limited, creative solutions have emerged. Just about any space could serve as a viable garden, including a spare room, rooftop, shipping containers or an empty warehouse. With hydroponics, no soil is required and with vertical systems, planters are stacked, requiring a small footprint.

Veggies Instead of Lawns

Phan Truong, known as *A Suburban Gardener* on Instagram, turned her entire yard into an organic vegetable garden and invited her Scaggsville, Maryland, neighbors to share in

the bounty. "I had this table of abundance in front of my house, but people weren't taking anything! So, I hid in my garden, waiting for neighbors to walk by, and then I'd rush the fence and encourage them to take food," Truong says. "My husband thought everyone would think we were weird." Now, instead of getting polite waves from afar, the garden has become a communications hub among neighbors.

Sharing the Abundance

When Truong witnessed friends losing jobs and struggling, she was inspired to lend a hand by assisting some of them to plant their own low-maintenance, high-yield gardens to save money on healthy meals. Once she had assisted people close to her, she decided to expand her reach. "My garden spits out a lot of food. I discovered there are local food banks and charities that collect food. I was surprised that they will take any abundance," says Truong.

Garrett Livingood, a North Atlanta, Georgia, blogger, developed *GrowMy-Community.org* where local farmers, growers and community gardens can upload their location and what they offer, so that the locals know where to go for fruits, vegetables, herbs and other healthy eats. According to Livingood, "Forty percent of produce gets thrown out every year, so it's not that we don't have enough food, the problem is access."

Food Security Equals Health

Ashlie Thomas, a research scientist known as *The Mocha Gardener* on Instagram, started gardening for healthy produce and medicinal plants at home in Graham, North Carolina, when family members on limited incomes living in a food desert had been diagnosed with health issues like hypertension and Type 2 diabetes.

"Imagine having diet requirements that included mostly plant-based food, but your resources are simply not there," Thomas says. "I didn't know there was a term for that: food security. There is an increasing population with disease, and food could be the answer."

The problem is particularly prevalent in communities with no grocery stores, forcing residents to buy food at gas stations or drive considerable distances to big-box stores. Thomas observed that choices at these kinds of facilities are often between expensive produce or inexpensive junk food. Healthful food is not available or affordable for all.

Thomas believes gardening empowers people to take control of their diet and their health, not only physiologically, but psychologically and spiritually. "It doesn't just stop at the garden," she says. "How you treat your body and other people has a positive healthy impact, as well."

Tips to Get Started

Follow local gardeners on social media to get ideas.

THINK LOW-MAINTENANCE, HIGH-YIELD. Cherry tomatoes, salad greens, cucumbers and beans are high-producing, low-cost staples.



GROW ORGANIC. It's cheaper and doesn't harm anyone or anything. "I grow organic because I want to respect my space. I don't want to control Mother Nature, I want to work with her," says Thomas.

HERB IT UP. Mint, rosemary and basil taste great and can deter pests.

Overall, keep it simple. Set up for success with just enough to learn and enjoy a new lifestyle. It can be expanded upon



year after year, providing a bounty of nutritious food security.

Laura Paisley
Beck is a freelance writer and
self-proclaimed

foodie in Madison, Wisconsin. Reach her at LauraPaisleyBeck@gmail.com.



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Sizzling on the Grill Healthy, Sustainable Summer Fare

by Laura Paisley Beck

or most Americans, summer smells like fresh-cut grass and barbecue sizzling in the backyard. Approximately 64 percent of U.S. adults own a grill or smoker, but common practices are bad for the environment. Fortunately, many great chefs have the problem covered with delicious alternatives to traditional, carbon-emitting methods.

The Downside of Grilling

Most charcoal and all lighter fluids contain chemicals that create air pollution when burned, harming our health and the environment. Better alternatives are sustainably sourced, organic and natural materials, such as charcoal made

from bamboo or coconut shells. Entrepreneur Fred Grosse sought to solve another problem associated with conventional grilling materials: the taste of lighter fluid on barbecue foods. He invented Mojobricks, a carbon-neutral alternative to charcoal designed to

impart a smoky flavor to grilled foods. "You're breathing in 50 percent less particulate matter standing at the grill than if you grill with charcoal or wood," he says about his bricks made with compressed sawdust from wood mills. "They heat food more efficiently, take up less storage space than bags of charcoal and keep trees growing in the forest."

What Gets Grilled Matters

Americans eat three times more meat than the global average. To meet the immense demand, mass-produced beef is trucked across the nation with dire environmental impacts including cow methane emissions, the burning of fossil fuels for transport and excessive land use. To curtail these impacts, Americans can choose to reduce or eliminate their beef consumption and when they do decide to grill a ribeye or New York strip, choose local, organic, grass-fed beef.

Eliminating meat is simple as vegetarian and vegan options are innumerable. "Question what a burger is, and off you go with legumes, root vegetables, mushrooms, cheese or whatever you happen to feel like," says Martin Nordin, author of Green Burgers. Genevieve Taylor's new cookbook, Charred, features enticing meals to cook over a flame that include vegetables, spices, nuts, herbs and other inventive ingredients.

Amy Lawrence and Justin Fox Burks, co-authors of Low-Carb Vegetarian, have had a dramatic increase in requests for grilled versions of vegetarian dishes, a sign of increasing outdoor cooking trends.

Presentation for the Planet

When hosting backyard dinner parties, consider that paper and plastic dinnerware will end up in the landfill. Ask guests to bring a plate and fork or mix and match whatever dish sets are on hand. Another suggestion is to go vintage. "There has already been so much manufactured of everything, we wouldn't need to manufacture another plate, for example, for another generation or two," says Morgan Miller, owner of Rewind Decor vintage store in Madison, Wisconsin.

With a few adjustments, eco-grilling is easy, delicious and much better for the planet. Marinate locally sourced ingredients, burn as carbon-neutral a fire as possible and serve up delicious food on real plates that friends and family will help wash. Guests will be inspired and follow suit in their own homes. As Grosse says, "Each small difference adds up to big change."

Laura Paisley Beck is a freelance writer and self-proclaimed foodie in Madison, Wisconsin. Reach out at LauraPaisleyBeck@gmail.com.

Great Grilling



BBQ Brussels Sprouts Sandwiches with Brussels Sprout Slaw

YIELD: 6 SANDWICHES

2 lb Brussels sprouts

1 cup shredded carrot (about one large)

2 Tbsp mayonnaise

1 Tbsp grainy mustard

Kosher salt and cracked black pepper (to taste)

1 white onion (quartered and sliced)

2 Tbsp toasted sesame oil

1 Tbsp apple cider vinegar

2 Thsp of The Chubby Vegetarian's Memphis BBQ Dry Rub

1 cup BBQ sauce

6 hamburger buns

First, make the Brussels sprout slaw. Thinly slice enough of the Brussels sprouts to have 2 cups. Reserve the remainder of the Brussels sprouts. In a large bowl, combine the 2 cups shredded sprouts with the shredded carrot, mayonnaise, mustard and salt and pepper to taste. Toss until well-incorporated. Set aside in the refrigerator until ready to serve. (Makes about 2 cups of slaw.)

Preheat the grill on high for 10 minutes. Cover the grill with a single layer of aluminum foil. Slice the remaining Brussels sprouts in half. In a large bowl, toss the halved Brussels sprouts and the onion with the sesame oil, vinegar and BBQ dry rub until everything is coated. Place the Brussels sprouts on the grill for 5 minutes on one side and 4 minutes on the other side, or until the edges are brown and they're cooked through. Remove sprouts from the grill and place them into a medium bowl. Pour in BBQ sauce. Using a spatula, toss the Brussels sprouts in the sauce until they're well-coated.

Put the BBQ Brussels aside until ready to assemble the sandwiches. On the bottom part of each hamburger bun, pile on the BBQ and top it with the slaw.

The Chubby Vegetarian's Memphis BBQ Dry Rub

(MEASURE ALL INGREDIENTS BY VOLUME)

2 parts chipotle chili powder

2 parts sweet paprika

2 parts smoked paprika

2 parts granulated garlic

2 parts kosher salt

2 parts cracked black pepper

2 parts cumin

2 parts dried thyme

2 parts dried oregano

1 part cinnamon

1 part ground ginger

1 part light brown sugar

1 part powdered, dried porcini mushrooms*

Mix all ingredients in a large food storage container until equally distributed.

*Dried porcini mushrooms can be found at almost any specialty grocery or ordered online. Turn the dried mushrooms into a powder by placing them in a coffee grinder or food processor and pulsing until no large bits remain.

Recipe by Justin Fox Burks and Amy Lawrence of The Chubby Vegetarian blog and cookbooks.





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Monthly Business Highlight - You Power Yoga

Ready to Dig Deep into Your Yoga Practice?

You Power Yoga of Edmond has teamed up with Robbin Hallford of the DFW area to offer a deep dive into the practice of yoga with their upcoming 200-hour teacher training. "We're very excited to offer this program to those who want to teach and those who are looking to increase their knowledge and deepen their practice," said You Power Yoga Owner, Denise Shaw. "Yoga has changed our lives and, with our 30-years of combined experience, we know this training will be powerful for those who join us. Our YTT training focuses on understanding how yoga enhances our lives physically, mentally, and spiritually." The energy and tone of the training will be upbeat and positive, Shaw said. "We have created an encouraging, supportive yoga teacher training environment where people can discover their unique teaching style and approach to the practice. Graduates who want to teach will be well prepared to confidently lead others in the practice." There will be eight teacher training weekends, starting September 10, 2021, and ending before Spring Break 2022. A payment plan is available as well as a \$200 early bird discount for those who make full payment on or before August 16. Details at YouPowerYoga.com/Yoga-Teacher-Training/ or leave a message at 405-348-9979.



Denise Shaw, Owner / Instructor You Power Yoga

Sweet Slumber

Natural Tips for Deep Sleep

by Ronica O'Hara

good night's sleep is a challenge for a growing number of Americans. Even before the pandemic, 35 percent of adults reported sleeping less than the recommended seven hours a night, and in a new survey by the American Academy of Sleep Medicine, 56 percent said they were sleeping worse due to what's termed "COVID-somnia".

Being sleep-deprived not only makes us crabby and accidentprone, but also raises our risk of obesity, depression, heart disease, dementia and a weakened immune system, studies show. Fortunately, we can stave off fretting about lack of sleep by adopting some simple, natural practices.

GET A PATTERN GOING. "Keeping to the same routine will signal to the body and brain that it is time to wind down and prepare for sleep," says Dallas nurse educator Jenna Liphart Rhoads. This means sticking to the same bedtime and awakening schedule, and doing quieting activities an hour or so before bed, such as stretching, meditating, drinking tea or journaling.

MUNCH SMARTLY ON SLEEP-INDUCING FOODS. Many experts advocate foregoing food two hours before sleeping. As another option, "sleep snacks", is suggested by New York University adjunct nutrition professor Lisa Young. She says, "These are foods that contain natural substances that may help promote a good night's sleep." They include warm milk or turkey (tryptophan), tart cherries (melatonin), kiwi fruit (vitamin C and serotonin), bananas (potassium and magnesium) and nuts and seeds (magnesium).

DON AMBER GLASSES OR AN EYE MASK TO BLOCK

LIGHT. The blue light emitted by ordinary light bulbs and device screens prevents the pineal gland from releasing melatonin, the sleep-inducing hormone, which is why it's wise to shut down electronic devices an hour before sleeping. If doing so isn't easy, at least block the blue light by using amber or orange (not clear or yellow) glasses to restore melatonin production, advises former General Electric lighting researcher Richard Hansler, Ph.D., of Cleveland; he also advises replacing regular bedroom bulbs with only those that produce low levels of blue light. To encourage deep sleep, fully darken the bedroom or wear an eye mask: a Chinese study found wearing such an accessory along with earplugs significantly increases the restorative rapid eye movement (REM) stage of sleep.



WRITE A TO-DO LIST TO CALM A RACING MIND.

Baylor University researchers found that compared to people that journaled about what they had accomplished that day, those that spent five minutes writing a to-do list for the next day fell asleep nine minutes sooner—the same effect as taking a prescription medication. The more specific their list, the quicker the shut-eye.

GET COZY WITH A WEIGHTED BLANKET AND SOCKS.

Weighted blankets, ideally weighing about 10 percent of a person's body weight, lead to better sleep and reduced fatigue, depression and anxiety, reports a Swedish study. Some are filled with natural ingredients like rice and cloves, and can be warmed in a microwave beforehand, providing a fragrant, swaddled feeling. Plus, Korean researchers found that wearing warm socks to bed helped subjects fall asleep about seven minutes sooner, sleep 32 minutes longer and experience fewer light awakenings.

TAKE A NATURAL SLEEP AID. Prescription sleeping pills for insomnia can produce dependency and additional unwelcome side effects such as grogginess, diarrhea, headaches and stomach pain. Natural choices without these drawbacks include melatonin, a pineal gland hormone that primes the body for sleep; small doses of 0.3 milligram (mg) to 1 mg work effectively by mirroring natural circadian levels, research shows. Half of U.S. adults are estimated to be deficient in magnesium, which relaxes muscles and increases levels of a neurotransmitter with calming effects; 500 mg is a common dose. Valerian (300 to 900 mg) has been found to improve sleep quality in women during menopause.

CHECK OUT HEALTH ISSUES TO GET TO THE ROOT.

Apnea, thyroid conditions, anemia, menopausal hot flashes, heartburn, incontinence and depression can affect the quality and quantity of sleep, as can medications such as beta blockers, blood pressure medications, some antidepressants and decongestants. If anxiety or depression is causing tossing and turning, cognitive behavioral therapy has been shown to improve sleep in up to 70 to 80 percent of people with insomnia. Whether in-person, via Zoom or by email, even one or two sessions can lower insomnia symptoms, with six to eight sessions typically being more helpful.

Natural health writer Ronica O'Hara can be reached at OHaraRonica@gmail.com.

Mood Swings

Sleepy Scents

The scents of ancient Egypt, Greece and Rome can still be used today to induce deep, restful slumber. "A scent of an essential oil reaches the brain within seconds and activates the hypothalamus, the hormonal control center. It then releases hormones promoting sleep," says Milana Perepyolkina, Salt Lake City author of *Gypsy Energy Secrets*. Some doze-inducing essential oils advised by aromatherapists include:

- Lavender to improve sleep quality
- Valerian to fall asleep faster
- Bergamot, which lowers heart rate
- Clary sage, a natural sedative
- Petitgrain to ease restlessness
- Marjoram to soothe the mind

"Put a couple of drops of the above essential oils on your palms, rub them together, cup your nose and breathe in to the count of four. Then hold your breath to the count of two. Breathe out to the count of eight. Hold your breath again to the count of two. Repeat for several minutes. You will fall asleep fast and have a deep and restful sleep," advises Perepyolkina, adding, "Always choose only therapeutic-grade essential oils."



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healthy kids



s any parent whose child has begged long and hard for a puppy or kitty can testify, animals are close to children's hearts. Up to 90 percent of kids are lucky enough to live with a pet at some point in their childhood, and studies show the effects can be profound for their health, character development and well-being.

Kids and pets seem to share a deep and special bond. "Kids often recognize a kindred spirit in animals, especially pets. Like children, pets are cared for and nurtured in families by big people who get to make the rules," says Gail F. Melson, Ph.D., professor emeritus of developmental studies at Purdue University and the author of *Why the Wild Things Are: Animals in the Lives of Children*.

In one of Melson's studies, 40 percent of 5-year-olds said that they turn to their pets when they feel sad, angry or have a secret to share. Children with pets demonstrate more empathy toward their peers and are less anxious and withdrawn than children without pets, her research shows. A University of Cambridge (UK) study

Pet Happy

How Animals Help Kids Thrive

by Ronica O'Hara

reported that kids were happier with their dogs and cats than with their brothers and sisters.

PETS ENHANCE KIDS' HEALTH. A study by UK's Warwick University found that children with pets had more robust immune systems and attended school an extra nine days on average each year compared to those without pets. Early exposure can be optimal: Babies living in homes with two or more dogs and cats are less than half as likely by age 7 to develop reactions to indoor and outdoor allergens like pet dander, dust mites and ragweed, reports a Medical College of Georgia study.

Pets can have a measurable impact on children with special conditions. In a University of Massachusetts Medical School study of young people with Type 1 diabetes published in *PLOS ONE*, those that actively helped care for family pets were 2.5 times more likely to have well-controlled blood sugar levels, perhaps by learning the importance of daily routines. In families with an autistic child, owning a dog reduces stress and significantly improves interactions, benefits that grow over time, report UK University of Lincoln researchers.

PETS BUILD SOCIAL SKILLS. According to a large American Humane study, small pets like guinea pigs and reptiles in thirdand fourth-grade classrooms improve students' levels of communication, cooperation, responsibility, empathy, engagement and self-control. Pets can also train kids to set boundaries. Growing up in Verona, Wisconsin, twins McKenna and Samara Fagan became skillful at stopping their 70-pound golden retrievers and great Pyrenees from jumping on them, stealing their toys or persisting after a petting period had concluded. "As girls, they learned how to create boundaries not just with words, but also with body language and energy," says their mother, Tia Fagan, a certified conscious parenting and authenticity coach. Now, she says, the 20-year-olds know "how to create and hold healthy boundaries with people."

PETS TEACH RESPONSIBILITY. "A child who knows that every day they will need to walk the dog (if it's safe), feed the dog (with guidance) or even scoop the yard, will thrive on the routine of care and often will feel a confidence boost because they are taking care of their dog. This is empowering for kids who may not have much control over other things in their lives," says

Children with pets demonstrate more empathy toward their peers and are less anxious and withdrawn than children without pets.

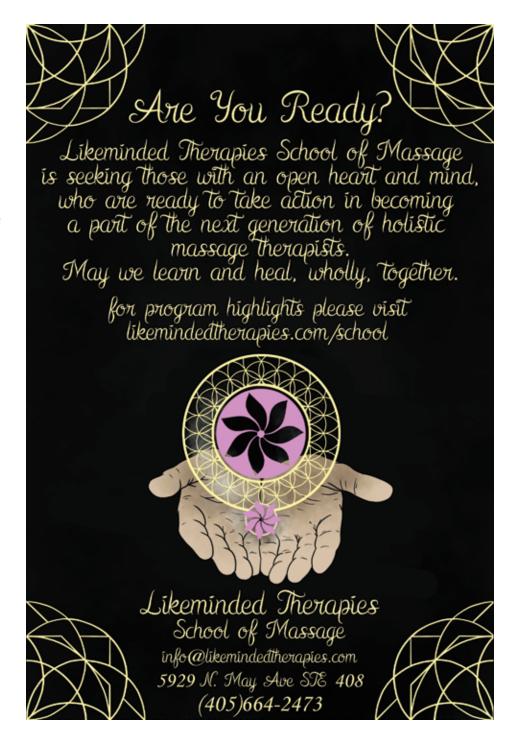
Antoinette Martin of Cornelius, North Carolina, head veterinarian with the online vet locator *HelloRaphie.com*.

PETS TEACH THE CYCLES OF LIFE.

Because pets have shorter life spans than humans, surveys indicate that about 80 percent of children first experience death when a beloved pet dies, offering a teachable moment for the whole family, says Melson. Veterinarian Michelle Burch's 3-year-old daughter grieved when the family dog died, but the child was encouraged to express her sadness and was helped by the award-winning book Dog Heaven, by Cynthia Rylant. A year later, "She loves to bring up her dog Baxter to strangers and how he is in dog heaven, but she knows that not all animals will stay on Earth forever," says Burch, veterinarian for the pet insurance site SafeHounds.com.

Difficult as the grief is, it's still worth it, says Fagan. "Our pets have taught my children that to give and receive love unconditionally is the greatest gift of all and is worth the sadness and pain we feel when they pass."

Natural health writer Ronica O'Hara can be reached at OHaraRonica@gmail.com.





calendar of events

PLANS CHANGE - CALL AHEAD

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

FRIDAY JULY 2

Freedom Celebration Bixby – 7pm. Celebrate Independence Day with a public fireworks extravaganza. Bring your lawn chairs, blankets, footballs and frisbees to Bentley Park. Free. 8505 E 148th St, Bixby. 918-366-4430. BixbyOk.gov.

SATURDAY JULY 3

Fireworks Show Sand Springs – 7-11pm. Enjoy fireworks at this annual, family-friendly event; listen to local music while chowing down on great food. Free. Case Community Park, 2500 S River City Park Rd, Sand Springs. 918-246-2504. SandSpringsOk.org.

SUNDAY JULY 4

Tulsa FreedomFest – 5-9pm. Celebrate America's Independence with family and friends at Tulsa's annual FreedomFest celebration. Staged from the 21st Street Bridge. Free. Tulsa River Parks. 918-596-2001. FreedomFestTulsa.com.

Bricktown 4th of July Celebration OKC – 7-11pm. Come to the block party with live music, games, food and fun beginning at 7pm. This will all lead up to the fireworks finale. Free. Mickey Mantle Dr, OKC. 405-235-3500.

THURSDAY JULY 8

Kendall Whittier After Five Kids Night Tulsa – 5-9pm. July's After Five is all about the little ones, with extra kids' activities and kid-friendly entertainment. Free. Lewis Ave and Admiral Blvd, Tulsa. 918-633-1934. VisitKendallWhittier.com/Afterfive.

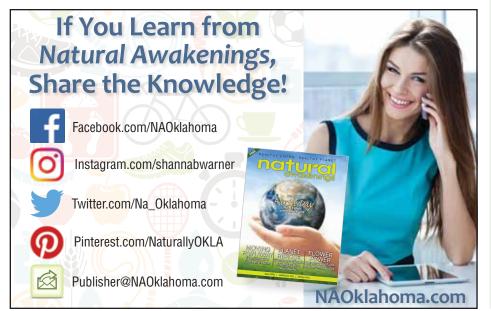


WEDNESDAY, JULY 21

71st Annual Indian Hills Pow Wow OKC – 6/21-6/25. Come celebrate, dance, sing and pray with us. Wed 6pm: Mourners Dinner. Thur 5pm: Handgame Tournament. Fri: Gourd Dance, Intertribals and Children's Contests. Sat 12pm: Horseshoe Tournament, Gourd Dance, Intertribals and Women's Contests. HMD special Fancy Dance Contest 4-3-2-1. Sun: Turtle Races, Gourd Dance, Intertribals and Men's Contests. Free. OKC Pow Wow Club, 8980 N Sooner Rd, OKC. 405-923-1254. Facebook. com/OklahomaCityPowWowClub.

SATURDAY, JULY 24

La Fiesta de Tulsa – time TBA. This annual, fanfavorite festival will bring Latin cultures together for an unforgettable night filled with cultural food, drink, crafts and live performances. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. Gathering Place.org.



classifieds

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

OPPORTUNITIES

NOW HIRING VETERINARIANS AND ANIMAL ASSISTANTS – Business is good, thanks to our ad in *Natural Awakenings* magazine. Holistic Pet Care, 3001 Tinker Diagonal St, OKC, and Best Friends Animal Clinic, 1313 N Harrison Ave, Shawnee, are looking to hire veterinarians and animal assistants. Call 405-605-6675 or 405-275-9355.

RESEARCH PARTICIPANTS WANTED

- Have you had an NDE – a Near Death Experience? Have you had an ADC – an After Death Communication? Doctoral student seeks research participants. If you are willing to discuss your experience, please contact Shanna. Email Publisher@NAOklahoma.com, or call 918-805-0546. All information remains confidential.

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MyCTFO.com.

WORK-FROM-HOME BUSINESS – Position with a private manufacturing company. Non-MLM. Must be green-minded and have access to a computer. More information at WorkFrom HomeAndLovelt.com.

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PLANT-BASED SUPPLEMENTS – Get greens, chlorophyll, oil blends, electrolytes, cleansers, herbal teas & more. All organic. See special offer for free samples. TerraLifeStore.com. 954-459-1134.

GET \$100 IN FREE PRODUCTS! Join a great health & wellness shopping club. Save money and get healthy, safe and affordable products. They will give you \$100 in FREE products because they know you will keep coming back for more. Visit the website 100LiveTotalWellness.com.

SERVICES

ALIGN – A unique and effective modality for creating alignment in the body. Deena Burks, LMT, 1626 S Boston Ave, Tulsa. 818-933-1691. Online booking and reviews at MassageBook. com. Become pain-free today!



ongoing events

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

various

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

sunday

Sunday Yoga with Sound Healing and Crystals OKC – Noon-12:50pm. Every Sun. This method can help you resolve past issues and current concerns with your body, mind and spirit. Azalea House of Healing. 5601 NW 72 St, Ste 106, OKC/Warr Acres. Yoga-For-Peace.com.

Sunday Twilight Concert Series OKC – 7:30-9pm. 2nd & 3rd Sun. Live performances. Bring blankets, chairs, and picnics; however, pets, smoking and glass containers are prohibited. Free. Myriad Gardens Great Lawn Stage, Bicentennial Park, 500 Couch Dr, OKC. 405-270-4848. ArtsCouncilOkc.com.

tuesday

PlyoJam Dance Fitness Tulsa – 6-7pm. 1st-3rd Tue. PlyoJam's innovative workout combines cutting-edge dance moves with short, intense plyometric-inspired movements that tone, shape and transform the body. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

wednesday

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

Dope Poetry Night OKC – 7:30-9:30pm. All levels are open to the mic, and it is uncensored. Sign-ups begin at 7pm and the show begins at 7:30pm'ish. Free. Ice Event Center Sports Bar and Grill, 1148 NE 36th St, OKC. 323-346-8683. Facebook.com/events/209553842825723.

Sonic Summer Movie Nights OKC – 8pm. Movie night every Wed. Free Myriad Botanical Gardens. 301 W Reno Ave, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.



thursday

1st Thursday Tulsa – Noon-1pm. 1st Thur. Sustainable Tulsa's monthly open-to-the-public meeting offers individuals an opportunity to network, enjoy lunch and hear presentations from local, regional and national sustainability leaders. **temporarily online only** Free. Tulsa Community College's (TCC) McKeon Center for Creativity. 910 S Boston Ave, Tulsa. Sustainable TulsaInc.org/1st-thursday.

Vibes Edmond – 5-9pm. 1st Thur. Participating downtown businesses, artists and performers invite you to celebrate creativity. Get ready to be inspired by visual arts and captivated by the sounds and sights of performers as you stroll the streets of Downtown Edmond. Free. 405-340-4481. EdmondVibes.org.

Zumba in the Gardens OKC – 5:45pm. 3rd Thur. The very popular Evelin Pino will be the instructor from the YMCA. This class combines Latin and international music with a fun and effective workout system. Free. Devon Lawn, Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

BootCamp Summer Fitness Class Tulsa – 6-7pm. 1st-4th Thur. Join this fun and friendly class. Participants will use their bodies and a variety of formats to get moving each week. Expect Tabata, intervals, strength and cardio for a full-body sweat every time. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. Gathering Place.org.

friday

First Friday Art Crawl Tulsa – 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. The Tulsa Arts District.org.

First Fridays on the Paseo OKC – 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. The Paseo.org.

Norman Art Walk 2nd Friday – 6-9pm. 2nd Fri. Norman Arts Council is excited to announce the return of in-person 2nd Friday Art Walks. Free. Downtown Norman. 405-360-1162. 2ndFridayNorman.com.

LIVE! on the Plaza 2nd Friday OKC – 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.

Concerts at the Creek OKC – 7pm. Enjoy free, live music. Local musicians will perform on the Water Stage at The Pointe. Chisholm Creek, 13230 Pawnee Dr, OKC. 405-728-2780. ChisholmCreek.com.

saturday

Adult Birding Walk OKC – 8-9:30am. 2nd Sat. These walks in Martin Park offer adults the opportunity to go birding and socialize with other birders in the quiet hours of the morning. No binoculars needed. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center. 5000 W Memorial Rd, OKC. 405-297-1429. Okc.gov.

Saturday Morning Birding Tulsa – 8-9:45am. 1st Sat. Birding at Oxley. All skill levels are welcome. Binoculars are recommended. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Gardens Monthly Walking Tour OKC – 10-11am. Last Sat. Learn about Oklahoma plants and find gardening inspiration with educational walking tours. Each month will feature different plants from the outdoor collection. Spots fill up fast, so register early. Free. Myriad Botanical Gardens, South Lobby, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

Story Time at Full Circle Bookstore OKC – 10:15am. Weekly morning story time with occasional special guests. For ages 10 & under. Space is limited so guests can maintain social distancing. Come visit our friends at Full Circle Bookstore. 1900 NW Expressway, OKC. 405-842-2900. FullCircleBooks.com.

Explore the Flora Tulsa – 10:30am-noon. 4th Sat. Come out and explore the beautiful Oxley flora. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Hudiburg Summer Music Series OKC – 4-8pm. Every Sat. Live music, craft beer, cocktails and outdoor fun – including Ski OKC, Surf OKC and flatwater paddling in the lower pond. Free. Riversport Rapids, 800 Riversport Dr, OKC. 405-552-4040. RiverSportOkc.org.

community resource guide

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

ACUPUNCTURE

CENTRAL OKLAHOMA ACUPUNCTURE

Karen Wilson, LAC, MAC 2525 NW Expressway, Ste 20 Oklahoma City, 405-255-3193 CentralOklahomaAcupuncture.com



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

BODY WORK

ANKRUM INSTITUTE

Leigh Ankrum 3331 E 31 St, Tulsa 918-212-4206 • AnkrumInstitute.com



The Institute's focus is teaching interconnections among the body's many systems. Uniting manual therapy with myofascial work, visceral manipulation and craniosacral therapy, they train practitioners in a global way of working that

combines depth and subtlety to amplify the health in every system. See ad, page 5.

BOOK STORE

FULL CIRCLE BOOKSTORE

50 Penn Place • 1900 NW Expressway, OKC 405-842-2900 FullCircleBooks.com

The largest independent bookstore in Oklahoma. For more than 30 years, they have been dedicated to helping customers find the books they've been looking for. They carry more than 60,000 new titles in stock featuring every genre imaginable.

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

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

PEACE OF MIND BOOKS

1401 E 15th St. Tulsa 918-583-1090 PomBookStore.com

Books, herbs, incense, jewelry, gifts and more are available. One of the nation's largest collections of conscious living and metaphysical books. They also carry over 175 different herbs as well as stones, crystals, runes, tarot cards and other wonderful gift items.

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TrueMedX uses the patented science of GnuPharma Corp

to produce natural products targeting common human conditions. With autism, our specifically targeted formulations address dysregulations autistic people have within the endocannabinoid system. Some of our formulas are CBD-based. Others contain NO cannabinoids, based instead on herbal and natural ingredients. While autism will likely never be "cured", conditions that arise from autism can be treatable. Our therapeutic formulations have been life-changing for many. See ad, page 17.

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HEALTHY ROOTS DENTISTRY

John Garrett, DDS 6128 E 61st St, Tulsa 918-982-6644 HealthyRootsTulsa.com



through comprehensive dental

care. Holistic dental care examines the relationship between oral health and the entire body. Mercurysafe and fluoride-free, also offering non-metal crowns and fillings. Laser treatments for pediatric and adult patients. Call for an appointment. See ad,



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Central Oklahoma's home for holistic and biological dentistry. With

safe mercury amalgam removal techniques, BPAfree tooth-colored restorations and ceramic implants. Featuring the HealthyStart Appliance system and Vivos Life method for treating sleep apnea and underdeveloped jaws. See ad, page 11.

FUNCTIONAL MEDICINE

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Discover a natural approach to your health. Aging Gracefully was

founded more than 15 years ago by Dr Michelle McElroy, an OB/GYN and functional medicine physician with more than 20 years of medical experience. See ad, page 27.

HEALTH FOOD

NATURAL GROCERS

Jessica Cox, BS, IFNCP NaturalGrocers.com/Nhc/Jessica-Cox-bs-ifncp 405-840-0300



Natural Grocers' Nutritional Health Coaches provide free 1-on-1 virtual coaching sessions to help community members navigate their

health and wellness journeys. Earn a \$5 Natural Grocers coupon & receive free personalized nutrition advice to help you stay rooted in health.

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Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. See ad, Body Works page 25.

MASSAGE - CLINIC/SCHOOL

LIKEMINDED THERAPIES

5929 N May Ave, Ste 408, OKC 405-664-2473 LikemindedTherapies.com Info@LikemindedTherapies.com



Holistic massage clinic and school. Offering classes and massage therapy, corrective bodywork, yoga, meditation, sound/light therapy, GNM consultations, aromatherapy and energy healing. Call to schedule treatments with student practitioners and licensed professionals. See ad, page 29 and Body Works page 25.

MEDICAL MARIJUANA

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26427 S Hwy 125, Afton 866-726-3420 Amber@HigherHealthOklahoma.com



H&H Processing produces Orion Cannabis Tablets and Blossom Canna Capsules as well as craft FECO (Full Extract Cannabis Oil). The tablets and the capsules are allnatural, vegan, celiac-safe, gluten-PROCESSING free and sugar-free. Blossom mushroom capsules contain FECO

and five varieties of mushrooms. The tablets are dissolvable sublingually. See ad, page 19.

OZONE / SAUNA THERAPY

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Offering ozone sauna therapy, benefiting stress, weight management, relaxation, energy and mobility. Packages available-buy five and get sixth free. Focusing on improving digestion and supporting the immune system. Offering plant oils, colloidal silver and organic botanical products.

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QIGONG OF TULSA

Tom Bowman, CQI, CQP 5800 S Lewis Ave, Suite 139, Tulsa 918-855-4222 • QigongOfTulsa.com



Qigong of Tulsa is a wellness center specializing in Clinical Qigong treatments and Qigong exercise training. Certified by the National Qigong Association as a Clinical Qigong Practitioner

and an Advanced Qigong Instructor with over 20 years of experience. Training includes exercises, meditation and self-treatment techniques. Clinical practice includes energy work, cupping, acupressure and more. Email Tom@QigongOfTulsa.com. See ad, Body Works page 25.

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Keller Williams Elite Realtor 405-234-6110 EdOliver6110@gmail.com



Let me help you buy, sell or invest in a beautiful home for yourself and your family. Each office is independently owned and operated. See ad, page 15.

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918-401-0377 TulsaHealing.com



Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a

physical, emotional, mental or spiritual nature. See ad, Body Works page 25.

SALON

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Mazev Denman 1624 Linwood Blvd, OKC 405-208-8068 SustainSalon.com



An earth-conscious salon where high-quality hair and skin services are offered in a comfortable environment. Sustain uses only sulfate-free. paraben-free, sodium chloride-free, non-animal

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Thomas Academy Tai Chi Kung Fu teaches only the highest quality traditional Tai Chi Chuan, Kung Fu, and other Chinese martial arts and weapons to all ages: kids and adults alike! Tai Chi has been

shown to improve balance and have a positive effect on cardiovascular health, blood pressure, stress management, chronic pain and arthritis. Seminars, workshops and private lessons are also available. See ad, Body Works page 25.

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Fulcrum embraces a holistic approach to health and wellness. They offer culturally sensitive, safe and affordable services to all individuals. Family practice, hormone therapy, women's health, PCOS care, LGBT health

care, IV infusion and more. See ad, page 13.

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with cutting edge testing, dietary and fitness counseling, bio-identical hormone replacement and intravenous therapies. See ad, inside front cover.

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peace and happiness. If you are interested in cocreating this venture, please contact us for more information.

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Beginners welcome. All body types welcome. First class free. See ad, Body Works page 25.

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Practice yoga and meditation to heal your body, mind and emotions. Kundalini yoga helps you achieve wellness through postures, breathwork and mantra.

Calm your mind, release negative thoughts and trauma while uplifting your spirit. Hatha yoga improves balance, flexibility and strength, and relax deeply with healing sound and crystals. See ad, Body Works page 25.

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YOU POWER YOGA

Denise Shaw 1904 E 2 St. Edmond 405-348-9979 • YouPowerYoga.com

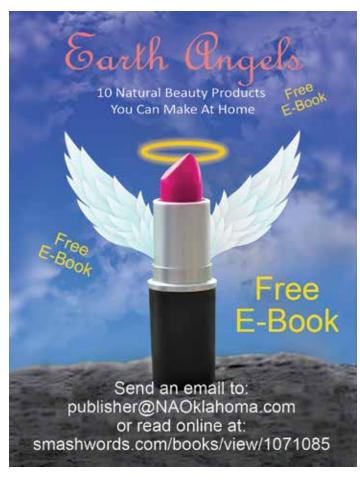


Free yoga class for firsttime clients. They offer both in-studio and livestreaming classes. Instudio classes limited to

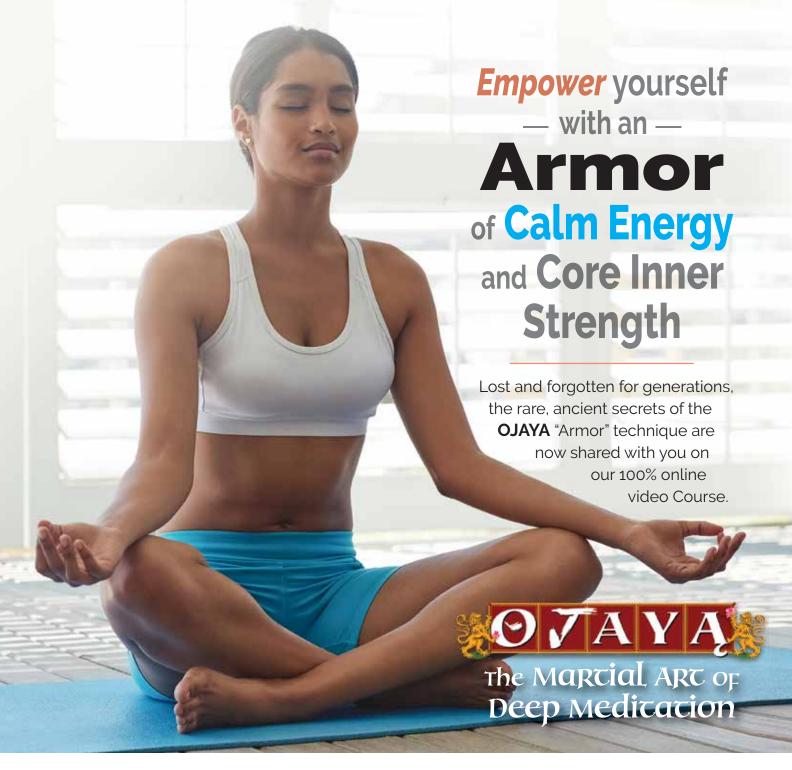
15 students. For either option, book online or via their free You Power Yoga app or the online schedule. Teacher training available. See ad, Body Works page 25.











Q UIETLY hidden and closely-guarded for centuries, the OJAYA "Armor" technique is a supremely rare and powerful meditation that protects your mind and emotions with a calm "armor" of core inner strength. As you meditate, its soothing resonance attacks stress, clears out brain fog, and recharges your vital energies in

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Sukaishi David shares the teachings with you step by step with exquisite videos produced in the Earthborn Rainforest. But to qualify to learn the **OJAYA** technique, you must first watch the free **OJAYA Foundation Lessons**. Enjoy!

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I would like for everyone to meet Scotty, my 13 year old Westie. Scotty was diagnosed by another vet with Westie Lung Disease. When Scotty seemed to be getting progressively worse, I looked for a holistic vet to continue his care and discovered Dr Roach. I credit Dr Roach with saving his life and not just extending it, but giving him a high quality of life. You should see Scotty running in the backyard! My other two dogs come here also and all will remain under his care. And, the staff is absolutely wonderful!

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

