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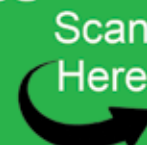
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Natural Awakenings is a family of 50+ healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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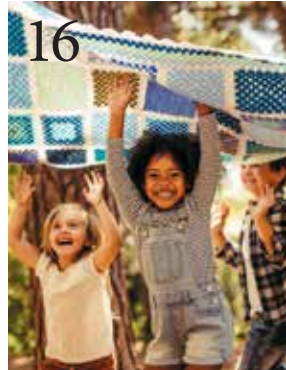
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letter from publisher



Mark and Shanna Warner

This month, in an attempt to make my co-publisher hubby laugh out loud, I will tell you a few of my favorite jokes about writers.

Did you hear about the writer that decided to become a baker?
I've heard she makes delicious synonym rolls.

How about the writer who couldn't make money, so he decided to become a tailor?
He had to make an Ernest living, the Hemingway.

Of course, when I read this letter to Mark, the jokes made him smile. Now here is the obligatory "serious" part of my letter to you: life is hard. Smiling, laughing, keeping a light-hearted attitude, hugging people, talking with friends over a great cup of coffee, doing little good deeds—all of these make life a little better for everyone involved. That's one of the reasons we include articles and stories in every magazine that will uplift you.

Carol, one of our readers, noticed and recently sent us this message, "Hey folks, I picked up a copy of *Natural Awakenings* at Mom's Diner on Yale and what a pleasant surprise to have an upbeat, informative periodical that makes one feel better, not worse, about life."

Another reader, BJ, sent us a handmade card with a little uplifting message about love. Those bits of encouragement and support make a difference. Carol and BJ, we want to thank you for reaching out to us. Both of you made both of us smile!

As usual, this magazine is full of great articles, information and tips to help you on your healing journey. The path to health and wellness is full of choices and changes, but the best part is that you don't walk it alone. Mark and I, along with our growing staff here at *Natural Awakenings* Oklahoma, travel it with you.

With love and veggies,

Shanna Warner
918-346-8577
Publisher@NAOklahoma.com

Act as if what you do makes a
difference. It does.
~William James



New Staff Members Join NAOK



Sarah Cochran



Jeff Krisman

Natural Awakenings is proud to welcome two new members to its team. In Oklahoma City, Sarah Cochran will be joining the sales and service team. In Tulsa, Jeff Krisman will step into the role of referral ambassador.

As the CEO of a startup—the EastWinds WellBeing Center—Sarah is focused on improving access to health and wellness for all. The magazine fit her personal and business philosophy, so she became an advertiser. She finds that it brings so much value with what she is doing with her startup, that she wants to share the opportunities with other like-minded people in the OKC area. Sarah will be calling on and visiting with businesses throughout the metro area, sharing information about print, digital and social media products—because *Natural Awakenings* is far more than just a great magazine!

Jeff Krisman is the host of ONEConsciousness Deep Conversations Podcast and The Inspiring Conversations Podcast. He is passionate about connecting people in the spiritual community by creating and holding space at gatherings that bring diverse groups of people together to share their journeys, evolution and lessons learned along the way. He is excited to represent *Natural Awakenings* in the Tulsa area helping practitioners, healers, teachers and other professionals create larger communities for connection and service.

Readers interested in learning more about the *Natural Awakenings* sales and service team or its local referral program can email Publisher@NAOklahoma.com or call 918-346-8577.

Healthy Expansion at Healthy Roots

Healthy Roots Dentistry, in Tulsa, started with a vision of providing holistic or biological dentistry to the residents of Tulsa and the surrounding area. From the beginning, their goal has been to enhance each patient's overall health through comprehensive dental care in a setting that is mercury-safe and fluoride-free. In addition to providing dental care, they examine the whole relationship between oral health and the rest of the body. Their holistic approach to gum disease and other disease processes that originate in the mouth can be an important step in each patient's health journey.

Dr. John Garrett has patients that travel from far outside Tulsa to seek treatment in his office. He knew the need and desire was there for his office to expand their hours. Beginning this month, the clinic is now open Tuesdays through Fridays. On Tuesdays, their office hours are noon to 4 p.m.; Wednesdays through Fridays from 8:30 a.m. to 5 p.m. With their expanded hours, holistic dentistry can now be an integral part of overall healthcare for more Tulsa residents.

Location: 6128 E 61 St, Tulsa. For more information, call 918-982-6644 or visit HealthyRootsTulsa.com. See ad, page 11.



John Garrett, DDS

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Plant-Based Meals Reduce Severe COVID-19 Risks

Eating more plants than meat is not only good for the planet, it might also be protective against COVID-19 severity, reports a new study in *BMJ Nutrition, Prevention & Health*. Researchers from Johns Hopkins and other universities analyzed web-based responses from almost 2,900 frontline doctors and nurses in the U.S., France, Germany, Italy, Spain and the UK that had been significantly exposed to COVID-19, 95 percent of which were doctors and 70 percent males. Those that ate a plant-based diet, described as high in vegetables, legumes and nuts, and low in poultry and meats, were 73 percent less likely to contract moderate to severe COVID-19. Those with pescatarian diets allowing fish were 59 percent less likely. However, those following low-carbohydrate,

high-protein diets had 48 percent greater odds of moderate to severe COVID-19. “Our results suggest that a healthy diet rich in nutrient-dense foods may be considered for protection against severe COVID-19,” researchers concluded.



Certain Fruits Can Protect Against Diabetes

Eating two servings of fruit a day lowers the risk of developing Type 2 diabetes by 36 percent in five years compared to eating less than half a serving, suggests research from Australia's Edith Cowan University Institute for Nutrition Research. The study followed 7,676 people and found that higher total fruit intake of apples, bananas, oranges and other citrus fruits was linked to better measures of glucose tolerance and insulin sensitivity. The same pattern did not hold for fruit juice. Previous U.S. cohort studies have found that eating three servings per week of certain fruits lowers the risk of Type 2 diabetes by the following percentages: blueberries (26 percent), grapes and raisins (12 percent), apples and pears (7 percent) and bananas and grapefruits (5 percent). Three servings of cantaloupe, however, raises the risk by 10 percent.



Stay in Tune with Our Body Clock to Sidestep the Blues

Being an early bird or night owl is more than a matter of preference: A person's natural rhythms are dictated by 351 genetic variants, scientists have found. New research published in *Molecular Psychiatry* shows that sleeping out of sync with that inborn body clock makes a person more likely to experience depression, anxiety and reduced well-being. Researchers from the UK University of Exeter used genetic data on more than 450,000 people to determine their natural body clocks, including whether they identified themselves as a morning or evening person. Data from the digital wrist devices of 85,000 people was also used to measure the “social jet lag” of variations in sleep patterns between work and free days—when early birds stay up late to socialize on weekends or night owls wake up early for work. The researchers found that being genetically programmed to be an early riser protects against major depression and improves well-being, perhaps because society's 9-to-5 working pattern coincides with early risers. Generally, morning people had a lower BMI and were older, more likely to be female, of higher socioeconomic status and less likely to be current smokers than evening people.



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A photograph of a woman in a light blue uniform, likely a chiropractor, examining a young child's spine. The child is sitting on a small stool. A red heart graphic with '60th ANNIVERSARY' is overlaid on the image.

BACK TO HEALTH

by the team at ENERGETIC WELLNESS

Taking care of yourself is more than what you put in your body, it's also how you understand your body. No one teaches you how to take care of yourself, so staying educated and learning the truth about your body is more important now than ever. Dr. Michele Menzel of Energetic Wellness and Energetic Wellness School of Naturopathy lays out her 7 Laws of Wellness for living well in the body, mind, and spirit.

1. NUTRITION

Food was created to be our medicine.

2. DETOXIFICATION

Your body is well-equipped to eliminate toxins on its own.

3. FAITH

Faith encourages healthy behavior.

4. HYDRATION

Drinking water flushes out waste from your body.

5. REST

Having a well-rested body will keep your mind clear and focused.

6. EXERCISE

Exercise will help you feel better, have more energy and even add years to your life.

7. GO OUTSIDE

The sun is your best source of Vitamin D. Vitamin D instructs the cells in your gut to absorb calcium and phosphorus — two minerals that are essential for maintaining strong and healthy bones.

want more? Check out Dr. Menzel's book: *The Transformation, 48 Days to Eating and Living Naturally for Life*

GET BACK TO HEALTH

with Dr. JESSICA MENZEL, BNC

At Energetic Wellness, our goal is to bring everyone into balance with their lifestyle and energizing those who are feeling stressed, or unwell. Jessica would love to discuss how she can help you obtain improved well-being, be it in the form of increased energy, reduced pain, and an overall better understanding of how the body handles everyday stress. She will help you achieve balance in your life, and she will also educate you and teach you how to take care of yourself the way you were naturally designed.

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Copper Stops Germs Before They Spread

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against unwanted viruses and bacteria in the nose and on skin.

Germs, such as viruses and bacteria, can multiply fast. When disease germs get in your nose they can spread and cause misery unless you stop them early.

Hundreds of studies in the last 20 years by government and university scientists show that copper, a natural element, kills germs just by touch.

The EPA officially declared copper to be “antimicrobial”, meaning it kills microbes, including viruses, bacteria, and fungus.

The National Institutes of Health says, “The antimicrobial activity of copper is now well established.”

Copper’s power to kill germs has been used for thousands of years. Ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn’t know about microbes, but now we do.

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

Some hospitals tried copper for touch surfaces like faucets and doorknobs. They say this cut the spread of MRSA, which is antibiotic resistant, and other

illnesses by over half and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe with a tip to fit in the bottom of his nose.

The next time he felt a tickle in his nose that felt like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

“I didn’t get sick,” he exclaimed.

“Due to regulation we don’t make health claims, so I can’t say if it is cause and effect.”

“That was September 2012,” he continued. “I have been using it every time and have not had a single cold since then.”

He asked relatives and friends to try it. They reported the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, “I can’t believe how good my nose feels.”

“What a wonderful thing!” exclaimed Physician’s Assistant Julie. Another customer asked, “Is it supposed to work that fast?”

Pat McAllister, 70, received one for Christmas and called it “one of the best

presents ever. This little jewel really works.”

Frequent flier Karen Gauci had been suffering after crowded flights. Though skeptical, she tried copper on travel days for 2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people around her show signs of cold or flu, she uses copper morning and night. “It saved me last holidays,” she said. “The kids had crud going round and round, but not me.”

Attorney Donna Blight tried copper for her sinus. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

A man with trouble breathing though his nose at night tried copper just before bed. “Best sleep I’ve had in years!” he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found surviving soon after.

Some people press copper on a lip right away if a warning tingle suggests unwanted germs gathering there.

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper still works even when tarnished. Buy once, use forever.

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New device puts copper right where you need it.



**Dr. Bill Keevil:
Copper kills viruses on contact.**

global briefs

Sweet Shade

Wealth Distribution Linked to Urban Canopies



It's not surprising that more urban trees lower the levels of heat and pollution. Although many cities maintain tree-planting programs, not all canopies have equivalent value. A new analysis from the American Forests conservation organization states that the U.S. needs to plant more than half a billion trees across 500 metropolitan areas and

150,000 local communities. A new Tree Equity Score data tool (TreeEquityScore.org) allows users to see where urban trees exist and where they don't. American Forests identified 20 large American cities that are lacking in canopies to protect their populations from hotter temperatures. Tree canopies are particularly effective in reducing health stress associated with urban heat "islands".

It was also found that a pattern of inequitable distribution of trees has deprived many communities of the health and other benefits that sufficient tree cover can deliver. Communities of color have 33 percent less tree canopy on average than majority white communities. Jad Daley, American Forests president and CEO, says, "We need to make sure the trees go where the people are, and more than 70 percent of the people live in cities or suburbs, so it's a place-based problem with a place-based solution."

Penny Pincher

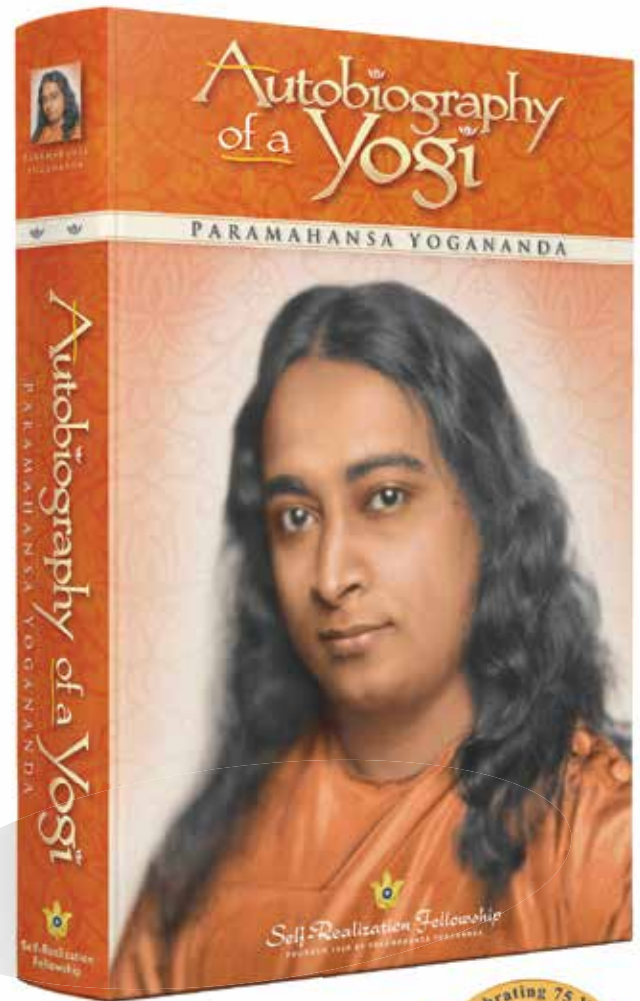


Electric Vehicles Demand Far Less Maintenance

The U.S. Department of Energy Argonne National Laboratory reports that overall maintenance costs for a light-duty, battery-powered car are around 40 percent less per mile than for a gasoline-powered model. Not only do they not require

motor oil, they also have no timing belts, oxygen sensors, fuel filters, spark plugs, multiple-speed transmissions and other parts. The difference is on average for gasoline-powered cars—10 cents per mile; hybrid cars—nine cents per mile; and electric cars (EV)—six cents per mile. EVs may have a higher initial investment cost, but their lower maintenance and increased mileage make them especially attractive to companies or government agencies with large fleets of vehicles. *Motor Trend* magazine estimates that an all-electric fleet of the federal government's light-duty vehicles would be \$78 million cheaper per year to maintain than if it were entirely gas-powered.

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Misnamed, Misunderstood, Misdiagnosed and Mismanaged

PCOS is Problematic for Today's Healthcare System

by Mark Fergeson



AstirMak/DepositPhotos.com

Polycystic Ovary Syndrome (PCOS) is a medical condition that affects up to one in three women, but 70 percent of those women are never diagnosed. PCOS is problematic for today's healthcare system because the name is misleading. Polycystic Ovary Syndrome implies that it is a gynecological disease, but it's not. Ovarian cysts are a common symptom of the disease, but about 25 percent of women with the condition never get cysts.

PCOS is an endocrine disease, the system that controls hormones. In fact, it is considered to be the most common endocrine disorder in women of reproductive age. There are no clear-cut criteria for the diagnosis. It is a complex, multi-system disease process that has at least four variations. The percentage of women with PCOS is somewhere between 3 and 30 percent. The most commonly accepted numbers are between 5 and 15 percent.

What Causes PCOS?

The relationships and interactions between insulin, testosterone, estrogen, progesterone, follicle stimulating hormone and luteinizing hormone are extremely complex and complicated to explain. This is a simplified overview.

PCOS is a hormone imbalance caused by the overproduction of androgens. Although androgens are considered "male hormones", women have these same hormones, but at lower levels. The androgens primarily associated with PCOS are testosterone (produced by the ovaries), DHT (a byproduct of testosterone), and DHEA & DHEA-S (secreted from the adrenal glands and are precursors to both testosterone and estrogen production). To be diagnosed with PCOS, a patient must have at least two of the following three symptoms: hyperandrogenism (above normal androgens), ovulatory dysfunction (failure to release an egg, often associated with irregular periods) and polycystic ovaries.

How and Why PCOS Causes Symptoms

PCOS is related to hyperandrogenism (above normal testosterone). Testosterone does something called aromatization, which means it converts into estrogen. Estrogen plays a key role in the menstrual cycle, but the body doesn't actually monitor estrogen levels. The body monitors the hormones that regulate the menstrual cycle, follicle stimulating hormone (FSH) and luteinizing hormone (LH).

In PCOS the extra estrogen from testosterone aromatization can disrupt the effects of the LH surge causing the egg not to be released (ovulatory dysfunction). This disruption is often responsible for irregular, heavy and painful periods. Estrogen is responsible for uterine lining buildup—the more estrogen, the more uterine lining, resulting in heavier

and likely more painful periods. The extra estrogen can also be responsible for the irregular periods by preventing, or delaying, the transition from the first half of the cycle into the second half.

Another mechanism in PCOS causes a chronically elevated LH level. It can stay two to three times higher than the FSH. This will also cause ovulatory dysfunction and irregular periods. Higher LH levels also stimulate more testosterone production. This can cause increased facial hair, decreased scalp hair and severe acne. Because of this hormonal imbalance, women with PCOS have a much more difficult time getting pregnant, and a first trimester miscarriage rate three times higher than non-PCOS women. Even women that have no obvious symptoms of PCOS but have a history of difficulty conceiving and multiple first trimester miscarriages should be evaluated for PCOS.

Five Underlying Medical Conditions

These medical conditions cause high androgen levels in PCOS. The most common cause (about 70 percent) is Insulin Resistance PCOS. The next three leading causes are Inflammatory PCOS, Post-Pill PCOS and Hidden Cause PCOS. The final and least common (less than 10 percent) is Adrenal PCOS.

Insulin is the key that unlocks the cells so sugar can move from the blood into

the cell. Some cells become “resistant” to unlocking so the sugar remains in the blood. The body then makes more insulin, or keys, to unlock more cells. This higher-than-normal level of insulin causes the ovaries to produce extra testosterone. Insulin resistance also makes it difficult to lose weight and causes chronic fatigue.

Inflammation causes the ovaries to over-produce testosterone. Prolonged stress, autoimmune diseases and chronic or recurrent infections are just some of the causes of chronic inflammation.

“Post-pill PCOS” relates to all hormonal birth control, including dermal implants, intramuscular injections and all IUDs except the Copper IUD. This type of PCOS is generally self-limiting, but it can last for a year or more. It is caused by the body trying to restore the sexual hormonal balance after they were suppressed by birth control.

Hidden medical conditions can cause PCOS. This includes thyroid disease because hypothyroidism affects ovulation and can worsen insulin resistance. Deficiencies in vitamin D, zinc or iodine can also contribute.

Adrenal PCOS is caused by overproduction of the adrenal androgen DHEA-S. It can be caused by prolonged stress, poor nutrition and excessive physical activity. Women with high DHEA-S levels should check their prolactin levels and rule out other conditions like non-classic congenital adrenal hyperplasia (NCAH).

Treatment of PCOS

All of the various types of PCOS can overlap, making treatment of the underlying cause more complicated. It can seem like a vicious cycle that is difficult to break. But the cycle can be broken. Proper control of the underlying causes will resolve the symptoms, improving fertility and decreasing miscarriages.

While no single treatment plan is correct for everyone, there are some general rules women can follow. Improving insulin resistance can be accomplished by switching to a Mediterranean diet and incorporating 16/8 intermittent fasting. Several supplements can improve insulin resistance and reduce inflammation, like curcumin and

magnesium. There are several supplements that help overall PCOS symptoms. Iodine and zinc are both needed by the ovaries as well as the thyroid. Vitamin D3 improves overall metabolism and helps with weight loss. It decreases inflammation and fatigue. Treating autoimmune diseases, managing stress and identifying hidden causes like thyroid, adrenal and pituitary disorders are also important to treating PCOS.

The most important step is to find a healthcare provider that understands PCOS. They will help figure out what combination of PCOS a patient has and start addressing the underlying issues.



Family Nurse Practitioner Mark Ferguson is the director of operations and primary medical provider at Fulcrum Hormone and Wellness Center, 1601 SW

89 St., Ste. D-100, 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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ART'S EMBRACE

Healing Through Creativity

by Sandra Yeyati

Art can be a powerful force for healing. Its potential manifests in a disabled man's triumphant dance or cancer patient's stirring self-portrait. Throughout America, art's redemption takes center stage at hospitals, nursing homes, jails and homeless shelters. Even an entire city can be transformed when its citizens embrace public art to add beauty, create community and heal its broken places.

Art in Medical Settings

According to Jill Sonke, director of the University of Florida (UF) Center for Arts in Medicine, approximately half of U.S. hospitals have art programs that provide positive distraction, enjoyment and connection. To humanize otherwise intimidating environments, visual artists and musicians are employed to install appealing exhibits and play relaxing music. Artists also work at the bedside with patients as part of inter-professional care teams.

Serving as an artist-in-residence early in her career, Sonke remembers a young female patient with sickle cell disease whose bouts of extreme pain required hospitalization. Dance sessions eased her suffering and enabled doctors to reduce pain medications. "The way the patient described it was not that the pain was going away, but that she didn't mind it as much because she was enjoying dancing," she says.

While facilitating Dance for Life classes for Parkinson's patients, Sonke encountered a man suffering limited mobility and an inability to form facial expressions. After two months of biweekly sessions, he could lift his arms over his head and, to his wife's delight, smile again. "It's that multimodal capacity of the arts," Sonke explains. "All at the same time, he was engaging in music, movement and imagery. He was moving with others and experiencing joy and laughter."

According to Sonke, ongoing research seeks to pinpoint the public health benefits of art. In Britain, they have learned that people over 50 visiting museums or concerts once a month are almost half as likely to develop depression in older age. Other studies suggest that music can unlock memories and improve cognition. UF researchers are currently investigating whether live music in emergency and trauma care settings can reduce the need for opioids.

"When people engage in the arts, they often enter into a flow state, that experience of losing yourself in art where we lose track of time and what we're doing is intrinsically motivated," Sonke says. "A flow state can engage a relaxation response, helping to reduce stress and anxiety, which can enhance immune function."

Art Therapy for Cancer Patients

Board-certified art therapist Mallory Montgomery helps cancer patients in Detroit's Henry Ford Hospital work through symptoms of depression, anxiety or trauma. "Any person seeking a talk therapist or social worker could also consult with an art therapist," she says. "We have the same training, but use art instead of just words. Evidence suggests that art therapy accesses healing faster because you're forging a deep mind/body connection."

When counseling a double mastectomy patient that has questions about who they are now that they're missing a part of their identity, Montgomery might offer a printed body map so that they can pinpoint where they carry feelings of loss, pain or confusion. "By drawing or coloring in those areas, I'm asking them to show how they're being affected physically, emotionally and spiritually, and to externalize the overwhelming, negative side of their problem," she explains.

Using a second body map, Montgomery might invite the patient to draw or paint in those same areas to transform the pain into something more positive. "Is it going to blossom like a flower or be soothed with water? What imagery can you create that represents the opposite of your pain or an improvement of your concerns? We might also do a portrait to highlight other aspects of you and your personality that still exist, even though you no longer have a body part that was killing you," she says.

Montgomery's emphasis is never on the quality of the art. "I walk the fine line between allowing patients to problem-solve how to make something look like what's in their head and providing them with comfort and intervention so they don't get so frustrated that they want to give up," she notes.

Montgomery keeps a visual journal for her own self-expression.

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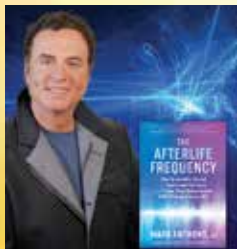
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"It helps me make sense of the world," she says. "Art gives my voice and thoughts an outlet, something concrete and representational that reaches into the depth of what I'm experiencing."

Redemption Songs in Skid Row

About 10 years ago, violinist and recording artist Vijay Gupta took a wrong turn and ended up in Skid Row, a disadvantaged downtown Los Angeles neighborhood. "It felt like a gut punch," he recalls. "I saw the gross inequality between Walt Disney Concert Hall where I performed for the LA Philharmonic and a community of 5,000 people less than two miles away sleeping in tents in extreme poverty."

To uplift and inspire people recovering from homelessness, addiction and incarceration, Gupta founded Street Symphony in 2011 as a series of concert performances by world-class musicians. "One of our first venues was the Department of Mental Health," he recalls. "After the second movement, the young violist I was performing with turned to the audience with tears in his eyes and said, 'I've loved playing for you because I can feel your hearts.' He shared that his mother had grappled with schizophrenia, his father was a prison guard and whenever he played for his family, he felt more connected to them. That's when I began to see him as a human being who was in deep need of this work himself."

Gupta has learned firsthand that healing is a two-way street. "When I come to Skid Row, I'm the one who feels lifted," he says. As a result, Street Symphony has morphed into a collection of workshops and conversations that also employs jazz, reggae, hip-hop and West African musicians and vocalists from the Skid Row community. "We might play 30 minutes of music and then ask the audience what images, thoughts or memories came up for them," he explains.

In this community, art is neither entertainment nor a commodity, Gupta says. "It's a lifeline; a way for people that have been devastated by poverty, addiction or trauma to add to their lives in a constructive way. We all have devastated places within ourselves that need healing and attention. Visiting Skid Row is a pilgrimage to the broken place within myself, and in that way, it's a spiritual place; my temple where I go to worship."

Creative Care for People with Dementia

Drawing from her theater background, Anne Basting, author of *Creative Care*, has developed an innovative approach to dementia and elder care. "Our current caregiving model envisions one person that's empty and has lots of needs and the other person that's full and pours themselves into the other person, which leads to burnout," she says. "Dementia and aging are experiences of increasing separation. People isolate themselves and learn not to trust their own expressive capacities, because their relatives and friends no longer know how to relate with them and often ignore their words."

Basting's Creative Care changes this depleting dynamic. "In improvisational theater, you observe everything that's happening on stage and try to figure out how you can add to the performance positively," she explains. "Applying that idea to a

care situation, you observe the person's facial expressions, what they're saying, how they're behaving and then invite them into expression out of that moment with what we call a 'beautiful question', one that has no right or wrong answers and draws on the person's strengths."

A beautiful question might be, "If your feet could talk, what would they say?" This offers people with pain a poetic way to express it. "I invited a gentleman with dementia who had no language—no words left—to show me how water moves. His response was the most beautiful dance I'd ever experienced, performed in the kitchen of his duplex," Basting recalls, adding that it's important to acknowledge the person's expression so they know they've been heard.

The final step in Creative Care is to accumulate these experiences over time and shape something larger and universally meaningful that can be shared with others—an artistic product. Basting founded the nonprofit TimeSlips to train artists and caregivers worldwide to do this visionary work. Their efforts have resulted in art exhibits, dance and theater productions, books and animations. "My dream is that meaning and beauty will be made every day in nursing homes, creating care settings so interesting that people want to visit them—a new kind of cultural center, integrating health and art," she says.

Transforming a City with Public Art

More than 4,000 works of public art grace the city of Philadelphia, three-quarters of which are breathtaking murals that combine

world-class paintings and images with provocative words and healing messages. Art permeates virtually every neighborhood on walls, billboards, sidewalks, rooftops, swimming pools and basketball courts, enriching people from all walks of life, even those that don't have access to galleries and museums.

"Public art lifts our spirits, provides us with beauty and inspires us," says Jane Golden, founder and executive director of Mural Arts Philadelphia (MAP). "It can be evocative, challenging and educational, as well, serving as a barometer of our time—a system of checks and balances and a mirror that we hold up to people and say that your life counts and you matter." In addition to sponsoring 75 to 100 new works every year, MAP's \$10 million budget funds programs related to criminal justice, art education, housing insecurity, behavioral health, community development and environmental justice.

According to Golden, the healing power of art is not just in the mural, but also in its collaborative creation. In addition to artists and educators, hundreds of people work on these projects, including individuals grappling with addiction or homelessness, veterans with PTSD and immigrants and refugees facing isolation and stigma. "The act of creating is a meditative and healing experience, and because you're part of a larger effort, it connects you to your community," Golden says. "People start to feel a sense of purpose and value. They start to believe in themselves again."

Sandra Yeyati, J.D., is a professional writer and editor. Reach her at SandraYeyati@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 Fergeson

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healthy kids



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Creative Kids

How to Nurture Imagination

by Ronica O'Hara

Young children are naturally curious and inventive, yet research shows that their creative thinking skills peak at around age 6 and start to decline once they start formal schooling—a trend that's accelerating in recent years with kids' heavy digital use.

This doesn't bode well for their future on our rapidly changing planet. "Our world continues to evolve at an unprecedented rate. It's estimated that many of the jobs we will

need in 10 or 20 or 30 years haven't yet been invented," says children's education psychologist Charlotte Reznick, Ph.D., author of *The Power of Your Child's Imagination*. "Kids of today need to stretch their creative juices to come up with these new jobs and prepare for an ever-challenging and changing world."

Parents are integral in nourishing creativity, but according to research from the Lifelong Kindergarten Group at the Massachusetts Institute of Technology Media Lab, the role of parents is less about "teaching" creativity and more about creating a fertile environment in which creativity will take root, grow and flourish. Establishing that rich forum involves some simple strategies.

Encourage their curiosity. "An attitude of curiosity connected to wonder, acceptance, flexibility and openness can bring out innovation and novelty," says Reznick. That means not only being responsive to kids' questions like, "Why do strawberries have seeds on the outside?" but also engaging their imagination to explore the world and to solve everyday problems. "Ask them, 'What would it take to finish this project?' Make it fun, brainstorm and mind-map, rather than make linear lists," she suggests. "Ask open-ended questions, perhaps a bit out of the norm. 'How did you feel when you were writing that shortstory? What colors crossed your mind as you were

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I turned off the screens and stopped trying to provide entertainment for my children and the results were amazing.

singing? What music was flowing through your body as you were painting? The idea is to mix things up a bit to allow a new take on your child's emerging creativity."

Let them follow their bliss. "The biggest mistake I see parents making in wanting to encourage creativity is leading their children and telling them what to do," says Jen Lumanlan, host and founder of the research-based parenting podcast *YourParenting Mojo.com*. "When we instead see our role not as being the Sage on the Stage but rather the Guide on the Side, we don't have to drag the child through a curriculum kicking and screaming; instead, the child asks us for more opportunities to follow their interest. They will ask insightful questions, read books, watch videos, draw their ideas, consult with experts, put on plays, develop an understanding of the world with their whole bodies (not just their heads) and teach others. It's truly incredible to see."

Make creativity easy. Having lots of paper, paints, pens and other craft items on hand in a place where a child can easily access them enables creativity to flow when the mood hits. "You don't have to have a huge budget for supplies. Save old cardboard boxes, empty paper towel rolls, cereal boxes and scrap paper. Give your child some markers and masking tape. I bet you'll be amazed at what can be created from the simplest materials," says Liam Davies, a Berkeley dad of two who blogs about sustainable family fishing at *FishingCommand.com*.

"Have plenty of loose parts available. Loose parts can be anything your child turns into something else," suggests Maria Kemery, of Philadelphia, who blogs at the parenting website *PlacesWeCallHome.com*. "Bottle caps become money, scarves become a doll's dress, clean recycle bin items become robot parts or a collection of acorns becomes a bowl of soup. Having an assortment of loose parts encourages your child to engage in symbolic play (substituting one item for another), which builds creativity."

Allow them to be bored. "Kids often complain they are bored. I love that, because bored is also where new ideas come from," says Reznick. "Our mind abhors a vacuum, so sooner or later, a creative spark will ignite." That's what Lorton, Virginia, mom Lauren Schmitz, who blogs at *TheSimpleHomeschooler.com*, witnessed. "I turned off the screens and stopped trying to provide entertainment for my children and the results were amazing. My middle child, who is the most screen-obsessed kid that I know, started doing things like making her own magazine, building dioramas and putting on plays. She suddenly wanted to paint, build a robot and learn about aerial dancing. Boredom is the best way to give a child space to think, create, imagine and build."

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



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Cooking with Wild Mushrooms

by April Thompson



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Wild mushrooms can infuse exciting new flavors and textures into familiar dishes, along with a taste of the local *terroir*, the natural habitat, from woods to plate.

“I first encountered wild mushrooms through local foragers, then later from specialty food purveyors who would fly mushrooms from around the world into our kitchen. They were the most unique ingredients I could find, offering colors, flavors and textures I had never experienced ... pure catnip for a chef,” says Alan Bergo, a Minnesota chef and author of *The Forager Chef’s Book of Flora*. Recipes at ForagerChef.com feature more than 60 species of wild edible fungi, from common deer mushrooms to prized porcinis.

The intriguing flavors of wild mushrooms in part come from their diets, akin to the difference between grain- and grass-fed meats. “For fungi, their food is their habitat. Cultivated mushrooms have less variety of the micronutrients and secondary metabolites that can add flavor to a wild mushroom,” says Eugenia Bone, a New York City food journalist and editor of *Fantastic Fungi: The Community Cookbook*.

Foraged fungi also offer a host of nutritional benefits surpassing commercially grown mushrooms. Wild mushrooms like chanterelles and morels can contain up to 1,200 international units (IU) of vitamin D per serving, whereas commercial mushrooms, typically grown in dark conditions, contain less than 40 IU, according to the Harvard School of Public Health.

While foraging is the most satisfying way to procure wild mushrooms, they are becoming increasingly available through farmers’ markets, online purveyors and gourmet stores. Some species that grow wild throughout North America such as oysters, maitake (hen of the woods) and lion’s mane are also grown commercially; these can be suitable for transitioning from buying to hunting.

Sam Fitz, owner of ANXO Cidery & Tasting Room, a neighborhood taproom in Washington, D.C., picked up mushrooming when COVID-19 hit, in part mentored by the restaurant’s wild food purveyor. Fitz started ANXO making hyperlocal ciders from crabapples foraged on bike rides through the nation’s capital, salvaging fruit that otherwise would go to

waste. Today, the seasonally focused menu often features wild fungi and other foraged ingredients from savory tartelettes made with beech and hedgehog mushrooms to cocktails made from bitter boletes.

One of ANXO's signature dishes is a vegan "chicken of the woods" sandwich, served hot, Nashville-style. This orange-colored tree mushroom, also known as sulphur shelf, has a taste, texture and color that so closely resembles chicken that many recipes use it as a meat substitute. "People are so blown away by its meaty texture they can't believe they are being served mushrooms," says Fitz.

When preparing mushrooms, "Forget what you know about cooking vegetables," says Bone. "Also forget the notion that mushrooms are too delicate to take washing or high heat. Mushrooms are extremely hardy because of the chitin in their cell walls, a compound that is more like fingernails than the cellulose of plants. You can cook mushrooms twice and they will still retain their integrity."

Because the amino acids in mushrooms respond to heat more like meat than vegetables, Bone suggests searing mushrooms on the grill or under the broiler. "A slice of maitake will cook beautifully on the grill," she says.

When cooking a particular species for the first time, Bone recommends oven-roasting the mushrooms wrapped in parchment paper. "When you open up the parchment, you can really smell the mushroom. It's a wonderful way to pick up subtle flavor differences and see how the mushroom handles," she says.

Since fungi take on all sorts of shapes and sizes, Bergo suggests letting a mushroom's morphology inform how to cook it. Lion's mane, for example, has a texture that mimics crabmeat, so faux crab cakes make a fun dish that honors its form.

"Chefs tend to chop things up, but I prefer to cook many mushrooms whole, especially when they have interesting shapes," says Bergo. One of the chef's go-to preparations of oyster mushrooms is to toss large pieces in seasoned flour or brush them with mustard, then bake until crispy. "They turn into cool-looking, crispy croutons you can put on a salad or eat as a snack," he says.

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

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MUSHROOM DELIGHTS

Wild mushrooms are a culinary delight, but beginning foragers should harvest with caution. The forager's rule of thumb is to be 100 percent sure of an identification 100 percent of the time given that toxic lookalikes can exist. It's also important to try a small amount of a mushroom the first time around, as some individuals can respond adversely to a particular species despite its general edibility.

Hen of the Woods Steaks

YIELD: 1 SERVING PER 4 OUNCES MUSHROOMS



4-oz pieces of hen of the woods (*Grifola frondosa*) mushrooms, broken into large clusters

Kosher salt

Cooking oil as needed, about $\frac{1}{4}$ cup

Clean the hens by swishing them in cool water, gently peering inside the caps to make sure they are cleaned, trimming with a paring knife

as needed, then allowing to drain on paper towels.

Heat the oil in a pan or on a griddle until hot, but not smoking. Add the mushroom clump and season with salt, placing a weight—like a rock, log, crumbly wood or cinder block wrapped in foil or a pan—on top, then cook until the underside is deeply caramelized, then flip and repeat.

If the pan gets dry, add a little more oil. When both sides of the mushrooms are deeply caramelized and browned, serve immediately, with extra finishing salt on the side.

Recipe from Alan Bergo, ForagerChef.com.



Sicilian Chicken of the Woods

Here is a traditional Italian preparation for chicken of the woods (*Laetiporus sulphureus* or *Laetiporus cincinnatus*), flavored with wild monarda leaves and served with charred bread rubbed with garlic.

YIELD: 4 TO 6 SERVINGS

1 lb young tender chicken of the woods, sliced $\frac{1}{4}$ - to $\frac{1}{2}$ -inch thick

1 large clove garlic

$\frac{1}{4}$ cup mild or extra-virgin olive oil mixed with flavorless oil, like grapeseed (plus 1 or 2 Tbsp extra if the pan threatens to dry out), along with a drizzle at the end

1 large shallot or small yellow onion

1 Tbsp sliced *Monarda fistulosa*

(also known as bee balm or wild bergamot) or fresh mint or oregano

Crushed red pepper flakes or hot chili to taste

1 Tbsp capers or a small handful of Castelvetro olives (or other green olives)

2 dried bay leaves

$\frac{1}{4}$ cup dry white wine

$\frac{1}{4}$ cup water or stock

$1\frac{1}{2}$ cups seedless tomato puree or tomato sauce

Grilled high-quality bread, preferably slightly charred, for serving

2 whole fresh garlic cloves as needed for rubbing into the bread

Heat the oil in a wide pan with high sides. A cast iron skillet will work, but isn't ideal as the sauce is acidic.

Add the mushrooms and cook until they've given up their moisture, then push them to the side of the pan, add a little extra oil if the pan looks dry, or if the mushrooms were very



juicy. Add the garlic to the clean spot of the pan, then arrange the pan off-center on the burner so that the heat is focused on the garlic.

Sweat the garlic in the oil slowly until it's light golden and aromatic, then add the shallots and cook for 1 minute.

Add the crushed red pepper directly to the garlic and shallot, cook for a moment more, then deglaze the pan with the wine, tossing in the bay leaf. Reduce the sauce by one half, then add the tomato puree, water, capers or olives, bergamot or other herbs and cook until the mixture is thickened lightly and the mushrooms are coated with a rich sauce, about 15 minutes.

Meanwhile, lightly oil the bread and char on a grill. It should have good black spots, but not be ashy. Rub a garlic clove gently into the toasted bread slices, pressing down so that it "melts" into the bread a bit—don't go crazy, a little goes a long way.

Double check the seasoning of the mushrooms for salt and chili, adjust as needed, then serve the stewed mushrooms with the grilled garlic bread on the side. Drizzle some oil over the top to give the dish an attractive sheen.

Spoon the mushrooms and their sauce on the bread and eat. Leftovers make killer mushroom hoagies a la cheesy meatball sub sandwiches.

Recipe from Alan Bergo, ForagerChef.com.





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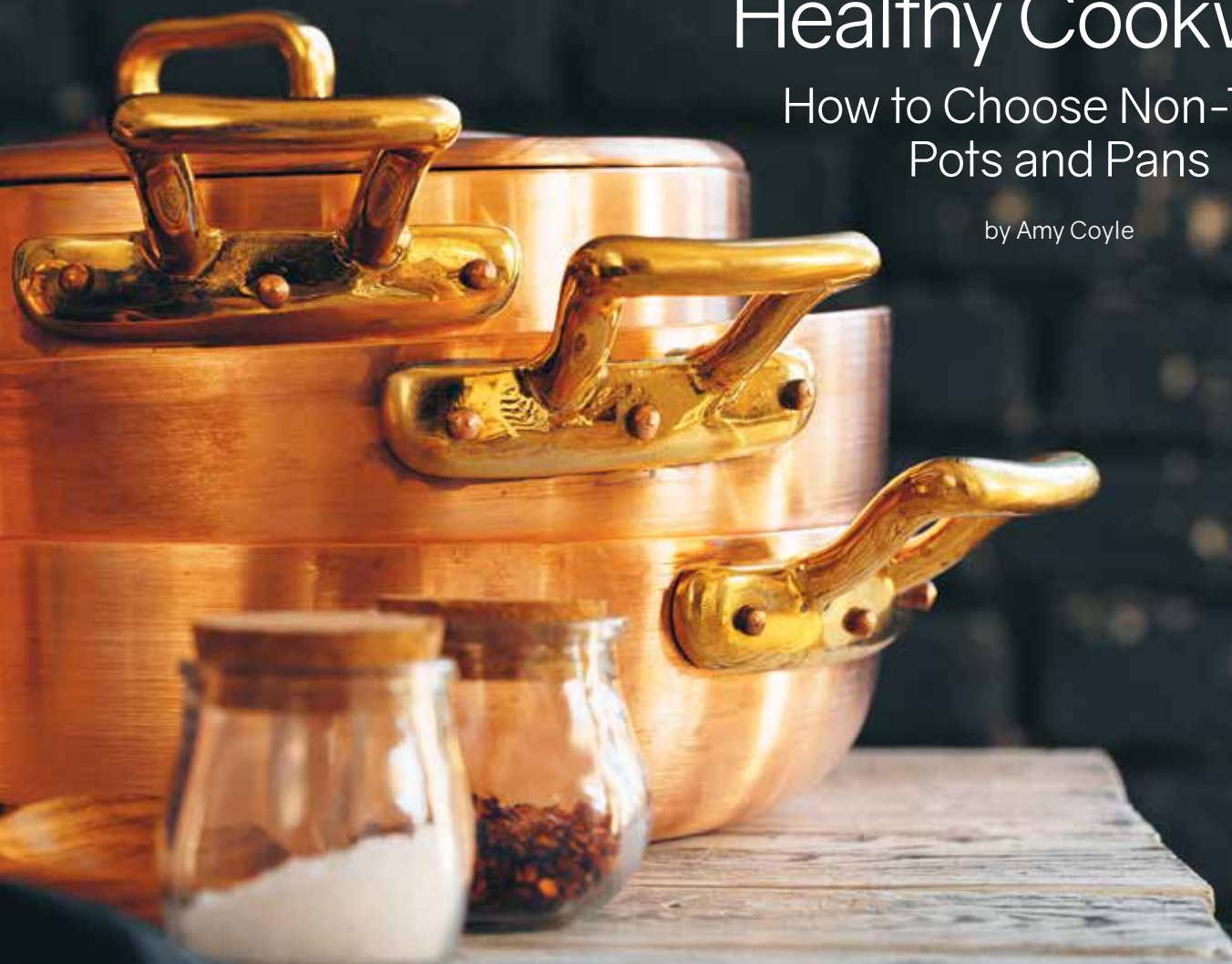


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Healthy Cookware

How to Choose Non-Toxic Pots and Pans

by Amy Coyle



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Organic and locally sourced foods are eco-friendly and contribute to better health, a greener world and thriving communities. However, once the food is cooked, it may no longer be as healthy, depending on the cookware used. The myriad options, from classic pots and pans to the latest modern synthetic materials, can be confusing, but there are some basic factors to watch for in choosing environmentally sound and chemical-free cookware.

Ceramic

Pure ceramic cookware is made with clay and baked in a kiln. If made in Latin America, including Mexico, such items may contain high lead levels. It's recommended that these pieces not be used to cook, serve or store food. A kit is available to test for contaminants, if desired.

Pots and crocks derived from pure, uncontaminated clay are excellent for slow-cooking stews and sauces, particularly recipes containing acidic foods like tomato or cabbage. Cooking foods in earthenware dates back 15,000 years.

Cast Iron

For classic, durable and versatile cookware, cast iron, although heavy, will last a lifetime. While some iron can transfer to food, it's difficult to measure and depends on the pan and the food. Naturopathic doctor Kara Fitzgerald, in Newtown, Connecticut, suggests caution. "If you have a history of iron overload (hemochromatosis), you should avoid cast

iron cookware, especially for acidic foods."

Enameled cast iron has a nonstick, porcelain coating and is unaffected by acidity. Research published in the *Japanese Journal of Hygiene* suggests that the risk of acute or chronic toxicity associated with the use of this cookware under normal circumstances is extremely low.

Stainless Steel

Stainless steel cookware is easy to clean and durable. It releases low levels of nickel and chromium if used to cook acidic foods, which is only a concern for those with corresponding sensitivities or allergies.

Copper

High-quality copper pots and pans have a long lifespan and heat foods evenly. They are usually lined with stainless steel or tin to prevent toxicity. The U.S. Food and

Drug Administration recommends staying away from unlined copper cookware because copper can leach into acidic foods like tomatoes, fish, processed meats, grains and citrus fruits. When the coating starts to wear off lined copper, it's time to replace the pot or pan.

Ceramic-Coated Aluminum

Aluminum dipped in a ceramic mixture is safe to use, but wears away over time. To preserve the surface longer, refrain from using metal utensils or scouring pads or putting it in the dishwasher. Once the coating is compromised, the cookware may be unsafe due to aluminum toxicity. Look for ceramic-coated pans that are PFA-, PFOA-, lead- and cadmium-free.

Glass

Glass cookware is a healthy option if it's new and handled carefully. Glass is an inert material, so nothing reacts with it or leaches from it. However, it can break easily if exposed to extreme temperature changes. If any chips or cracks develop, discard it.

Nonstick

Teflon coating, made from polytetrafluoroethylene, is for many consumers the go-to coating for nonstick cookware, but studies show that the chemical leaks into food at high temperatures or when scratched. Prior to 2013, the "forever chemical" perfluorooctanoic acid was used in the manufacturing process. Although discontinued after studies showed a possible link to cancer, older Teflon pans and those made in foreign countries still may pose a risk. Overall, the American Cancer Society considers Teflon safe. Caution should be used; however, once Teflon reaches 464° F, according to the Environmental Working Group, it begins to deteriorate. At 680° F, at least six toxic gases are released which may cause flu-like symptoms.

Still, some cooks find nonstick cookware to be convenient because the surface works for most foods. "As long as the coating on your nonstick pots and pans is intact without scratches, then they should be safe to use. Nonstick cookware is budget-friendly and easy to clean,"

says San Luis Obispo County, California, nutritionist and cookbook author Carrie Forrest of *CleanEatingKitchen.com*.

Healthiest Choice

"Stainless steel, cast iron and ceramic-coated pans don't fully match the old-style nonstick ease, but are much better for you," says kitchenware product researcher and designer Adam Heck, creator of *TheGood LifeDesigns.com*, in Toms River, New Jersey.

"Grab a nonstick ceramic pan and use it only for busy days or super-delicate foods with proper care, you can enjoy years of use. Then, grab cast iron or stainless steel for everything else," suggests Forrest. In the final analysis, the best cookware choice may be a variety of pots and pans for different meals and varied health concerns.

Amy Coyle is a freelance writer in Wynnewood, Pennsylvania.



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Conquering Chronic Pain

How the Body-Mind Connection Works

by Ronica O'Hara



ners such as chiropractors and homeopaths, offer dozens of modalities to turn around painful conditions. Sometimes a single simple method works quickly for a patient with a straightforward symptom; more often, it takes a combination of approaches over time to reverse pain, especially if it is complex, sustained or recurring.

Launching on his own healing path, Hanscom came to a critical understanding: The abuse he had suffered as a child from a rage-filled mother, coupled with emotional repression and a fierce drive to excel as a surgeon, produced his high levels of anxiety. It turbocharged his central nervous system and set off a cascade of reactions that fed ever-rising levels of pain.

"Your mind and body function as a unit with no separation," he says. "Chronic pain results when your body is exposed to sustained levels of stress hormones, excitatory neurotransmitters and inflammatory protein. Your brain is sensitized and the nerve conduction speed is faster, so you physically feel more pain. It's not 'all in your mind'—it's a normal physio-logical process."

After six months of intense inner work focused on his rage, Hanscom calmed his overwrought nervous system and his symptoms "essentially disappeared." He began applying his experience to hundreds of spine patients, helping the great majority of them to avoid surgery altogether. In the book *Back in Control*, he describes his approach, which is designed for people with pain that is not caused by underlying structural or organ issues. He recommends these initial steps.

■ Getting at least seven hours of sleep a night, which may require sleeping pills or natural methods.

For three decades, David Hanscom was a top-ranked orthopedic surgeon in Seattle who daily put the scalpel to injured, deformed and twisted spines. Privately, he writhed in pain himself. He was beset over 15 years with burning feet, insomnia, tinnitus, anxiety, skin rashes, crushing chest pain, depression, sweats, heart palpitations and tension headaches, among other symptoms.

That put him among the estimated 50 million American adults afflicted with chronic pain for which relief is hard to come by and often short-lived. The standard medical approaches of surgery and injections often don't work well or last long for many patients, research shows. Opioids, once a standby, are now prescribed sparingly after being implicated in half a million overdose deaths. Treatment is especially elusive for the one in six adults and 30 to 40 percent of primary care patients with pain or chronic conditions considered "medically unexplained".

As a result, integrative pain management, which focuses on both mind and body and incorporates medical and holistic approaches, is growing in importance. Major medical centers such as the Mount Sinai Health System and Cleveland Clinic, as well as practitio-

■ Doing expressive writing twice a day, which involves writing down in longhand whatever is on the mind using graphic and descriptive language for 10 to 30 minutes, and then promptly tearing it up. Neurological research shows that this simple practice rewires the brain. “Some people experience remarkable pain relief right away,” he says.

■ Practicing “active meditation” throughout the day by mindfully focusing each time on a sight, sound or sensation for five to 10 seconds.

For deep, sustained healing, he stresses the importance of forgiveness, gratitude, self-discovery, exploring a spiritual path, relearning playfulness and connecting with others. Medication may be necessary initially, he says, and as pain levels recede, most people become ready to improve their diet and exercise more.

Understanding the mind/body connection is key in pain management, concurs gastroenterologist David D. Clarke, M.D., author of *They Can't Find Anything Wrong!* and president of the Portland, Oregon-based Psychophysiologic Disorders Association. “When medical evaluation shows no problems with organs or structures, then the pain is being generated by the brain, similar to what happens in phantom limb pain, where people feel pain in the location of an amputated arm or leg,” he says.

“Chronic pain generated by the brain generally occurs due to stress, an emotional/psychological trauma or strong negative emotions (often toward people the patient cares about) that are not fully recognized. Often, these issues began due to adverse childhood experiences, which can be anything you would not want a child of your own to endure. I recommend people explore these possibilities on their own, with a loved one or with a therapist.”

That process might sound daunting, but so is suffering crippling pain. “The most important thing for people to know is that pain can be successfully treated, relieved and often cured with the right techniques,” says Clarke.


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

Learn More

Direct Your Own Care Journey is a free, online course for healing chronic pain. Designed by David Hanscom, M.D., it includes an experiential app, group sessions, video tutorials and webinars at TheDocJourney.com.

Stress-Disease Information, including videos, a webinar-based course, recent research and a list of practitioners, can be found at ppdassociation.org, the website of the Psychophysiologic Disorders Association, founded by stress-disease expert David Clarke, M.D.

American Chronic Pain Association, at theacpa.org, lists treatments, clinical trials, support groups and other resources.



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YOGA TO HEAL TRAUMA

Soothing Poses Calm the Nervous System

by Marlaina Donato



pated in a one-hour vinyasa-style yoga session for six weeks showed significantly lowered post-traumatic stress disorder (PTSD) symptoms, as well as less insomnia, depression and anxiety.

Trauma-Intelligent Fitness

Yoga performed with trauma sensitivity can pick up where talk therapy leaves off, targeting the amygdala, the danger detector in the brain, and the vagus nerve that runs from the brain to the abdomen, which plays a vital role in processing trauma. “Somatic processing and treatment methodologies like yoga are now being used to help repair and rebuild distressed nervous systems, which in turn helps the brain integrate and ‘file’ distressing memories,” says Beth Shaw, founder of YogaFit Training Systems Worldwide, the largest yoga teacher training school in

North America, and the author of *Healing Trauma with Yoga: Go From Surviving to Thriving with Mind-Body Techniques*.

The Fort Lauderdale-based yoga therapist and entrepreneur highlights the body’s role in trauma and stress. “The brain rewires itself around the traumatic event and memories stored in the tissues throughout the body. Yoga can help to free those memories, alleviating troubling emotions and thought patterns, as well as chronic somatic tension and hypervigilance.” Shaw draws upon new psychological and neurological discoveries, including polyvagal theory, that help explain the full impact of trauma and most importantly, how and why yoga helps to lessen these impacts.

Trauma-informed yoga keeps the nervous system in mind, excluding poses and breathing techniques that might provoke a sense of vulnerability or overstimulation. Trained teachers adhere to non-touch assistance methods and often opt for well-lit studios to avoid a possible triggering atmosphere.

Getting on the yoga mat can be a powerful stress-buster that lowers blood pressure and excessive cortisol, but yoga can offer an added boon for those living with the lasting effects of traumatic events. Trauma-informed yoga (also called trauma-sensitive yoga) is a promising therapeutic branch of the yogic system designed to quell the body’s programmed “fight-or-flight” responses.

Founded on yoga, psychology and neurobiology principles, the approach is in harmony with the ancient yogic concept of *samskaras*, or memories imprinted on our cellular consciousness. People from many walks of life can benefit from trauma-sensitive yoga including bullied teens, women rebounding from abuse and anyone impacted by pandemic turmoil. Research published in the journal *Military Medicine* in 2018 reports that U.S. veterans of the wars in Afghanistan and Iraq that partici-

A trauma-informed yoga teacher knows the inner workings of the nervous system,” explains Mandy Eubanks, a trauma-trained yoga educator and certified yoga instructor in Tulsa. “We have respect for the variety of responses that our clients have to yoga, meditation and breathwork practices. For example, we understand deep breathing will be calming to one person and agitating to another. We normalize clients’ responses and work with them to find an effective technique for that individual.” Teachers with specialized training and access to props can also support people on a yoga journey that are limited physically. Eubanks emphasizes, “Yoga truly is for everyone and every body.”

The Power of Choice and Individuality

Lisa Danylchuk, the Oakland-based author of *Yoga for Trauma Recovery: Theory, Philosophy, and Practice*, underscores that in a trauma-informed environment, everything a teacher instructs is an offering

or invitation. “This is important because people who have endured trauma have often not had a say over what happens to their bodies. A good trauma-informed class cultivates somatic and psychological resources, and focuses, above all, on cultivating a sense of physical, mental, emotional and spiritual safety.” The founder of *The Center for Yoga and Trauma Recovery* believes it’s important to be responsive to individual needs. “Trauma affects so many different individuals and groups of people and in such a variety of ways that it is impossible to give one prescription. Some people might benefit from a weekly, 60- to 90-minute vinyasa-style class. Others might benefit from a short, five-minute daily restorative practice.”

Shaw also stresses a tailored approach. “How one wishes to practice is up to the individual, but I suggest a combination of both one-on-one instruction and class format. If someone is in the throes of trauma, they will need a private session to start.”


Eubanks adds the importance of consistency. “In my experience, it is about finding which yoga practices work best for the client and then encouraging them to find time to practice every day. Yoga for PTSD is not a one-and-done deal. It takes time, effort and belief in oneself.”

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



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Martha Beck on Living with Integrity

by Sandra Yeyati

A monthly contributor to *O, The Oprah Magazine*, for the last 17 years, Martha Beck, Ph.D., is a Harvard-trained sociologist and *New York Times* bestselling author of nine nonfiction books, one novel and more than 200 magazine articles. Her most recent book is *The Way of Integrity: Finding the Path to Your True Self*.

Why did you write this new book?

They say the truth will set you free, so 30 years ago, I decided I wouldn't lie once for an entire calendar year, and it completely changed my life. Ever since, I've done integrity cleanses: If anything doesn't feel like my real self, if it isn't what I really want to do or what I truly believe, I just won't do. I started my last integrity cleanse seven years ago, and I'm still in the middle of it because it's so liberating, dramatically improving my health, business and relationships. After 30 years, I have a method, so I decided to share it with people.

How do you define integrity?

The word comes from the Latin *integer*, meaning whole or undivided. In engineering, if an airplane is in perfect structural integrity, it can do amazing things. But if its parts aren't all working in harmony with each other, it may not take off, it may be impossible to steer, it may crash. Being in harmony with your true self enables you to do all the things that will most fulfill you and to realize your destiny if you believe you have one—and I believe we do.

Why, when and how do we lose sight of our true selves?

From the moment we're born, we start



getting messages from people about how they'd like us to behave. We try to do it to fit in, to belong. When someone tries to get us to do something that isn't true for us, we abandon ourselves and decide to do what pleases them. Every person I've worked with, including psychopaths and murderers, has at some point said, "I need to please people. I need to be admired. I need to be liked. I need to be accepted." It's such a deep part of the psyche that we will abandon our own comfort to satisfy it, and we won't even know that we're out of integrity.

How does this inner conflict manifest itself?

When you stray from your integrity, it's an abandonment of self. You'll feel a deep but sometimes subtle unease. Most of us are trained not to notice, but if you're not paying attention to your own truth and what you really want, you eventually develop symptoms. The most painful is loss

of meaning in your life. Without a sense of purpose, our lives start to feel dull, and then we start to experience anger, sadness, grief, irritability, anxiety and depression. If we don't pay attention, our bodies start to give out because we're deeply biologically programmed to tell the truth. Our career and relationships start to fall apart, and often we end up being addicted to cope with the pain.

How do we regain our integrity?

You feel what you're feeling and notice any place you're uncomfortable, which is information that's always available to you. Many of us are frightened to do that and maybe haven't done it for many years, but once you find out you're not comfortable, I advise making a series of one-degree turns away from the things that aren't right for you, nudging yourself gently toward things that make you happy every day. As you edge your life in that direction with small changes, enormous things can happen.

What are the benefits of living with integrity?

Any time we yearn for something in a very deep, intense way, it's always immediately given to us, but it's sent to the place that is our real home, which is peace. It waits for you there. When you get into your integrity, you find incredible peace. And at that point, everything you've wanted in your whole life seems to be waiting for you. Peace is your home. Integrity is the way to it, and everything you have ever longed for will meet you there.

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



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calendar of events



WEDNESDAY, SEPTEMBER 1

Rad City Music Festival OKC – 6-10pm. A music festival about love and inclusion honoring our neighbors that live outside. Restaurant meals will be provided to the homeless, and some of OKC's favorite food trucks, Taco Nation and Saucee Sicilian, will sell food to the public, as well as the The Big Friendly Beer Bus. Free. Myriad Botanical Gardens. 301 W Reno Ave, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

THURSDAY, SEPTEMBER 2

Rooster Days Festival Broken Arrow – 9/2-9/5. Thu 5-10pm; Fri 5-11pm; Sat 10am-11pm; Sun noon-6pm. Rooster Days Festival in Broken Arrow is one of the oldest continually running festivals in Oklahoma. Featuring a children's area, 20,000 sq ft of arts and crafts, amusement rides and live music throughout the festival. Check out the on-site food vendors for a corn dog, fried ice cream, cotton candy and more tasty treats. Free. Central Park, 1500 S Main St, Broken Arrow. 918-893-2100. RoosterDays.com.

FRIDAY, SEPTEMBER 3

Symphony in the Park Tulsa – 7:30pm. Saddle up and celebrate music, family and our wonderful city with this classic Tulsa tradition. Enjoy iconic Western themes from Broughton's Silverado to Copland's Hoe-Down and many more. The evening culminates with spectacular fireworks in front of the beautiful Tulsa skyline. Free. Guthrie Green, 111 Reconciliation Way, Tulsa. 918-584-3645. TheTulsaArtsDistrict.org.

SATURDAY, SEPTEMBER 4

Jazz On The Green Tulsa – 6-11pm. Michael Fields Jr. is proudly bringing together a celebrated list of local, regional, national and internationally acclaimed cross-genre jazz musicians. Food, beer and wine will be served. Free. Guthrie Green, 111 Reconciliation Way, Tulsa. 918-584-3645. JazzOnTheGreen.net.



44th Annual Paseo Arts Festival OKC – 10am-8pm. 9/4-9/6. More than 90 visual artists will be selling original artwork in a wide variety of media, from painting and photography to wood and jewelry. The festival also hosts dozens of live performers and musicians. Free. Paseo Art District, between NW 30th & Dewey and NW 28th & Walker, OKC. 405-525-2688. ThePaseo.org.

THURSDAY, SEPTEMBER 9

Kendall Whittier After Five Tulsa – 6-11pm. Featuring an exciting lineup of music, community and fun. It's Salsa Night featuring Latin Mojo. Kick off the evening with salsa lessons and then dance the night away. Due to COVID, please dance with only members of your household. Free. Kendall Whittier Main Street, 2205 E Admiral Blvd, Tulsa. 918-633-1934. VisitKendallWhittier.com.

FRIDAY, SEPTEMBER 10

Woodcarving & Folk Arts Festival Broken Arrow – 9/10-9/11, 10am-5pm. Witness seasoned craftsmen transform wood, ceramics and other materials into works of art. Featuring woodcarvers, woodturners, woodworkers, wood burners, scroll sawyers and more from across multiple states. Free. Broken Arrow Community Center, 1500 S Main St, Broken Arrow. 918-693-2418. EOWA.us.

Bluegrass & Chili Festival Wagoner – 9/10-9/11. Fri 4-11pm; Sat 11am-11pm. Come sample the chili at this annual event. Two days of music, food, shopping and more. Free. Historic Downtown Wagoner, 231 Church St. 918-614-0813. BlueGrassChiliFest.com.

SATURDAY, SEPTEMBER 25

Caribbean Vibes - A Reggae Carnival Tulsa – Time TBA. Gathering Place is bringing the island state of mind to Tulsa with Caribbean Vibes. Catch tropical waves with a weekend packed full of live dancing, Caribbean music and food. Enjoy a calypso-inspired reggae carnival with unique vibes found only at Gathering Place. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

SUNDAY, SEPTEMBER 26

Finding Your Life's Purpose OKC – 11:30am. Presented by the Oklahoma Satsang Society, a chartered affiliate of Eckankar. A journey to self-discovery and God discovery. Join them for an in-person spiritual discussion event. The discussion and panel will cover universal questions of existence and meaning. Will Rogers Gardens Event Center, 3400 NW 36 St, OKC. 405-655-0219. EckankarInOklahoma.org.

classifieds

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

FOOD

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OPPORTUNITIES

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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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ongoing events

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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.

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](https://www.facebook.com/events/482191516305987).

Monday Chair Kriya Yoga – 6:30-7:30pm. Chair Kriya Yoga for mental disorders including panic attacks, depression, addiction, mental processes and more. On Zoom. Email CrystalClearWisdom@gmail.com.

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](https://www.facebook.com/events/209553842825723).

thursday

1st Thursday Sustainable Tulsa – 6:30-7:30pm. 1st Thur. Sustainable Tulsa's monthly open-to-the-public meeting offers individuals an opportunity to network, and hear presentations from local, regional and national sustainability leaders. Guest speaker Stacie Martin, Director of Horticulture at Gathering Place. Free. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.



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 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 – 6:45-7:45pm. 3rd Thur. 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

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.

Cox Movie Night: *The Princess and the Frog* Tulsa – 6:30-9:30pm. 3rd Sat. Bring a lawn chair or blanket and gather around the QuikTrip Great Lawn for a family-favorite film made possible by Cox. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.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

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 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.

ONE Gas Concert Series Tulsa – 5-8pm. 3rd Sat. This concert series presented by ONE Gas is jam-packed with diverse local music you won't want to miss. Meet at the park once a month for a themed concert event the whole family will love. See special performances by Tulsa's own Poppa Foster & The Grits, Mark Gibson Trio, & And Then There Were Two. Free. QuikTrip Great Lawn. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.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.

community resource guide

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Chip and Cynthia Paul: 918-609-5491
Store: 918-443-7041 • TrueMedX.com



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 21.*

DENTIST - HOLISTIC

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918-982-6644
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Enhancing health through comprehensive dental care. Holistic dental care examines the relationship between oral health and the entire body. Mercury-safe and fluoride-free, also offering non-metal crowns and fillings. Laser treatments for pediatric and adult patients. Call for an appointment. *See ad, page 11.*

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ProudToServeFamilyDentistry.com



CentralOklahoma's home for holistic and biological dentistry. With

safe mercury amalgam removal techniques, BPA-free 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 19.*

ENDOMETRIOSIS

HAYLI'S HERBS, LLC

Hayli Hartman, Master Herbalist
HaylisHerbs.com



Online herbal consultations for the symptoms of

endometriosis. Living with endometriosis can be stressful, confusing and overwhelming. I put together herbal combinations specific to your individual needs to help combat and potentially eliminate your symptoms of endometriosis. Please go to HaylisHerbs.com to schedule a 15-minute, free pre-consultation.

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AgingGracefully.co



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 21.*

HEALTH FOOD

NATURAL GROCERS

Jessica Cox, BS, IFNCP
NaturalGrocers.com/Nhc/Jessica-Cox-bs-ifncp
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Neuromuscular Massage Therapist
918-401-0377
Brittany@TulsaHealing.com



Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. *See ad, Body Works page 29.*

MASSAGE - CLINIC/SCHOOL

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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 23 and Body Works page 29.*

MEDICAL MARIJUANA

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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 all-natural, vegan, celiac-safe, gluten-free and sugar-free. Blossom mushroom capsules contain FECO and five varieties of mushrooms. The tablets are dissolvable sublingually. *See ad, page 5.*

You don't always need a plan.
Sometimes you just need
to breathe, trust, let go
and see what happens.
~Mandy Hale



NATUROPATHY

ENERGETIC WELLNESS

Dr Jessica Menzel, BNG
2851 W Edmond Rd, Edmond
405-359-1245
EnergeticWellnessOk.com



Board-certified naturopathic doctor specializing in lifestyle changes that align with the body's natural ability to heal. The Energetic Wellness Center is dedicated to bringing to life the Seven Laws of Wellness that create health and happiness as we were each designed to have it. Choose to make well-being a priority in your life. *See ad, page 7.*

QIGONG

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 29.*

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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 17.*

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CARI REIF, LAP, RMT, CHHC
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 29.*

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 29.*

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405-525-2255
HealingHandsVetCenter.com



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WELLNESS CENTER

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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

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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.

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YOGAQUEST

Dee Day
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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 29.*

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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

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