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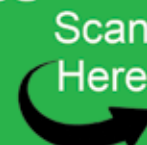
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letter from publisher

Mark and Shanna Warner

Thank you!

Dear readers, welcome to our August anniversary edition. We want to THANK YOU. Mark and I have been publishing and distributing *Natural Awakenings* for a year in the OKC and Tulsa areas, and what a year it has been! Some thought we were crazy to start a business in a pandemic, but we knew this was something special.

Over the last 12 months, we printed and distributed 160,000 magazines, with more than 82 feature stories, 21 local articles, 129 news items and 33 recipes. That is a lot of health and wellness coming your way. Plus, there were more than 100,000 visits to our website for exclusive, online-only articles. And all of that content is free to enjoy!

Every month, Mark and I put our hearts into this magazine. A lot of love goes into making it, and we are so thankful each month for the outpouring of love that comes back to us from our readers. You inspire us and motivate us as we move into a second year of publishing.

We are so thankful for YOU and so thankful for THEM—our advertisers. When the advertisers support this magazine each month, their focus is on health, happiness, hope and healing for the people (and pets) of Oklahoma. They're not just focused on making money, even though we all need to make money to pay our bills and buy our organic veggies, right? But the kind providers and practitioners who support this magazine do it because they care. Good things truly happen when your heart is in the right place!

As we move forward into the next 12 months of publishing, the magazine will continue to expand. During the past few months, we've added a newsletter, a podcast, videocast, YouTube channel and Facebook interviews. We are now adding social media marketing, digital website building and a brand new Health and Wellness Chamber of Commerce. (You can find links to all of those extras on our website, *NAOklahoma.com*.)

So, celebrate with us! Share the magazine with someone you love. Connect with us on Facebook. Give us a call; send us an email. And while you are reading this celebration edition, stop a moment and thank an advertiser for sending you a bit of love in recyclable paper form today. If you pick up the phone or send them an email, tell 'em we said hello, too.

With love and veggies,

Shanna

Shanna Warner

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New FOCUS for Autism Patients



According to *AutismSpeaks.org*, autism is a disease that currently affects one in 144 girls and one in 34 boys. The prevalence of autism is on the rise. Autism spectrum disorder is one of the fastest growing developmental disorders in the United States.

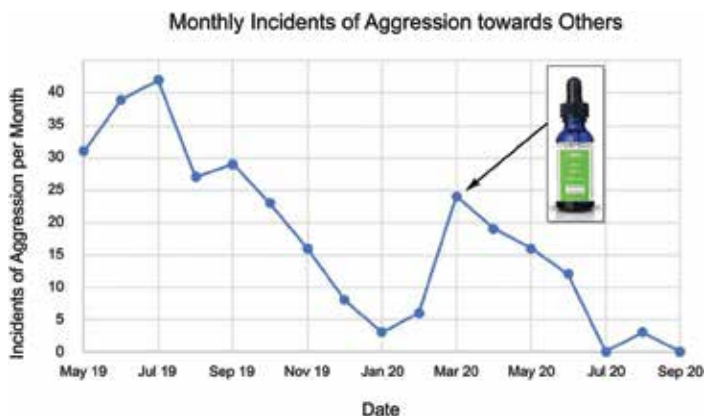
While numerous studies have been conducted with autistic patients, no definitive therapy or medication has emerged. Physicians typically treat the symptoms of autism in one of two ways: they either treat the behavior or treat the cognitive aspects of the disease. Treating the

behavior results in sedation. Sedation, while beneficial under extreme circumstances, can lead to a further lessening of cognitive function. Treating the cognitive functions with Adderall and other similar drugs sometimes results in or worsens disruptive or negative behaviors.

To help with the symptoms of autism, TrueMedX, an Oklahoma brand, has a line of products called FOCUS. TrueMedX creates products based on the science developed by GnuPharma, a research and development company in Oklahoma focused on human health and function. GnuPharma developed a new model of human function, and by virtue of this model, can view disease states in new and unique ways.

FOCUS products come in many forms, from tablets and powders to gummies. The products target and zero in on the metabolic aspects of autism and provide important natural product precursors and co-factors thought to be depleted in metabolic dysregulation associated with autism.

The graph below contains actual clinical data from a customer and illustrates the benefits being reported by the use of FOCUS TrueMedX products.



Location: 7726 N. Owasso Expy., Owasso. For more information, call 918-706-3947, email Info@TrueMedX.com or visit TrueMedX.com. Autism parents can book an appointment online at GnuPharma.com/book-an-appointment. See ad, page 21.

Infusion Therapy May Be Just What the Body Ordered



Stress and fatigue go hand-in-hand, as many of us in these pandemic days can attest.

But what if the fatigue is caused by more than stress? Fulcrum Wellness Center, in Oklahoma City, offers solutions via a wide variety of vitamin infusion therapies. They

are administered intravenously and used to treat a wide variety of conditions, such as fatigue and migraine, and for boosting the immune system. Because IV therapies bypass the digestive system and go directly into the bloodstream, clients experience increased absorption and benefits.

Family Nurse Practitioner Mark G. Fergeson, director of operations and primary medical provider at Fulcrum, states, "The migraine IV therapy provided here is like the ones available at hospitals, but without the gigantic bill." Fulcrum also offers athletic recovery therapies with concentrated doses of amino acids, electrolytes and multivitamins. This can be used by professional athletes or weekend warriors as part of a pre-endurance boost or even a post-event recovery plan.

During those times of the year when flu and cold season approach, Fulcrum's immunity IV therapy contains a high dose of vitamin C, B vitamins and Zinc combined with other nutrients that help keep common illnesses at bay. For a year-round energy boost, their full vitamin therapy has antioxidants that target aging, and includes high-dose glutathione to facilitate detox and help keep clients energized and refreshed.

Fulcrum Wellness Center can help clients determine if IV Therapy is right for them. Fergeson offers, "We invite you to settle back in a comfy chair, listen to some music or catch up on your reading as you take charge of your health with our infusion therapies."



Location: 1601 SW 89th St., OKC. For more information or to make an appointment, call 405-546-7888 or visit Fulcrum-Clinic.com. See ad, page 15.

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health briefs

Avoid Air Pollutants to Protect Children's Mental Health



Exposure to even moderate levels of traffic-related air pollutants during childhood results in a greater risk of mental illness by age 18, Duke University researchers report in *JAMA Network Open*. In the study, the psychiatric health of 2,000 twins from England and Wales followed into adulthood was compared to recorded levels of air pollution in their neighbor-

hoods. Twenty-two and 84 percent of the twins, respectively, were found to have had exposure to nitrogen oxides and fine particulate matter that exceeded World Health Organization (WHO) guidelines. Higher levels produced the most symptoms, including depression and anxiety. The effect, although weak compared to family history, equals that of other neurotoxins known to harm mental health, particularly childhood exposure to lead. Previous evidence suggests that air pollutant exposures can cause inflammation in the brain and may lead to difficulty regulating thoughts and emotions.

WHO estimates that nine of 10 people worldwide are exposed to high levels of outdoor air pollutants emitted by vehicles, waste disposal, power plants, factories and other industrial processes. Studies show increased hospital admissions for many psychiatric illnesses during poor air quality days in China and India. "Because harmful exposures are so widespread around the world, outdoor air pollutants could be a significant contributor to the global burden of psychiatric disease," says lead author Aaron Reuben.

Microbiome Linked to Risk of Death from Disease

Certain gut microbiota can predict possible causes of mortality, reports a new study from Finland's University of Turku. Researchers collected stool samples from 7,055 Finnish adults around 50 years old and followed them for 15 years. They found that greater numbers of bacteria from the Enterobacteria family increase the risk of death from cancer, respiratory disorders and gastrointestinal disease. "Many bacterial strains that known to be harmful were among the Enterobacteria predicting mortality, and our lifestyle choices can have an impact on their amount in the gut," says study co-author Teemu Niiranen.



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Reversing Ruin

Superfund Mine-Polluted Stream Restorations See Success

Large investments have been made to clean up acid drainage into streams and rivers polluted by toxic metals from abandoned mining sites. A new study published in *Freshwater Science* based on long-term monitoring data from four U.S. Environmental Protection Agency Superfund sites in California, Colorado, Idaho and Montana shows that cleanup efforts can allow affected streams to recover to near natural conditions within 10 to 15 years after abatement work begins.

David Herbst, a research scientist at UC Santa Cruz and co-author of the paper, says, "The good news from them all is that Superfund investments can restore the water quality and ecological health of the streams." Researchers combined data from long-term monitoring during periods of 20 years or more using aquatic insects and other diverse invertebrate life such as flatworms and snails as indicators of the restoration of ecological health, with nearby unpolluted streams as standards for comparison. Much of the recovery occurred within the first few years of treatment. Herbst says that the promising results suggest that even daunting environmental problems can be remedied.

Thorny Problem


Cactus Poachers Are Denuding Deserts

More than 30 percent of the world's 1,500 or so cactus species are threatened with extinction, and criminal scavengers are primarily to blame. A 2020 seizure by authorities in Italy yielded more than 1,000 of some of the rarest cactuses in the world, valued at more than \$1.2 million on the black market. Some were over 100 years old. President of the Association for Biodiversity and Conservation Andrea Cattabriga helps police identify specimens taken from tourists or intercepted in the mail. He says, "Here is an organism that has evolved over millions of years to be able to survive in the harshest conditions you can find on the planet, but that finishes its life in this way, just as an object to be sold." Trafficking can take a serious toll because many species are highly localized and often extremely slow-growing, thus quite sensitive to over-harvesting.

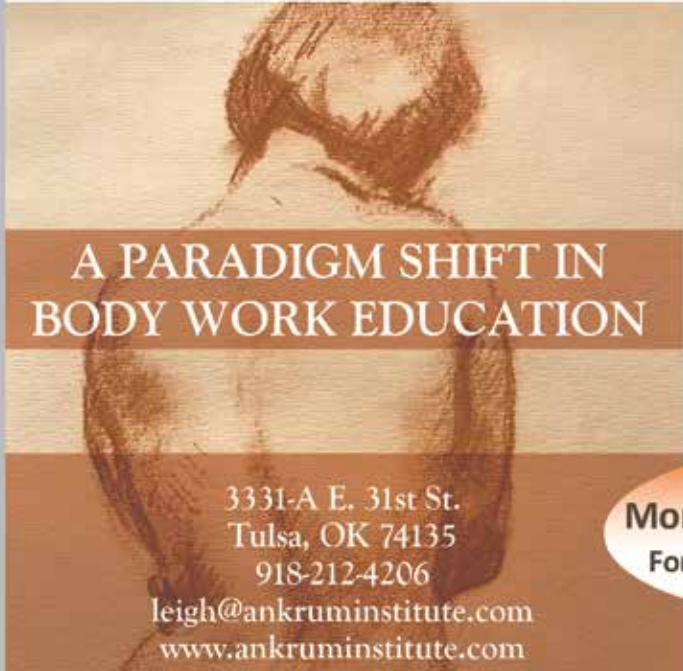
Cactuses and other succulents have become popular on social media, promoted by indoor plant influencers for their unusual appearance and minimal care requirements. The pandemic has increased their popularity, with shops unable to keep some species in stock. Sales of legally sourced plants could help offset illegal trade, with the proceeds going directly to communities living alongside the plants, creating an incentive to protect them.



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Suiting Up

Textile Manufacturers Fight Climate Change

Clothing makes the man or woman, but mankind makes the clothing. The Textile Exchange's Material Change Index (MCI) has been tracking industry changes and their impacts since it was launched in partnership with GreenBiz in 2019. The MCI is the largest business-to-business comparison initiative tracking progress toward more sustainable material sourcing for apparel, footwear and home textiles. It also monitors alignment with global efforts such as the United Nations Sustainable Development Goals and the transition to a circular economy. With a goal to accelerate action, 2019 was established as a baseline year from which to track the related efforts and progress of leading corporations.

The MCI is part of Textile Exchange's Corporate Fiber & Materials Benchmark program, enabling companies to measure, manage and integrate a strategy for using preferred fiber and materials in their operations. With a goal of 45 percent reduced CO₂ emissions from textile fiber and material production by 2030, Textile Exchange is pushing for urgent climate action. This year, they are launching an insights report, leaderboard and dashboard (TextileExchange.org/2030-climate-plus) to provide a comprehensive analysis of the state of the industry and determine ways to work with the data.



eco tip



Bug Battle

How to Keep Mosquitoes at Bay

It's no fun fending off uninvited airborne guests at the family cookout, but bloodthirsty bugs are an inevitable part of summer. Mosquitoes aren't just an annoyance; they can carry infectious diseases like West Nile and Zika viruses, so it's important to know the best ways to keep them at bay.

Sprays containing the chemical DEET—developed by the U.S. Army after World War II and made commercially available in 1957—have long been the go-to option for mosquito repellent. DEET sprays came under scrutiny after isolated reports of seizures; these were subsequently dismissed as involving “off label” applications such

as ingesting DEET (it's best not to drink bug juice). DEET can occasionally cause a rash or skin irritation; however, the U.S. Environmental Protection Agency (EPA) and Centers for Disease Control and Prevention have both deemed DEET sprays as generally safe and effective for both adults and kids as young as two months. DEET also breaks down quickly in the environment, posing minimal danger to wildlife.

For outdoor lovers seeking a more natural bug repellent, one formula performs as well as DEET at stopping mosquitoes and even better at repelling ticks: products containing oil of lemon eucalyptus extract, which contains the naturally occurring compound para-menthane-3,8-diol (PMD), a byproduct of the leaves of *Corymbia citriodora* tree. In a study published in the *Journal of Insect Science* in 2015, researchers from New Mexico State University found that it deterred mosquitoes for up to six hours, unlike largely ineffective candles, bracelets and ultrasonic devices.

The PMD compound differs from lemon-eucalyptus essential oil, so look specifically for repellents containing PMD, found at most outdoors sports stores and major retailers. Lemon-eucalyptus essential oil itself is also sometimes touted as a natural mosquito deterrent, but like other essential oils like clove or citronella, the limited protection it offers is short-lived, as their volatile compounds evaporate quickly. While DIY insect repellents made from essential oils smell wonderful and are easy to make, they can also irritate the skin at higher concentrations and in some cases, such as clove oil, be toxic to pets. Products containing essential oils are also not registered by the EPA, and therefore not tested for efficacy.

Products containing Picaridin, a chemical modeled on black pepper, also have proven to be as effective as DEET. Picaridin-based products are better at deterring mosquitoes from landing than DEET, and are less oily and strong-smelling.

The percentage of DEET or Picaridin in a product determines how long it protects, with higher concentrations providing longer protection with fewer reapplications. Those benefits taper off at 30 percent DEET and 20 percent Picaridin. Covering up with long sleeves and spraying clothes, not just skin, with insect repellent will help keep skeeters at arm's length and also help keep off ticks.

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Healthy Roots Dentistry

Holistic Care with Nothing to Fear

by Shanna Warner

Dr. John Garrett started Healthy Roots Dentistry with his chiropractor wife, Dr. Kristen, because they saw a need for a holistic approach to dentistry. Holistic or biological dentistry is different because it looks at how dental health can be connected to other health concerns. Many people recognize that their body functions as a whole, and they seek doctors that, while specialized, acknowledge and incorporate total health and wellness into their area of expertise.

As a profession, dentists are seeing patients that are looking for more alternative or holistic care. While some dentists are still placing mercury fillings, holistic or biological dentists no longer are and are in fact helping to remove older mercury fillings. Dr. Garrett sees dentistry slowly changing and moving in this positive direction.

One of the main benefits that patients regularly experience at Healthy Roots is the calm and welcoming team atmosphere. They aim to be completely transparent about their values as a business and all the options for care in their office. The focus is on clear and open communication, because Healthy Roots considers themselves a part of each patient's team, working together to help reach health goals. They can even help with referrals to other holistic providers to help each patient on their individualized health journey.

They make dental health easier and less stressful by encouraging routine cleanings to maintain proper dental health. This also is the best way to catch problems when they are small

and can be easily remedied. They don't use fluoride in their routine cleanings, and since he is certified in the Safe Mercury Amalgam Removal Technique (SMART), Dr. Garrett can remove old mercury fillings safely. They use advanced dental technology to catch and remove hidden dental infections that are impacting the patient's overall health. They also do more advanced work with crowns and implants, even helping patients with sinus lifts when there is not enough bone initially for an implant.

As parents and children transition into new school routines at this time of year, Healthy Roots helps to make it easier for families to get their dental needs scheduled. As a family practice, they are able to see every member of the family, making life easier for parents who no longer have to find separate providers. And trips to the dentist are more fun at Healthy Roots—they offer Netflix for patients that prefer to forget they are at the dentist office.

Creating a relationship with families and patients is the motivating force for Dr. Garrett and the whole team at Healthy Roots. Helping individual patients and whole families navigate toward better health forges a long-term bond. They even have patients that drive several hours to Tulsa just for the specialized care they provide.

Dr. Garrett sees the increased need and desire for specialized care in all the patients that seek out his holistic approach. "We're continuing to grow. We opened this practice two years ago as a part-time, one day a week practice and are moving to full-time this September."



John Garrett, DDS

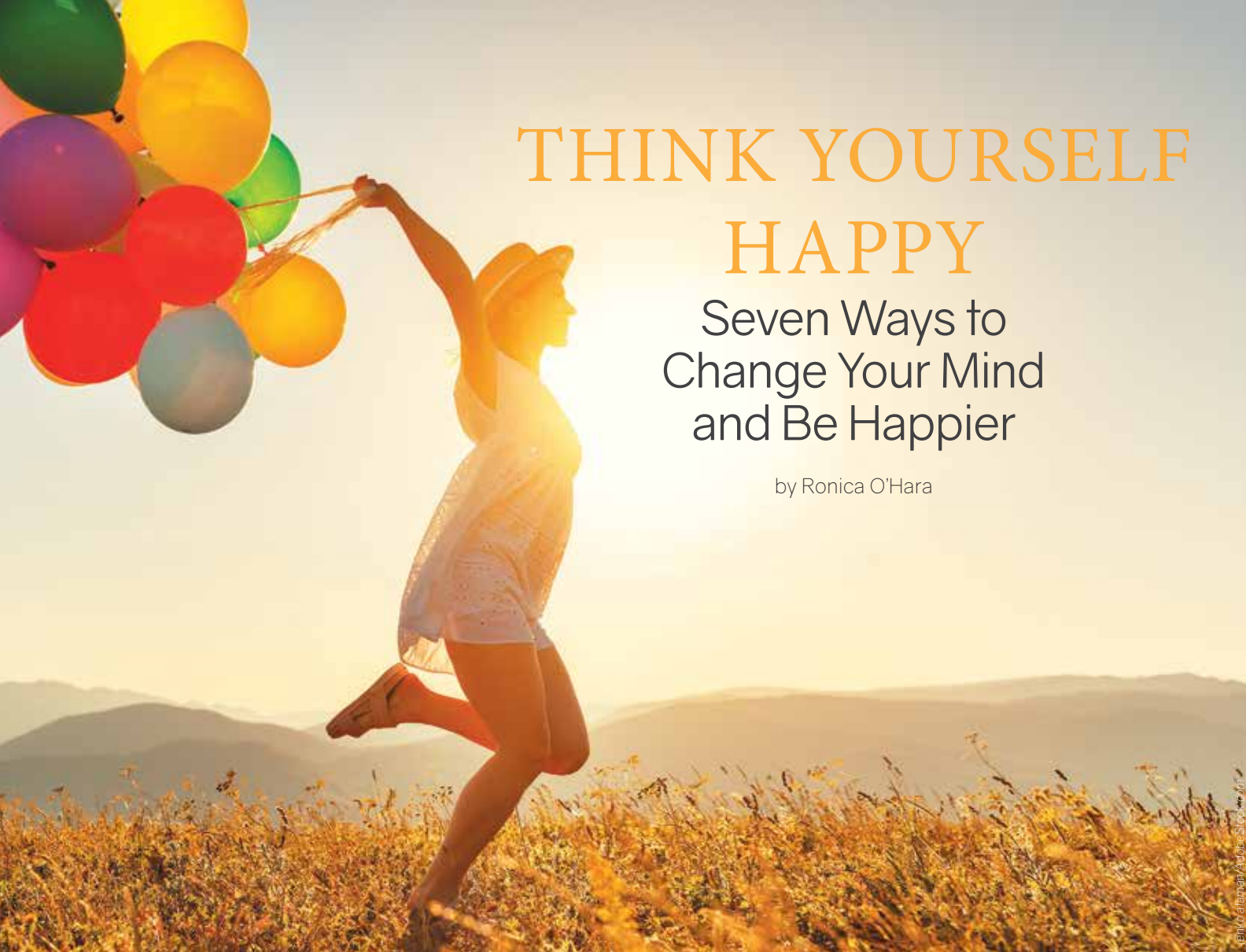
Dr. Garrett credits the committed staff and wonderful customers and patients for Healthy Roots' rapid growth. Each happy, holistic smile from a healthier patient is shared with family and friends. This helps Dr. Garrett and his staff continue to grow and offer state-of-the-art dentistry.

If anyone asks Dr. Garrett about the number one health problem facing people today, his answer might surprise them. He believes fear and isolation are the most pressing issues that contribute to poor health. Their staff works hard to make sure that patients realize that they need not be afraid of the dentist and that they are not alone—there is a whole team willing and able to help. He encourages each patient, "Give your dental health the same importance as you would your most vital organ. If there is infection or decay in your mouth, it impacts your overall health and shouldn't be taken lightly."

Dr. John Garrett is a Tulsa native. He attended the University of Oklahoma's College of Dentistry, where he received his Doctor of Dental Surgery (DDS) accreditation and became a member of the ADA. He is also an accredited member of the International Academy of Oral Medicine and Toxicology (IAOMT) and is Safe Mercury Amalgam Removal Technique (SMART) certified.

Location: 6128 E. 61st St., Tulsa. For more information or to make an appointment, call 918-982-6644 or visit HealthyRootsTulsa.com. See ad, page 19.





THINK YOURSELF HAPPY

Seven Ways to Change Your Mind and Be Happier

by Ronica O'Hara

What is happiness? Aristotle pondered it, our country's founders encouraged its pursuit, but only now—thanks to the thriving field of Positive Psychology—have we learned more precisely how to attain and sustain it. In thousands of studies in the last two decades, researchers have watched babies share crackers, put Tibetan monks in brain scanners, asked college students to do kind deeds and explored databases, among other strategies. A major finding has emerged: Happiness is, to a great degree, in our own hands—or more exactly, our own minds.

"You get to choose," says trailblazing researcher Barbara Fredrickson, author of *Positivity* and *Love 2.0* and a professor at the University of North Carolina. "No matter where your river of emotions flows today, over time and with continued effort and attention, you can change its course and location to live a happier, more positive life." Using advanced brain imaging technology, neuroscientists and psychologists have discovered that the brain is "plastic" and malleable. When we change our thinking and actions in positive ways, brain neurons start rewiring themselves to make newfound happiness settle in, especially if our practices are repetitive.

"Interestingly, changes can start quite quickly," says neuro-

scientist Andrew Newberg, who has authored 10 books on the brain, emotions and spirituality, including *Words Can Change Your Brain*. "For those changes to become more fully ingrained, it can take a few months, but it does not necessarily require hours a day for many years."

A change in thinking shifted the behavior and life of John Peterson, a sales manager at a major West Coast auto retailer and editor of *SafeDriveGear.com*. "I was unhappy and miserable, so I decided to give gratitude a shot," he recalls. "It was mechanical to start, but the reactions I got turned into a domino effect." Instead of giving cursory thanks, he praised a co-worker's kindness in handing him a daily cup of coffee; now they chat about their families. Instead of "keeping myself to myself," he offered to help a neighbor he barely knew to clean gutters; now they're "barbecue besties," he says, adding, "I was kind of blown away at the incredible effect gratitude had on my life, both in improving my mental health and boosting my relationships. It was a real revelation to me!"

Positive psychologists offer two major approaches: adopting habits that encourage happiness and clearing away the mental debris that blocks it. Many books and websites offer a wide range of theories, techniques and tips. "The most effective practices for you

are the ones that you enjoy and are willing to do more often,” says Tchiki Davis, Ph.D., a *Psychology Today* blogger and founder of *The Berkeley Well-Being Institute*. The following are research-based methods to enhance happiness:

1 Aim for a three-to-one ratio of positive to negative experiences

The difference between languishing and flourishing, says Fredrickson in her book *Positivity*, is constructing a life in which heartfelt positive experiences outnumber the negatives by three to one. Positive experiences that flow from feelings such as gratitude, serenity, hope, awe and love can be as simple as exchanging smiles with a passerby, patting a friend on the back, joking with a cashier, picking up something that someone has dropped or planting a kiss on a son's head. She emphasizes that the experiences must be authentic and heartfelt: acting “Pollyanna-ish” out of habit or pasting on a smile can actually make us feel worse, and positivity can turn toxic if it's relentlessly turned on 100 percent of the time. “True happiness is not rigid and unchanging,” she says.

When it comes to marriage, five positive interactions for every negative one is the “magic ratio” that makes it happy and stable, according to studies by renowned relationship psychologist John Gottman, author of *What Makes Love Last*. “Successful long-term relationships are created through small words, small gestures and small acts,” he writes.

2 Flip negativity by reframing experiences

Positive reframing involves shifting misery-making thinking to see the positive side of any situation. Canadian researchers reported in a 340-person survey at *APA PsycNet* that during the pandemic, reframing was the most effective mental health strategy; people practicing it gradually felt better, while people that vented, distracted themselves or disengaged from others fared worse. Reframing strategies include viewing a problem as a challenge, a learning opportunity or a way to help others; finding the higher purpose

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Online Resources

AUTHENTICHAPPINESS.ORG: POSITIVE PSYCHOLOGY NEWS AND SELF-TESTS Martin E.P. Seligman, a University of Pennsylvania professor and bestselling author who coined the phrase “positive psychology” in 1998, designed this comprehensive website that includes new research and dozens of self-questionnaires.

PURSUIT-OF-HAPPINESS.ORG: RESEARCH AND CURRICULUMS Resources offered by Barbara Fredrickson, Ph.D., author of *Positivity* and *Love 2.0*, include an overview of research, online courses and curriculum suggestions.

or divine order in a bad situation; exploring what the unexpected benefits might be; and finding humor in a situation.

3 Defuse the inner critic with caring self-talk

Berating ourselves for our shortcomings is a sure route to suffering, but applying self-compassion powerfully lowers the volume. It involves three elements: treating ourselves as kindly as we would a dear friend; realizing that making mistakes is intrinsically human so we're not alone; and non-judgmentally facing our emotions without denying or indulging them, according to its major theorist, psychologist Kristin Neff, author of *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. Numerous studies show that people that practice self-compassion have less self-doubt and fewer negative thoughts, are less likely to feel anxious or depressed, enjoy better health and relationships and are more resilient and motivated to change.

4 Clear away pain by questioning assumptions

Of our estimated 12,000 to 60,000 thoughts per day, about 80 percent are negative and 95 percent are repetitive, says the National Science Foundation. Those noisy mental loops dampen our spirits by repetitively telling us that something regretful should not have happened in the past or is going to happen to blight the future. Few worries have real credence: A Cornell University study found that 85 percent of what people worry about never happens. Of the 15 percent of worries that did happen, 79 percent of people found they handled the problem better than they had expected or that they learned a valuable lesson from it. Cognitive behavioral therapists help clients to examine those beliefs and assumptions, challenge the dysfunctional ones and try out different interpretations to uncover the truth.

Victor Blue, a Tampa transportation engineer, examined his difficult relationship with a tyrannical father by asking himself two questions that spiritual teacher and author Byron Katie suggests applying to any painful thought: “Is it true? Can you absolutely know it's true?” Self-inquiring deeply,



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Blue realized he had a distorted view: His father had in fact loved him, but had lacked the capacity to show it with warmth or tenderness. “My father started with very little and saw a tough world and treated everyone tough,” he says. “And I came to realize that yes, I am able to father myself.”

5 Open the heart by deepening gratitude

Perhaps the most popular and direct approach to happiness is gratitude. Research shows that feeling and expressing thankfulness significantly boosts emotional well-being, makes us feel more connected and generous to others, and improves health and sleep quality. In one study, writing a few sentences of gratitude once per week for 10 weeks increased optimism and hope in participants; they even exercised more and had fewer doctor visits than those writing about aggravations. Writing a thank-you letter to someone we haven’t appreciated enough in the past can induce a sense of well-being that lasts for at least six months, a University of Pennsylvania study found.

6 Quiet the noisy mind with meditation, prayer and mindfulness

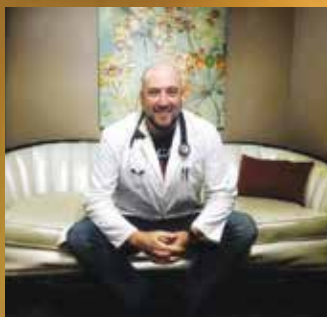
Using functional magnetic resonance imaging, Newberg and other neuroscientists studied meditating Buddhist monks, prayerful Catholic nuns and mindfulness meditators. They found that each practice has its own distinctive pattern of brain activity,

yet all three deactivate the brain regions that underlie mind chatter. That “default mode network” is constantly ruminating, nagging and making sure we avoid trouble. Sustained spiritual practices gradually turn down its everyday volume, which may explain in part the well-documented link between spiritual practices and well-being. Even brief meditations can have a quieting effect, counsels New York City psychologist and mindfulness teacher Loch Kelly, author of *Shift into Freedom*. In a quiet moment, he suggests, “Ask yourself, ‘What is here right now if there is no problem to solve?’”

7 Lift up others with a positive outlook

The more we give with a full heart, the more happiness we experience, studies show—and the benefits radiate far beyond ourselves. Following nearly 5,000 people over 20 years, Harvard researchers found that one person’s happiness triggers a chain reaction up to three degrees away, lifting the spirits not only of friends, but friends’ friends, and their friends’ friends’ friends. Effects can last up to one year. It’s a vital way to help the world, says Fredrickson. “The happiness that you experience together with others has ripple effects, both biological and behavioral, that make whole communities healthier.”

Health writer Ronica O’Hara can be reached at OHaraRonica@gmail.com.



“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 G Fergusson

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Smiling Can Make Us Happier

by Julie Peterson

Well-Being Basics

Besides using mental strategies, choosing happiness involves taking daily actions that enhance our well-being, as studies demonstrate.

EAT A HAPPY-MAKING DIET

A gut-wisdom axis may exist. People with a greater diversity of the gut microbiome—the mark of a healthy diet—had higher levels of wisdom, compassion and social support, and lower levels of loneliness than people with less diverse microbiomes, University of California San Diego scientists reported in *Frontiers in Psychiatry*. A study of 12,000 Australians found that the more they increased their fruit and vegetable intake over a seven-year period, the happier and more satisfied with life they became. Eating eight servings a day was as happiness-producing as going from being unemployed to employed.

EXERCISE EVEN A LITTLE

Whether it's lunges or sun salutations, movement lifts us up. In a review of 23 published studies involving half a million people published in *The Journal of Happiness Studies*, University of Michigan researchers found strong evidence that any kind of exercise increases happiness; even as little as 10 minutes a day raises spirits. People that exercise at least 30 minutes on most days are about 30 percent happier than those that don't exercise.

GO FOR THE DOZE

Surveys show that getting enough sleep is the most influential factor in how people rate their daily mood, with good sleepers more likely to rate their life as happier overall. A University of California, Berkeley, study found that inadequate sleep makes our brains 60 percent more reactive to negative stimuli; in other words, being tired makes us grouchy.



A smile makes the brain happy. As it turns out, it doesn't matter if we smile at first because we're genuinely happy or if we simply fake a smile. The brain doesn't know the difference. When we are happy, we naturally smile. But research has shown that the act of smiling can also induce happiness. It happens because the muscles required to lift the mouth into the shape of a smile are connected to nerves that send signals to the brain. Once the brain gets the message that a smile is happening, it releases dopamine, endorphins and serotonin throughout the body. These feel-good chemicals make us

feel less stressed, less pain and happier, which can effortlessly transform a fake smile into a genuine one.

Platitudes through the ages have urged us to "Turn that frown upside down" and "Put on a happy face." In 1872, Charles Darwin hypothesized that facial feedback could alter emotions and, ever since, the topic of smiling and mood has been a subject of discussion and research. Whether or not forced smiles can have a strong enough impact on our state of mind to effectively boost overall mental health is still being debated, with some research indicating that "false" smiles can lower mood if used continuously to avoid expressing certain feelings; however, there are several more positive aspects of smiling to take into consideration.

Smiling is contagious. Seeing other people smile stimulates our mirror neurons, which discharge; they discharge similarly whether we're doing an action or observing someone else do it. So, being around smiling people, seeing them smile, affects our brains as if we were doing the smiling.

Smiling also provides the health benefits of reduced anxiety and lowers both blood pressure and heart rate. Over the long haul, these attributes add up to improved cardiovascular health and a measurable reduction in risk for stroke.

Get more smile time by working these muscles at every opportunity. Fake it if you must until it comes naturally, watch funny shows, spend time with cheery people and when things are looking down, grin and bear it. You might just feel better right away, and better long-term health is certainly something to smile about.

Julie Peterson is a Random Acts of Kindness activist (RAKtivist.com) and an advisor for Kindness Bank, a nonprofit invested in improving community health and well-being.



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Back-to-School Wellness

Tips to Keep Kids Healthy

by Ronica O'Hara



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After a year dealing with the ups and downs of pandemic-era schooling, many parents are anticipating their children's return to school with mixed emotions. "Families indeed have had a rough time in the pandemic, resulting in increased food insecurity, weakened social skills, splintered attention spans due to constant multitasking and arguments over screen time, yet many families also feel that they grew closer together as they coped with the adversity," says Jenifer Joy Madden, author of *How To Be a Durable Human*.

As we wave our children off to classes, we can draw on those hard-won, deeper ties by taking steps to ensure our children's health and well-being. Here are some suggested strategies:

Hold a family sit-down

Meet as a group to talk about schedules and logistics to make sure everyone's commitments will work together, recommends Erika Beckles Camez, Ph.D., a licensed family therapist in Temecula, California. "Talk as a family about how everyone feels about going back to school and intentionally tell your student that throughout the year if they

are needing support or are feeling overwhelmed or concerned, they can always talk to you to work through the issue together," she says.

Reset bedtime creep

"During the summer, bedtime tends to creep later and later. Two weeks before school starts, begin to reset bedtime by reversing the creep by 15 minutes every few nights," suggests Amber Trueblood, a licensed marriage and family therapist in Culver City, California, and author of *Stretch Marks*. The American Academy of Pediatrics recommends that children 6 to 12 years of age sleep nine to 12 hours a night and teenagers 13 to 18 sleep eight to 10 hours. Getting enough sleep, it advises, leads to "improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health." Sleep experts recommend not allowing kids to be on device screens beginning an hour before bedtime, and perhaps storing devices in another room.

Buoy them with breakfast

According to the U.S. Department of Agriculture, children that eat a complete breakfast have been shown to work faster, make fewer math mistakes and show improved concentration, alertness, comprehension and memory. "Get in the habit of a healthy breakfast that contains a mix of lean proteins, healthy fats and unrefined carbohydrates and fiber," advises Amy

Children need healthy, whole-food, nutritious snacks after school to fuel both their bodies and their brain.

Spindel, a functional holistic nutritionist in Plano, Texas. “That might be something like eggs scrambled with spinach in olive oil; a smoothie with greens, coconut milk, nut butter, cherries and steamed cauliflower; or a small bowl of steel-cut oatmeal with berries and almond butter alongside some turkey sausage. These types of combinations help promote stable blood sugar until lunchtime, which means your child will be able to focus on learning and social interactions instead of their tummies.”

Satisfy them with healthy snacks

There’s a metabolic reason students head straight for the fridge when they get home—but it’s best if they can’t grab sweets. “Children need healthy, whole-food, nutritious snacks after school to fuel both their bodies and their brain,” says Uma Naidoo, M.D., a Harvard-based nutritional psychiatrist, professional chef and author of *This Is Your Brain on Food*. To support optimal brain development and help lower kids’ anxiety and hyperactivity levels, she suggests snacks rich in omega-3 fatty acids, vitamins A, B₁₂ and D, and iron and folate, such as:

- “Fries” cooked in an air fryer to crisp up zucchini, carrots or green beans
- Veggie dips or hummus made with chickpeas, carrots, beets or spinach
- Almond butter on celery sticks, or seed butter for dipping sweet peppers or apple slices
- Homemade fish sticks made by heating salmon pieces in an air fryer
- Granola that includes walnuts, chia seeds and flax seeds

Take allergy precautions

About one in 14 U.S. children has a food allergy. Anisha Angella, an early childhood specialist and author of *Easing Allergy Anxiety in Children*, recommends taking special precautions with an allergy-prone child, including frequent handwashing; carrying an EpiPen for sudden, severe reactions that require an epinephrine injection; and not sharing foods. “Connect with their teachers,” she advises. “They want to help in any way, too. When a child sees an adult that supports their allergy safety in all environments, they feel comfortable, and that lessens anxiety.”

“Readjusting from the pandemic will take patience and perseverance on the part of parents,” says Madden. “Having the family start simple wellness habits can help.”

Health writer Ronica O’Hara can be contacted at OHaraRonica@gmail.com.



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Pollinator-Friendly Yards

Gardening for Wildlife with Native Plants

by Betsy S. Franz

For some people, perfectly mowed lawns without a trace of a weed or an insect makes them proud, but they may not realize that this method of gardening and landscaping could be harming the local ecosystem and the important pollinators that we rely on to keep food and flowers reproducing.

Pollinators are the creatures that move pollen grains from the male anther of one plant to the female stigma of another, thereby helping plants to produce seeds for the next generation. According to the U.S. Fish and Wildlife Service, these hard-working animals pollinate more than 75 percent of the world's flowering plants and nearly 75 percent of our crops, including chocolate and coffee.

Without pollinators, say biologists, neither the human race nor the Earth's ecosystems would survive.

Like many species, some pollinators are showing steady population declines, attributed in part to habitat loss and exposure to pesticides. The U.S. Environmental Protection Agency reports that grassy lawns occupy almost 2 percent of the total U.S. land mass, making grass the single largest irrigated crop in the country, which is why the way that people garden and maintain their landscapes can either harm or help pollinators.

Many people spending more time at home last year due to the pandemic did more gardening and maintaining of their own landscapes, often without realizing the significance and impact of their activities. "Now, for the first time in its history, gardening has taken on a role that transcends the needs of the gardener. Like it or not, gardeners have become important players in the management of our nation's wildlife," writes Douglas Tallamy, an agriculture and natural resources professor at the University of Delaware, in his book *Bringing Nature Home*.



"Bees are what comes to mind when most people think of pollinators, but pollinators include many other species, including some flies, moths, butterflies, wasps and beetles, as well as bats, hummingbirds and even a few mammals," says David Mizejewski, a naturalist with the National Wildlife Federation. Fortunately, the same principles that make home landscapes more inviting to pollinators also make it safer and friendlier for a wide variety of wildlife.

Rethink the Perfect Landscape

"One of the main dangers for pollinators is loss of appropriate habitat," says Andre Kessler, an ecology and evolutionary biology professor at Cornell University. "To



help them, give up your idea of the perfect, manicured landscape and aim to restore their preferred habitat.” Kessler suggests leaving part of a landscape a bit untidy by including native plants and mowing less often. “An island of native vegetation usually provides flowering plants year-round and, similarly important, nesting sites for native bees,” he says.

Tallamy advocates halving the total amount of space devoted to lawns in the continental U.S.—reducing water, pesticide and fertilizer use—and replacing grass with plants that sustain more animal life. Leave the leaves, sticks and debris, says Mizejewski. “Many species rely on leaf litter for food, shelter and nesting material. Many moth and butterfly caterpillars overwinter in fallen leaves before emerging in spring.”

Choose Appropriate Plantings

With so many different species of pollinators across the diverse terrain of America, few plants work for all locales. Most experts believe the best option is choosing

native plants. The Pollinator Partnership (Pollinator.org) lists plants for each zone by ZIP code, as well as the pollinators they attract. There are also native plant societies in many areas that offer specific recommendations.

Eliminate the Chemicals

“Probably the most important thing the home gardener can do to overcome the pollinator and broader biodiversity crisis is to avoid using any pesticides,” says Kessler. “The uncontrolled use of insecticides and herbicides is the major reason for the dramatic loss of insect life in general

and most other organisms depending on those insects.”

“It is now within the power of individual gardeners to do something that we all dream of doing: to make a difference,” Tallamy writes. “In this case, the difference will be to the future of biodiversity, to the native plants and animals of North America, and the ecosystems that sustain them.”

Betsy S. Franz is a freelance writer and photographer who seeks a loving, sustainable balance between the nature of our world and the inner nature of man.

Learn More About Pollinators

ECOREGIONAL PLANTING GUIDES: Pollinator.org/guides

POLLINATOR-FRIENDLY NATIVE PLANT LISTS: Xerces.org/pollinator-conservation/pollinator-friendly-plant-lists

LAWN TO WILDFLOWERS APP: LawnToWildflowers.org/download

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Preserving the Harvest

Classic Ways to Store Garden Bounty All Year

by Julie Peterson



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Whether gardening, purchasing at farmers' markets or ordering from a community supported agriculture farm, preservation techniques capture the bounty of the harvest and ensure availability of fresh flavors year-round.

Dehydrating

"Dehydrating machines can be purchased for about \$50, but an oven that goes down to a temperature of 150 or less will work," says Brekke Bounds, educator at City Grange, a garden center in Chicago. Before dehydrating, consider the end use. Peaches or cherries can be cut into bite-size pieces. Roma or cherry tomatoes, sliced or cut in half and dried, can go in winter soups and stews. "Apple chips are super-easy," Bounds says. "Core and slice with a mandoline, dunk in a lemon solution, sprinkle with cinnamon, dehydrate and store in an airtight jar."

Foods can be seasoned or marinated before drying. "We make zucchini bacon for vegan BLTs," says Anthony Damiano, chef proprietor at Counter Culture restaurant, in Vero Beach, Florida. Dried herbs chopped in a food processor can be stored in airtight containers and used up to a year later as flavorful salad toppings or soup mixes.

Canning

"One of my go-to methods is water bath canning," says Emily Paster, author of *The Joys of Jewish Preserving*. "It's a really safe and effective method of home preservation for high-acid foods. Certain kinds of microorganisms, most specifically botulism, can't live in a high-acid environment." Fruits that go into jams and jellies are typically acidic enough, but

levels can be increased with lemon juice. Vegetable pickles become acidic through the addition of vinegar. Heat-sealed jars are shelf-stable if the seals remain intact.

Paul Fehribach, chef and co-owner of Big Jones, a restaurant in Chicago, gives canning tips in *The Big Jones Cookbook*. For pickles and preserves, he recommends using a simple canning kit with a tool to lift jars in and out of boiling water, a jar rack that sits in the bottom of a stock pot and Mason jars with new canning lids to hold the food.

Both Paster and Fehribach suggest using professionally tested recipes. "Go to a reliable source, whether it's a cookbook or a website, because there are some food safety issues. Recipes have been calibrated to have the right ratio of water and vinegar to vegetables to ensure it's acidic enough," says Paster. "Pickles are a great place to begin because they're really hard to mess up."

Refrigerator Pickling

The pickling process can be done without water bath canning, but the jars must remain refrigerated. The fun is in the quickness and variability of the recipes. Beyond traditional cucumber pickles, excellent pickles can be made with green beans, carrots, onions, cauliflower and green tomatoes. Brine can be dill, spicy or sweet. Damiano makes refrigerator pickles with a variety of local organic produce, including radishes, okra and other vegetables. The pickles are great for eating and can be used in salads and recipes like plant-based tostadas.

Fermenting

"Fermentation is an essential part of how people everywhere make effective use of food resources," says Sandor Ellix Katz, fermentation revivalist in Liberty, Tennessee, and author of *The Art of Fermentation*. "Fermentation produces alcohol, helps preserve food by producing acids and makes foods more digestible, more nutritious, more delicious and sometimes less toxic."

Cultures around the world developed fermentation techniques as a practical method to prevent food decomposition. Studies show that fermented foods and beverages provide beneficial probiotics

to the gut microbiome. Anyone can give fermentation a try with ordinary kitchen tools—a knife, cutting board, mixing bowl and a jar. “Certain ferments, such as yogurt or tempeh, require specific temperature ranges,” advises Katz.

Cold Storage

Many fruits and vegetables freeze well, but a basement or backyard root cellar is a no-electricity, cold storage method. Items that store well in a root cellar include most root crops and firm fruits like apples and pears. “Root cellars use the natural, cool, moist conditions underground for fruit and vegetable storage. Earth-sheltered options work best for cooler climates where the ground temp is naturally cooler,” says Laurie Neverman in Denmark, Wisconsin, creator of *Common SenseHome.com*. Those with no outdoor spot or cold basement room can still use cold storage. “Some crops like onions, garlic, potatoes, winter squash, apples and carrots keep well in dark, dry, cool room temperatures of about 55 degrees,” says Neverman.

Food preservation methods extend the blessings of the harvest. A little preparation now will provide edible delights for months to come.

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

‘Clean the Garden’ Kimchi

This easy kimchi recipe turns common garden veggies into a spicy probiotic ferment that’s loaded with good bacteria and health benefits.

YIELD: 32 SERVINGS



4 Tbsp sea salt and 4 cups water

1 lb Chinese cabbage (napa or bok choy preferred, but other cabbage will do)

1 daikon radish or a few red radishes

1 to 2 carrots

1 to 2 (minimum) onions (or shallots or leeks)

3 to 4 (minimum) cloves garlic

3 to 4 hot red chilies to taste (seeds removed, dried is fine, nothing with preservatives)

2 to 3 Tbsp (minimum) fresh grated ginger root

Prepare brine in a nonreactive container such as a glass bowl or large measuring cup. Mix water and salt, and stir thoroughly to dissolve salt.

Cut up cabbage, radishes and carrots. (Add in other vegetables as an option.) Mix vegetables together and move them into fermentation vessel. Cover vegetables with brine.

Use a fermentation weight or plate with a heavy object to weigh the vegetables down and keep them below the brine. (Mix more brine if needed to make sure vegetables are completely submerged.) Put a cloth over the fermentation vessel and wait for vegetables to soften (a few hours or overnight).

Drain the brine from the vegetables, reserving it. Give the vegetables a taste. They should be salty, but not too salty. Sprinkle on additional salt, if needed, and mix; rinse if too salty.

Mix the onion, garlic, chilies and ginger into the drained vegetables and blend well. Pack the vegetable mix into the fermentation vessel. Use the fermentation weight or plate to press it down until the brine covers the kimchi-in-progress. Add a little brine back, if needed, to make sure the vegetables are completely covered.

Cover the fermentation vessel with a cloth and leave it on the counter for about a week. Taste test to check the fermentation. When happy with the flavor, the kimchi is done. Store in the refrigerator in a glass container to stop the fermentation.

Recipe by Laurie Neverman at CommonSenseHome.com.



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Pineapple Tepache

Tepache is a wonderful, effervescent, lightly fermented pineapple beverage. It's made from the skins and core of pineapple, making use of the parts typically discarded.

YIELD: ABOUT 1 QUART

½ cup sugar, or more, to taste (ideally piloncillo, panela or another unrefined sugar, but any type of sugar will work)
Peel and core of 1 pineapple (eat the rest of the fruit), cut into 1- to 2-inch pieces
1 cinnamon stick and/or a few whole cloves and/or other spices (optional)



over the pineapple, then add additional water as needed to cover the pineapple. Cover with a loose lid or cloth and stir daily.

Ferment for 2 to 5 days, depending upon temperature and desired level of fermentation. It'll get fizzy, then develop a pronounced sourness after a few days. Taste each day after the first few to evaluate developing flavor. Strain out the solids. Enjoy fresh or refrigerate for up to a couple of weeks.

Dissolve the sugar in about 1 cup of water. Place the pineapple skin and core pieces and spices into the vessel. Pour the sugar water

Recipe is an exclusive first look from the forthcoming book, Sandor Katz's Fermentation Journeys (Chelsea Green Publishing, October 2021).

Pickled Watermelon Radishes



1 to 2 watermelon radishes
¼ cup white wine vinegar
¼ cup rice wine vinegar
½ cup water
1 tsp pink Himalayan salt
1 tsp sugar
2 cloves garlic, peeled
1 tsp ginger, microplaned
½ tsp peppercorns,
lightly crushed

Wash and peel watermelon radishes. With a sharp knife or mandoline slicer, slice radishes into round discs. In a non-reactive saucepan, bring the water, white wine vinegar, rice wine vinegar, salt and sugar to a boil. Simmer for 1 minute or until the sugar and salt are dissolved. Remove from heat and add the garlic, ginger and peppercorns. Pour the hot liquid including the garlic and peppercorns over the radishes. Let cool to room temperature, then cover and refrigerate.

Recipe by Chef Anthony Damiano at Counter Culture, in Vero Beach, Florida.

Zucchini Bacon

2 medium zucchini
2 Tbsp grape seed oil
2 Tbsp soy sauce
2 tsp maple syrup
1 tsp liquid smoke
Pinch chipotle chili pepper powder
Freshly ground black pepper

In a large bowl, combine oil, soy sauce, maple syrup, liquid smoke, chipotle chili pepper powder and season generously with black pepper. Whisk to combine. Using a vegetable peeler or mandoline, slice zucchini length-wise into thin strips. Place strips in bowl



and toss until coated in marinade. Let sit for several hours or overnight.

Place in a single layer on dehydrator trays, making sure not to overlap. Set the dehydrator to 145° F and let the strips dehydrate for 4 to 6 hours. Remove them when they are crispy. Thicker strips may take longer. Eat immediately or store in an airtight container.

Recipe by Chef Anthony Damiano at Counter Culture, in Vero Beach, Florida.

GOOD TO KNOW

Eat Produce to Lower Stress and Heart Disease

People needing a push to eat more fruits and vegetables might be motivated by two new studies from Australia's Edith Cowan University. Studying data from 8,600 Australians between the ages of 25 and 91, researchers found people that ate at least 470 grams (about two cups) of fruits and vegetables per day had 10 percent lower stress levels compared to those that ate less than half that amount. "Vegetables and fruits contain important nutrients such as vitamins, minerals, flavonoids and carotenoids that can reduce inflammation and oxidative stress, and therefore improve

mental well-being," says lead author Simone Radavelli-Bagatini.

In a second study based on 23 years of data on 50,000 Danes, researchers found that those that consumed one cup each day of the most nitrate-rich vegetables like leafy greens and beets had about a 2.5 mmHg lower systolic blood pressure and a 12 to 26 percent lower risk of peripheral artery disease, heart attacks, strokes and heart failure. Eating more than one cup daily didn't increase the benefits, they found, and blending greens into smoothies (but not pulp-destroying juicing) is a good option for increasing intake.

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Power Up Fido

Five Ways to Strengthen Your Dog's Immune System

by Shawn Messonnier



A long, healthy life for our animal companions depends on them having resilient immune systems that can resist disease. While supporting a dog's immunity during illness is vital, it's also important to help it maintain natural defenses when well to help stave off disease. Adopting all five of these suggestions will help promote optimal wellness.

1 Minimize vaccines

Vaccinations can help prevent disease when the immune system responds appropriately to such treatments. However, when dogs are over-vaccinated, improper immune responses can cause immediate allergic reactions or chronic problems such as autoimmune disorders and even cancer. A simple and inexpensive blood antibody test called a titer can determine if and when a dog may require a vaccine after completing the first adult booster vaccination visit. Dogs with serious and chronic immune disorders should never be vaccinated.

2 Minimize chemicals and medications

Overuse and misuse of chemicals and conventional medications can harm a dog's body in numerous ways, including causing adverse effects on the immune system. Whenever a chemical product such as a flea preventive or conventional medication like a steroid or antibiotic is needed, we should ask two important questions. First, whether there is a safer, natural alternative to use—there usually is. Secondly, what the lowest dose is to

heal the patient. Usually, lower doses of many chemicals and medications can be used safely and effectively. Some doctors over-prescribe chemicals and medications because of incorrect diagnoses, a lack of knowledge of safer natural therapies and to increase their income.

3 Feed a great diet

No matter what else is done to keep a dog healthy, it is critical to feed a good, natural diet, either homemade or purchased from a reputable company that specializes in healthy, natural foods. Many pet foods are full of unhealthy ingredients that may not be helpful for a dog's immune system. Animal and plant byproducts, which typically are scrap from the food processing industry, provide little if any positive health benefits and may actually be harmful to a dog. Added chemicals, flavorings and colorings have no specific wellness attributes and may harm the dog's DNA through oxidative damage, resulting in various immune problems such as cancers.

4 Enable exercise

As with people, a sensible exercise program for a dog is important. It keeps the musculoskeletal and cardiovascular systems in great shape by mimicking the natural activities that a dog's wild relatives experience every day. It also strengthens the immune system and builds and enhances the human-dog bond.

5 Use supplements

Dogs that receive supplements every day tend to live longer, feel better and act happier. Even when they may have serious problems like cancer from which they may not recover, they are healthier, stronger and happier while battling the disease. Good formulas contain enzymes, probiotics, glucosamine, vitamins, fatty acids and minerals to help support a normal dog's overall constitution.

Choline reduces symptoms in senior animals with cognitive disorder and reduces the chances in normal older animals of developing it. Its use is advisable for

animals with liver disease or diabetes and for those with seizures. Chamomile and tryptophan reduce any type of anxiety or phobia. They can also reduce itching in allergic patients with an obsessive component to their scratching.

Olive leaf extract is not only good for immune support, but can also help animals with infections of the ears and skin, making it a good alternative to antibiotics and anti-yeast medications. A cancer and immune support supplement containing scute, cordyceps, poria, American ginseng and coix is good for any animal with an immune disease, chronic infections and especially cancer.

These five easy and inexpensive steps to keeping a dog's immune system healthy will reduce trips to the doctor and extend his life with minimal effort.

Shawn Messonnier, DVM, owner of Paws & Claws Animal Hospital and Holistic Pet Center, in Plano, Texas, is the author of several books on veterinary medicine. Visit PawsAndClawsAnimalHospital.com.



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Unleash Your True Potential

Working with a Life Coach Can Help

by Sandra Yeyati



Hiring a life coach can be an empowering decision for people that want to understand themselves better and lead fulfilled lives. Coaches may specialize in distinct topics like business, parenting or weight loss, but, “It’s all life coaching,” says Patrick Williams, a master certified coach by the International Coach Federation, licensed psychologist and founder of the Institute for Life Coach Training. “If I hire a specialist like a wellness coach, I assume they’re going to know something about wellness, but I’m not hiring a consultant to tell me what I should do in diet and exercise. I want to be coached in living a more well life.”

According to master certified coach Fran Fisher, with 30 years of experience, “Life coaching is a safe environment or sacred space of unconditional love and acceptance where learning, growth and transformation naturally occur. It’s a partnership of two experts. The client is the expert of the content: who they are, what’s important to them and what they believe, think and feel. The coach is the expert of the process. They’ve been specially trained to help the client access their deeper wisdom and make better choices that align with who they are.”

Going for Gold

Martha Beck, Ph.D., a Harvard-trained sociologist, renowned coach and bestselling author of *The Way of Integrity*, says, “Most problems can be resolved by simply talking to someone who is willing to listen compassionately and deeply to whatever is going on in their lives and to give them good feedback. A coach will get you to high levels of happiness, self-fulfillment and self-expression. Unlike therapists, coaches don’t deal with the mentally ill. They deal with the mentally well who want to maximize their performance.”

“A coach helps you think and say and dream of things you hadn’t thought before,” says Williams. “I can advise myself all day long, but as soon as I have a conversation with a trained coach, I hear myself differently. I get new ideas, and that motivates me to make change. The value may come monetarily. It may improve someone’s business or money decisions, but it also may come in how you live your life. There may

be value in having less stress, more time, more fun. Anybody who is motivated to make a change or maybe is in the midst of change and they don't know what to do; that's who benefits from coaching."

Limiting Beliefs and Turtle Steps

According to Beck, one of the most common issues a coach must address is their clients' limiting beliefs. "It's about freeing yourself from beliefs that are preventing you from moving forward or convincing you that you can't have what you want, so you never try," says Beck. "There's something in your behavior that's not allowing you to move forward. Let's find the behavior, figure out why you're doing it and change that belief. It's good old-fashioned problem solving in partnership with the client."

Beck's favorite tool for making changes is what she calls one-degree turns, or turtle steps, defined as the smallest steps you can take toward a goal. "Research shows that large steps tend to get discouraging," she notes. "We could do them at the beginning of a really passionate, goal-seeking time, but we almost never sustain it. If we go in tiny steps toward what we really believe and what we really want, we get there. The tortoise wins the race."

Achieving Goals and Feeling Free

When it comes to setting and achieving goals, coaches have different approaches. Williams, for example, considers himself an accountability partner. "I won't punish you if you don't achieve your goals," he says. "If you report progress, we celebrate and talk about what's next. If you say, 'I didn't get it done,' then we talk about what got in the way, what needs to change. We never make the client wrong. It's what's true for you."

For Beck, goals take a back seat. "My clients tend to give me goals that are culturally based on what they think they should do. People move forward much more rapidly when you don't hold them to a goal. When they have permission to do whatever they want, they actually start doing the things that all the goal setting in

the world won't allow them to do. We have such a strong response to freedom. When we feel like we're forcing ourselves to do something, we won't do it because it's not free. When we're free, we do the things that are best for us."

For more info, visit DrPatWilliams.com, FranFisherCoach.com and MarthaBeck.com.

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

Life coaching is a safe environment or sacred space of unconditional love and acceptance where learning, growth and transformation naturally occur.



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calendar of events



WEDNESDAY, AUGUST 4

Sonic Summer Movie Nights OKC – 8pm. Movie night. See *Fantastic Mr. Fox*. Free. Seasonal Plaza, Myriad Botanical Gardens. 301 W Reno Ave, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

FRIDAY, AUGUST 6

Dancing in the Gardens OKC – 7-10pm. Join others in transforming the Seasonal Plaza into an urban dance space. Beginning at 7 pm., dance instructors from Race Dance Collective will give a hip hop dance lesson. At 8 pm., Dance to the 90s hip hop jams from DJ Ramal “Hometown Heat” Brown. Free. Seasonal Plaza, Myriad Botanical Gardens. 301 W Reno Ave, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

SUNDAY, AUGUST 15

Family Nature Walk Tulsa – 10am-noon. This nature walk is especially great for tactile individuals, as guests will be encouraged to discover the textures of nature through touch. Use both hands and feet to feel natural items such as sand, clay, dirt, peddles, grass, water, tree bark, moss, etc. Each guided walk will last between 30 and 40 minutes and cover a large area of the park. Free. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

THURSDAY, AUGUST 19

Zumba in the Gardens OKC – 6:45-7:45pm. The very popular Evelin Pino will be the instructor, from the YMCA of Greater Oklahoma City. This class combines Latin and international music with a fun and effective workout system. Free. Myriad Botanical Gardens. 301 W Reno Ave, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

FRIDAY, AUGUST 20

Cox Movie Night: Toy Story Tulsa – 6:30-9:30pm. Bring a lawn chair or blanket and gather around the QuikTrip Great Lawn for a family-favorite film made possible by Cox. The Lawn is transforming into Andy’s toy box for our next feature film, Disney’s *Toy Story*. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

SATURDAY, AUGUST 21

ONE Gas Concert Series Tulsa – 5-8pm. The 2021 series kicks off with special performances by Tulsa’s own 1921 Black Wall Street Music Collective, The Lish Project and Braylon Dedmon. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

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.

Oklahoma Contemporary Arts Center OKC – Daily exhibitions, performances and public programming, focusing on living artists, the art of now and the art of what’s next. Free. Oklahoma Contemporary Arts Center. 11 NW 11th St, OKC. 405-951-0000. OklahomaContemporary.org.

sunday

Second Sunday Performance Art Series Tulsa – 11am-noon. 2nd Sun. An immersive art-in-the-park experience, focused on providing Tulsa-area artists and organizations opportunities to showcase their talents to the public. Discover new styles of performing arts and enjoy free, outdoor performances. Free. Gather Round Stage at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

Sunday Yoga with Sound Healing and Crystals OKC – Noon-1pm. Beginning yoga to improve balance, flexibility and strength. Work with breath, balance chakras and deeply relax with sound healing. 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. 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

monday

Zumba- Fitness on the Green Tulsa – 5:30-6:30pm. Nothing cures a case of the Mondays like Zumba on the Green! Enjoy a free outdoor Zumba class taught by a licensed instructor from the YMCA. Free. Guthrie Green. 111 Reconciliation Way, Tulsa. Facebook.com/events/482191516305987.

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.

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. SustainableTulsaInc.org/1st-thursday.

Story Time Tulsa – 4-4:30pm. Fall in love with the magic found in children’s books. New guest readers every week. Free. PSO Reading Tree. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

Vibes Edmond – 5-9pm. 1st Thur. Participating downtown businesses, artists and performers 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.

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. TheTulsaArtsDistrict.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. ThePaseo.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 Cree, 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.

Move, Groove, & Gather! Tulsa – 10am-noon. Last Sat. Drum up some fun at a creative music and movement program led by talented musicians and dancers. Each month features a different theme, and all ages are invited to participate in hands-on activities involving music-making and moving to a groove. Free. PSO Reading Tree. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.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 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. Riversport Rapids, 800 Riversport Dr, OKC. 405-552-4040. RiverSportOkc.org.

Live from the Lawn OKC – 8pm. 1st, 2nd & 4th Sat. Live music under the stars. Music fans are invited to bring out blankets, picnics and camping chairs to delight in a great and varied lineup of music from local, regional and national touring musicians. Free. Scissortail Park, 300 SW 7th St, OKC. ScissortailPark.org.

classifieds

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FOOD

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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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One of the hardest things in life to learn are which bridges to cross and which bridges to burn.

-Oprah Winfrey



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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 17.*

TAI CHI & KUNG FU

THOMAS ACADEMY

Shifu Thomas
4775 S Harvard Ave, Ste C, Tulsa
918-664-9191
ThomasAcademy.com



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 17.*

VETERINARIAN - HOLISTIC

HEALING HANDS VET

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



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. *See ad, page 6.*

THE NATURAL VET

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



Integrative pet care includes: vitamin therapy, homeopathy, acupuncture, herbal medicine and electro-medicine. Decades of experience with integrative and conventional methods. Complementary care does not invalidate any current treatment plans. *See ad on back cover.*

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Mark G Fergeson, APRN, CNP, FNP
1605 SW 89 St, Ste D-100, OKC
405-546-7888 • Fulcrum-Clinic.com



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

care, IV infusion and more. *See ad, page 15.*

EAST WINDS WELL BEING CENTER

Sarah Cochran
Norman, OK
EastWinds.WellBeing@aol.com



We are a startup venture seeking investment to co-create our modern, multiple-modality healing facility. We envision providing youth activities, so parents are better able to balance themselves, for happier healthier

homes. If you are interested in co-creating this venture, please contact us for more information.



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Dee Mathis
405-412-3582 • YogalInOKC.com



Embrace the spirit of yoga, learn the bodies energetic fields, experience pranayama breathwork, and feel profound healing yoga. Stay safe as you join Live Streaming Zoom Classes with Dee's special classes. Text or call Dee Mathis at 405-412-3582.

Beginners welcome. All body types welcome. First class free. *See ad, Body Works page 17.*

YOGA FOR PEACE

Melissa Moon Nikhila, MA, KYT, RYT
Yoga-For-Peace.com
CrystalClearWisdom@gmail.com



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 17.*

YOGAQUEST

Dee Day
3325 E 31st St, Tulsa
918-622-5454
TulsaYogaQuest.com



Add yoga to your fitness routine now. Reach your performance potential. Increase your flexibility so you bend, not break. Improve your lung capacity and elasticity to increase energy. Recover quicker. Get a free body assessment and a free class. *See ad, Body Works page 17.*

YOU POWER YOGA

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



Free yoga class for first-time clients. They offer both in-studio and live-streaming classes. In-studio 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 17.*



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Comprehensive Healthcare for Man's Best Friend



I recently started bringing my dog to Dr. Roach for treatment of a lung tumor. As a veterinarian with little holistic experience or knowledge, I am very happy with the alternative options he has offered us, and the results. Dr. Roach and his team are very good with the animals and treat clients and other veterinarians with kindness and respect. I recommend anyone looking for alternative options to see the Holistic Pet Care Center and have recommended them to several of my own clients and patients.

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

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